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We welcome cash

by EaLa

The Nimbin Food Co-op is a cash-friendly business, even though we decided to go “high tech” with a computerised system and eftpos.

Remember that every time you use cash, you are supporting small business by not having to pay the bank fees attached to electronic transactions.

Also, cast your mind back to a year ago, when all electronic systems went down during the flood, and if you didn't have cash, there was no way to purchase what you needed.

And as our most loyal customers will know, our computerised system is prone to glitches, so it's always

handy to have cash on you when you visit our store.

We have a new drinks/ chocolate fridge; just on your right as you walk in the door. We decided to place the bulk chocolate products in there, to ease up congestion in the narrow walkway next to the counter.

You will find a new dispensing area, next to the computer/till, especially for the chocolate.

If you need help with finding your favourite product, please don't hesitate to ask one of our friendly volunteers.

We sometimes witness frustration, especially during busier times in the co-op. We apologise for that.

However, we offer a unique shopping experience, completely different to your



generic visit to Coles or Woolies.

We appreciate it when customers gently bring it to our attention that they only have one or two items, when perhaps the person in front has a huge amount.

We endeavour to meet all our loyal customers' needs, we just ask for patience and respect.

I feel such gratitude to be

a part of this local food co-operative, where a group of committed volunteers focus their time, energy and skills to provide the Nimbin community with quality organic, local and spray free produce and products.

If you are interested in volunteering your time to this community initiative, please phone or text me (EaLa) on 0497-833-717.

Seaweed nosh, a delicious cold salad

by Thom Culpepper

This recipe uses the marine botany of the sea-shores and shallows, the harvests of the ‘littoral zone’, (land between the tides), and the nearby shallow seas.

Where sunlight can daily bathe the shores and the sea-sprays regularly wet, the marine algae will colonise and propagate, from these daily soaked shores to the depth where red light can penetrate (approximately 10 metres) and allowing for turbidity, nutrients, oxygen richness and the ambient temperatures being sufficient, in most cases the marine seaweeds will grow and thrive.

A number of seaweed types are used in world culinary, from Irish moss and the brown kelps of the Outer Hebrides to the many forms and types used in the Orient and Japan in particular.

Most obvious are the Noris used in sushi preparation to the Kombu for the making of the foundation Dashi of much of Japanese cooking.

Wakame will be the form with which to make up this particular salad. This seaweed can be found in most oriental grocers and some supermarkets and on-line of course.

It may be had dried, salt-preserved or if you are lucky, fresh from the fish-mongers.

Tasmania is developing an industry for the fresh product. Byron Bay should be next! Saves logistic fuel.

Wakame seaweed salad

Ingredients for 4
Salad base



15 grams of ‘cut’ dried wakame or 200 grams of fresh wakame
100 grams of cross-sliced salad onion, red or white
16 small tomatoes, the tiny ones that grow on your verandah posts or any other small ones you may obtain. (Grow your own)
50 grams of shredded or julienned Daikon radish
20 grams julienned carrot
25 grams of thinly sliced shallots or 20 millimetre cut Chinese chives

Sauce
Sesame Furikake soy dressing
20 mls sesame oil
10 mls of avocado or any other ‘light oil’ preferred
20 mls soy sauce
20 mls Mirin or rice wine vinegar
20 grams sugar of choice
20 grams coarse ground, roasted white

sesame seeds
5 grams sesame or Shiso Furikake
Load a lidded jar, shake well and let the sauce soak for an hour. Chill.
Method
Reinvigorate the dried wakame, 5-10 minutes then drain and cool. Don't leave wet.

Wash the fresh or salt-preserved wakame, 2-3 times, drain and cool. Soak onion slices, 10 minutes in 50/50 water and Mirin. Drain. Grate the Daikon.

Plate the salad ingredients, arrange and sauce, then garnish with eschallot or chive slices, top with a sprinkle of black sesame seed, add a little more daikon and a light sprinkle of the Furikake.

Survival matters!

thewholeearthveg@gardener.com

The art of practice: protecting your energy

by Susan Paget

My laptop is just about to bite the dust. If it's not constantly plugged in, it quickly loses charge and shuts down.

I know it's on borrowed time, but for now, I'm doing all the things to delay buying a new one. Chargers are at the ready around the house and I've backed up my essentials.

While my computer malfunction is a modern problem, it's a good metaphor for how we humans need to make efforts to keep from becoming emotionally drained and running out of battery.

And right now, it's a good time to consider this topic. With a lot of focus on the anniversary of our region's floods, many of us are reflecting on the past year whether by watching news, scrolling through Facebook or talking with others.

How are these conversations making you feel *energetically*?

If you find you're on the fragile side, there's something you can do and that's to explore the idea of monitoring and defending your energy.

The practice of protecting energy is something that's taken a long time for me to work out because, first things first, I had to discover what feeling "settled" meant for me and this is where the inquiry began. I had to ask myself the question: "What kind of people, places and situations lift me up and what drains my energy?"

That's a great question for you to ask too. My answers surprised me. I discovered that despite being able to socialise well and do work that requires me to communicate, I'm an introvert. Being around a lot of people or being extremely busy with little down-time is a pathway to stress, anxiety and burn-out.

Knowing that you're sensitive is a good thing because there's a lot you can do to manage it.



To get started, here are three ways to practice protecting your energy.

Recalibrate

You can almost immediately shift a funky feeling by washing your hands, bathing or getting in water. Another instant way to shift energy is to waft incense or a smudge stick around yourself and the rooms you're in – something that I do most mornings.

Movement is another important way to release what's not working for you. A 20-minute walk, a gentle yoga class or just getting out into the garden will restore your sense of self. Music is also an instant energetic cleanse and there are many playlists out there designed specifically for enhancing your mood and chilling you out.

Be the change

A good starting place is noticing the kind of energy that we put out there. Do we uplift or exude calm? Or do we unload our dramas on innocent bystanders? Are we good listeners or do we monopolise conversations? We can be the change that we want to see and feel.

We can also steer clear of unnecessary, energy suckage. An awesome saying is "Not my circus, not my monkeys". When I can feel a conversation going down into Ringling Brothers territory, I remember

this energy protecting mantra and bring the chat to a close.

The more I work on my own social awareness, the more I find I attract a better frequency of people and situations.

Enforce digital boundaries

No-one taught us how to manage a life where we're virtually connected 24/7. The research shows that this unlimited availability is making us more anxious and depressed and, at the very least, busier than the analogue days. So when it comes to protecting our energy, how we navigate our on-line world is important. Unless it's essential,

I do my best to not do phone calls, socials, emails or texts outside of business hours. It's a definite line in the sand for respecting my personal time and allows me the breathing room to message with a clear head.

When not needed for work, I delete social media apps from my phone and highly curate my news intake. My energy vigilance extends to entertainment. If content warnings include gore or extreme violence, I pass. To wean off the dopamine hit of stress inducing media, I find that a good, old timey, paper paged book is very helpful for keeping my mind satisfied while at the same time soothing my nervous system.

In a tricky world where a lot is coming at us from all directions, protecting our precious energy is an important strategy for feeling good. Until we become like my laptop and can simply plug ourselves into a socket to stay charged, a practice of paying attention to the things that drain us and finding ways to restore our power is worth the effort.

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 info.

Stools paradise

View from the loo

by Stuart McConville

The rush on toilet paper during Covid lockdowns had me laughing so hard it nearly broke me. A whole civilisation so anally fixated, the most important thing was to never be caught short in the ass wiping department.

I was happy to go grab a few wild tobacco leaves and apply pressure evenly, but apparently quite a few went the other way and headed to the baby condiment department and bought wet wipes. As a hippy parent, wet wipes were definitely not the cool thing to use with bubs, so I never really experienced that soothing lanolin smear until much later on in life.

In hindsight (using a mirror!), I can see how they could appeal to a new age of toilet-tissue-starved Covidians. However much the wet wipe claims to be flushable or biodegradable though... it aint! After having dealt with a few different varieties of turd burgers myself, I can safely say that they are a persistent pollutant and quite capable of blocking up even the largest diameter pipes.

A turd burg, to the uninitiated, is a combination of sewage and wet wipes and that resists all attempts to go with the flow. A literal constipation of the sewerage bowels. Compost toilets are not even totally immune from these phenomena, and even if the wet wipes do reach the compost chamber, they will be forever in your humus and therefore back in the earth eventually.

Since 2020 the reporting of blockages of sewer systems due to wet wipes has skyrocketed. This could be a good thing as a part of a broader transition to cleaner

assholes (see last article), but for the time being it is a very real municipal problem faced by every council.

About 75% of all sewer blockages are caused by wet wipes, so next time you are swearing because that plumber won't return your call it is probably because he's dealing with a very avoidable turd burg and getting paid quite handsomely to do so.

Municipal sewerage systems have built in fail-safes to deal with blockages and they often discharge raw untreated sewage into creeks and rivers rather than back-up water into houses. This creates a huge risk to human health and an unhealthy ecosystem. Pumps in domestic and municipal systems get clogged up, burn out seals and cause pumps to fail outright.

Wet wipes should be banned outright, or manufacturers held to account for the costs of removing them from the sewer, which runs into the millions annually that we pay for from our rates. Recently Ballina Shire Council insisted I take out various forms of insurance before they would assess my client's development applications. I bet they don't insist that "flushable" wet wipe manufacturers pay for the blockages they create.

If you need something better than loo paper, and I encourage an open mind in this department, then experiment with truly biodegradable options like the furry wild tobacco leaf.

Just don't confuse it with the giant stinging tree leaf which to the casual observer may also look appealing... that would be a big mistake indeed.

*Stuart McConville runs Pooh Solutions Waste Water and Compost Toilets
Phone 0427-897-496
www.poohsolutions.com*

Community risks workshop in Lismore

by Steve Posselt

Last year, Engineers Australia held a community risk workshop in Lismore. The panel included four experienced engineers and two community leaders.

Hopefully the event allowed engineers to be seen for what they are, not just people who like to build big things, but people with great skills that the community can direct for its benefit.

Almost everything around us that is built by humankind has the fingerprint of an engineer on it somewhere. Most importantly, it is engineers that decide the probability of failure used in design.

Failure cannot be entirely eliminated, just minimised. For instance, if you get on a plane the chance that it will fail and that you will die, is about one in thirteen million.

Most engineering codes require a less than one in ten thousand chance that it will fail if there is the chance of loss of life. Already though, much of our infrastructure has been designed for pre-global warming conditions and is therefore very much under-designed. In some cases changing from 1 in 10,000 to 1 in 100.

Alarming as this may sound



it pales into insignificance when we look at the chance of failure of society as we know it, which is about one in five, even if we stop burning all fossil fuels today.

The Intergovernmental Panel on Climate Change (IPCC) has issued dire warnings. Unfortunately, their assessment reports are a joke. For example, their 6th Assessment Report gives a carbon budget of 300 gigatonnes to stay below 1.5° warming with an 83% chance of success. That is a 1 in 6 chance of failure, by the way.

But here's the rub. Look at the fine print below the table and this 300 gigatonnes is qualified by a plus or minus 1200 gigatonnes for

uncertainties.

Let this sink in. It is like me offering to sell you something for \$300 but adding that it might be \$1500 or I might actually give you \$900 to take it. This is the absurd situation that climate scientists have got themselves into by being attacked from all sides about their science. The truth is we will see 1.5° of warming maybe as early as 2024 and 2° probably before 2050, maybe around 2040.

How we deal with this is uncertain but overall the workshop agreed that we will need to rebuild our public service with a public purpose of supporting each other, leaving no-one behind.

To do this we need to look

forward to what is needed, not backward to what has been done. Even with this, the importance of community cannot be overstated. Local communities working together will be critical to survival.

So now to my personal issue. We have major problems all around us. Sure the social issues are huge, but they are not the only problem. There are nine planetary boundaries, which are the environmental limits in which humanity can operate.

These are stratospheric ozone depletion, biodiversity loss, chemical pollution, climate change, ocean acidification, freshwater consumption, land system change, altered geochemical flows, and atmospheric aerosol loadings.

Just one of these is climate change. Six out of nine boundaries have been crossed and four of these are into the danger zone. It is the poor and disadvantaged that are least able to cope with collapse of these systems.

All political parties and their candidates need to understand this. They need to have a plan to acknowledge the situation and a plan to do something about it.

Anything else is irresponsible.

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"Who will be the last person on Earth to touch your beloved?"
- Mimi Zenzmaier
Founder & Funeral Director

LISMORE SHIRE - TWEED to BALLINA - EVANS - CASINO



Today is a good day

by Magenta Appel-Pye

After finishing operations, chemotherapy and radiation, people say in good faith, "Oh, so you are cured now?" Unfortunately, the best a cancer patient ever gets is: "I'm in remission." They can never say you are completely cured because no-one knows if or when it will come back, least of all oneself.

Which is very annoying. There is no get-out-of-gaol-free card, even after a long, debilitating battle against oneself. It's hard not being able to give more positive news to those who care. But it is what it is.

I have learnt that every day is a good day because I am alive and grateful to experience it, no matter what.

Many people, after a certain age, hate their birthday and see each year as a threat, a day closer to death, an embarrassment they would rather forget. Not me, I am thrilled to have each and every birthday. It's a time to celebrate another year on this beautiful planet, survival, love and constant regeneration.

Becoming older is a privilege. Birthdays are a great time to have a party to thank those who are there for you. We should be proud of how long we have survived and how amazing our bodies are, even when we don't treat them as well as we should.

I am curious as to where life will take me and what I will do and learn next. Cancer has taught me to respect and try to enjoy every day of my life. No matter what is going on. And to let go of the past and not worry too much about the future (only five minutes a day).

If you stay in the present then you are always gifted with this moment. And so many of them are more beautiful than I ever realised.

I found the Mindful Movement to be very helpful. It is free, on-line meditations, some as quick as 10 minutes. I love that someone else is doing it for me and I therefore don't have to think. It calms my monkey mind and helps me realise I am not my mind, I am that which watches it. And that I can control it if I want to.

Every morning I spend five minutes worrying, then switch it off with the help of a meditation. This is really changing my mind and my life for the better.

I hope you have a wonderful day.

"You may never know how strong you are until being strong is the only choice you have." – Bob Marley

magentaappelpye.com



Favourite creams and oils

I've been very busy in the last few months making a range of herbal products for topical use. I am able to supply these herbal products without a formal consultation.

My long-time favourite is calendula infused oil. It's a beautiful golden oil made from organically grown orange calendula flowers that are dried carefully to preserve the special properties. I then infuse the flowers in a carrier oil base.

For a light, easy to apply oil, I use MCT oil from coconut as the base. It feels delightful and not heavy on the skin. For a richer oil, I use extra virgin olive oil, organic of course. This is particularly suited to very dry damaged skin.

Calendula oil has a wide range of uses as it is both antiseptic and tissue healing. It is my 'go to' first aid product as it is suitable for many conditions. Because it is not an essential oil, it is gentle and non-irritating on sensitive skin. It is just as effective as ti-tree oil to prevent infection, and additionally heals the skin.

I also use calendula oil as a base for a nappy rash barrier ointment with zinc oxide and beeswax. I make a similar but lighter formula with a cream base using a smaller proportion of the protective zinc oxide as a nappy change cream.



Calendula oil in the extra virgin olive oil base is very helpful for women's intimate areas. For menopausal women experiencing vaginal dryness/itching, it is very emollient and healing. I sometimes combine it with infused organic fennel seeds, also in olive oil, as the fennel seed contains plant oestrogens. Fennel is also anti-viral, so is useful with viral herpes outbreaks.

One of my most popular creams is an insect repellent made with cedarwood and rosemary essential oils. Since moving to coastal Iluka last year I am very aware of the need for not just mozzie protection, but particularly for sandflies. For general use I make a light cream so it's easy to apply to large areas of bare skin. The essential oils are in strong therapeutic amounts.

For more demanding



Nature's pharmacy
by Trish Clough, herbalist

needs I use the same oils in a heavier olive oil and beeswax base. It enables a thicker application and stays on the skin for longer. I also find a lavender spray to be quite effective, but needs to be applied more frequently. Obviously cover-up clothing is sensible too.

Over the years I have made a range of different anti-inflammatory/pain relief creams. These include arnica and comfrey, copaiba, boswellia, turmeric (this one stains everything bright yellow so is not for the faint-hearted), B12 and PEA (palmidrol, a natural nerve pain relieving supplement). These all have slightly varying uses depending on the exact symptoms and the type of inflammation.

My current favourite as an all-rounder, suitable for

muscle, joint, connective tissue and nerve pain is a high potency copaiba oleoresin with frankincense essential oil and a bioavailable methyl Vitamin B12. The combination works very well, especially with frequent applications.

Lastly, I am receiving very positive feedback about my heavy duty Antibiotic Drawing Balm. It can work really well as a treatment for skin infections. It has castor oil to help draw infection to the surface. It also has strong concentrations of the anti-microbial herbs including myrrh, calendula, coptis and propolis. St. Mary's Thistle is included as it makes bacteria more susceptible to the antibiotic actions of the herbs.

One warning though; some very deep-seated infections need hospital treatment with I-V antibiotics, as not every infection can be cleared with topical applications. If there is a slight fever, unwellness or the infection is painful and swollen, it is advisable to seek medical attention.

Trish Clough is a herbalist who conducts her own clinic practice in Iluka and 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.

More than just Bowen therapy

I thought I'd write about a typical day when I'm working in clinic.

I leave Kingscliff not long after dawn to drive to Nimbin on a Saturday morning. It's the best time of day to be on the road, and the scenery is spectacular all the way, especially when I see Mt Wollumbin!

I buy my coffee at the bakery and start to set up the treatment room which is called Birth and Beyond. It is the room where the women had their babies decades ago when there was nowhere to have them at home. The energy is beautiful and most people comment on it when they walk in.

After setting up the sacred space I clear it with sage and set intention for everyone to have a beautiful treatment and ask that their healing is continued throughout the week for them.

I never know what a person is coming to see me for at their first appointment, but I'm sure that I will be able to help them on some level whether it is mind, body or spirit.

On a typical day I might have someone with back pain, neck or shoulder pain and the person could have a

past life experience during the session.

Next a woman will see me about a caesarian scar that has been bothering her for a few months. I can help her with MSTR (McLoughlins Scar Tissue Release). I see great results relieving the tightness, numbness, and inflammation that can occur, as the scar hasn't healed properly from the inside.

She has brought her six-month old son to see me too, to give him a little Bowen treatment as he had a traumatic birth and when he wakes he screams until mum picks him up.

The little treatment will calm his nervous system and remind him that the emergency is over and I feel sure it will help him to wake without feeling traumatised any more.

Then I see someone with a mysterious pain in her stomach, which no doctor has been able to diagnose. I ask her, "What can I do for you?"

So I do some Bowen therapy and mainly Reiki healing, and after the hour she is feeling much better in that area and can feel a difference straight away.

Then it is time for a break



by Sonia Barton

and I have lunch at one of the friendly cafes in the main street.

After lunch someone will see me who has inflammation around his heart, and a Bowen treatment really helps him to breathe easier, relax him and help to stabilise his heart rate. He has a monitor on his phone which records the effects. He's delighted with the result and tells me that he gets the same result with acupuncture. He sees me every month now.

I also have people see me who don't have anything wrong any more as they have had a few Bowen sessions over time and they realise that a regular treatment keeps them in alignment and free of pain.

On the way home I drop

off some Kangen filtered water to a client who has had a lot of trouble with healing damaged skin on her legs. I have the machine at home.

It creates different PH levels of water and I give her a combination to spray on her legs, and ask her to drink the PH 9 water during the week to alkalise her body and help the healing from the inside as well as the outside.

I have spoken to her and she has reported that her legs are looking so much better and are healing well. She doesn't think she will have to wear the tight stockings that she was told she might have to wear for the rest of her life. So that is a big relief for her.

So that's my day, and I love helping every single person. I am so grateful for the career path I have chosen and in deep appreciation to everyone that puts their trust in me when they are on the massage table, surrendering to their healing.

I work in Nimbin and Murwillumbah. Feel free to call me for a friendly chat if there is anything I can help you with. Contact me on 0431-911-329 or visit: bowenenergywork.com.au

Where there's a Will – part 2

“Don’t tell them too much this time,” my secretary advises as I’m drafting an email to a potential client.

Last week I sent another one a full page of well-crafted prose, telling her what we’d do and attaching a costs agreement for \$900 + GST (my bookkeeper has forced me to become a tax collector) and a brochure on references.

She’d responded, “Think I’ll save the money for the fine and do it myself.” I referred her to previous *GoodTimes* articles on representing oneself.

But this time it’s different. This client can’t do it herself. She’s an impoverished floodplain dweller. It’s a complex Wills and Estates matter, with two wills, three recently deceased relatives and an executor she doesn’t trust. The estate is not small.

My advice is that we make a Family Provision Claim, attacking one or both of the wills. Compared with the other beneficiaries, she’s most likely to be left without ‘adequate provision for [her] proper maintenance, education or advancement

in life.’ That’s what Family Provision is about. I repeat what I’ve written here before; “The only way to proof a will against attack is to spend the lot before you go.” Otherwise, it’s best to have one; easier for all concerned than applying for Letters of Administration without a will.

Having a well-drafted one, particularly with a letter in the packet explaining why that particularly annoying family member has been left out, is recommended, but there’s always a chance of attack.

This is because the Family Provision jurisdiction of the Supreme Court, codified in Chapter 3 of the *Succession Act 2006*, originates in the Lord Chancellor’s Lunacy, Infancy & Wardship jurisdictions, and those of the Ecclesiastical Courts as well as Chancery. Now, in NSW, the top judge is the Chief Justice in equity.

Like other ‘freedoms’, testamentary freedom, the right to direct what’s done with whatever you leave behind, is not absolute. Equity is supposed to



Legal writes
by John Adams

ameliorate the harshness of the common law. And unfair wills.

Unlike common law, equity’s supposed to be about fairness. So, for instance, where a will divides the estate equally between two siblings, one comfortably well-off, the other with alcoholic dementia, the drunk scores. I tell the impoverished client with the rich relatives that we can do it on spec. Normally we’re paid out of the estate.

We can do this. It’s the other wills matter that I can’t get my head around. This client lives in his car.

He drops in on his regular visits to the laundromat next door and I tell him where I’m up to. His mother died nearly a year ago. The estate consists of the family home in Queensland. His cousin is executor of her will. The relationship is not harmonious.

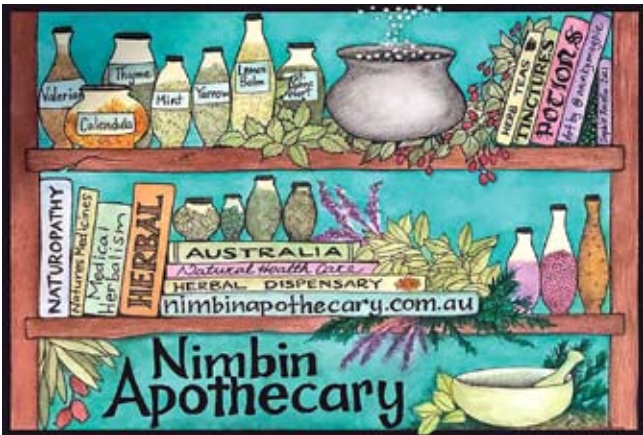
His first problem is that his cousin won’t send him a copy of the will. I have a couple of phone calls with the cousin who says his aunt didn’t want him to show the will to my car-dweller, but he’ll send the relevant page. He doesn’t. All I have is his phone number.

I write a lawyer’s letter, referring to the section of the *Succession Act* (Qld) that says he must give us a copy, mention legal action and costs, photograph it and send by text message. No reply. Now I’m researching the Court’s discretion to remove an executor.

That our client is broke is not a problem. He used to be a second-hand dealer and has shown me photographs of the magnificent desks destined for our new office. Check next month’s *NGT* for the new office update.

IT MIGHT BE SMALL, BUT IT STILL GETS NOTICED!

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Bardo and the search for meaning

I’ve been thinking a lot about the Tibetan Buddhist concept of the *bardo* recently. In earlier Buddhism, *bardo* referred to that transitional state between life and death, but it came to refer to the intermediate, liminal state between this moment and the next. The Buddhist tradition has it that our job is to consciously choose right courses of action as well as be aware of the passing play of karmic ideas.

Bardo is an interval, a hiatus, a gap; a boundary that divides and separates, marking the end of one thing and the beginning of another; it is a crossroad, where one must choose which path to take in a no-man’s-land, belonging neither to one side nor to the other. It is a state full of tension, suspension and uncertainty, neither this nor that.

In the bardo we can feel confused, anxious, frightened, or amazingly liberated and open to new possibilities where anything might happen. The essential thing here is to remain calm and observant, with a steady mind and confidence in the choices we make.

As I write this, I am currently between having a house in Lismore, NSW and a place of my own in WA. I am in a transitional space. It’s a peculiar thing being of no fixed address, but it is a very good opportunity to observe my reactions to the particular circumstances I find myself



by Dr Elizabeth McCardell

in and identify the choices I make.

Fears, anxieties, and exaltations, arise and fall away, and it’s good to notice these, and share what I’m aware of. After all, my work with clients depends on me being aware of the sometime scariness of the human condition – that is, if I want to be truly effective. Such awareness gives meaning to my, our, existence and, as Viktor Frankl (1905-1997), founder of *logotherapy* and survivor of imprisonment during the holocaust observed, meaningfulness is essential for happiness.

The capacity to make meaning – even in the face of what seems to be a faceless fate – means choosing one’s attitude to a thing and not being caught up in a sense of inevitability of whatever arises. The loss of meaning is like an interior collapse, a void, that one tries to fill with pleasures, power, things, hatred, neurotic obsessions and compulsions, addictions, etc. The grasping of these are like the psychological



grasplings that are so graphically illustrated in *The Tibetan Book of the Dead*.

The capacity to choose is what karma is all about; it is not a mere submission to whatever fate befalls us. It is true that we are subject to our previous decisions and choices (old karma), but we are not bound by them. We do have the capacity to choose other modes of being (new karma), and thereby bring conscious awareness to our life going forward.

I came to Western Australia and stayed for a few weeks in one friend’s house that is comfortable, clean, airy, and lovely, but I left there to give my friend space. No-one really needs another person occupying their place beyond a certain limit. I moved into a smoker’s house: small, cramped, cigarette imbued walls, and woke up at night often coughing. This could not go on, even though this friend is an old and dear one. And so, I put the word out again and another benevolent friend invited me

to stay in her house.

I’m here as I write this. It’s palatial, light, beautiful. I observe my reactions to these places: there has been disgust, bemusement, delight, repulsion, exhilaration, begging the question, how much is psychological, how much fear based, how much physiological. These reactions arose in my consciousness and I made my choices accordingly. I know I am incredibly lucky having the friends I do, with places to stay. I know there are many not so fortunate. The beneficence of the universe is much appreciated by me and I wish to use these experiences wisely and that’s why I write of them. I explore the *bardo* because it is a bridge between us, and we all face the business of making meaning for ourselves.

Dr McCardell has relocated to Fremantle, but is still available for on-line consultations.
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Being at home after death

by Saskia Kouwenberg

The most intense moments of our lives are often around the time of death. Our own, or the death of a loved one.

Although we all die, it is not an easy experience for anybody involved. Feelings of relief can certainly be present when a loved one's suffering is over, but we mostly meet feelings of deep sadness and indescribable loss.

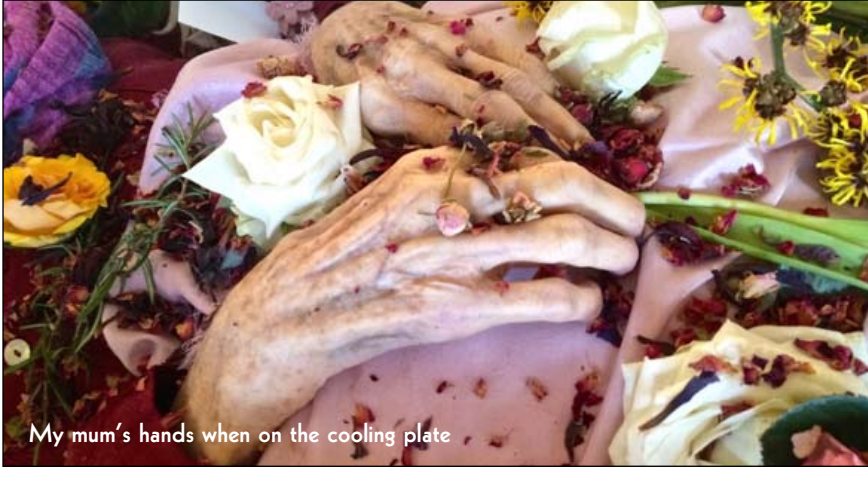
One of the countless aspects of dying and death is that many people express the wish to die at home in familiar surroundings. And then we may choose to keep the body at home or bring the body home when the person has died elsewhere.

Keeping the body at home for one or more days can contribute in positive ways towards our grieving and healing process. The use of a cooling plate can be very helpful. It keeps the body cold and slows down the decomposing process.

In this way we can have some quiet time together. No rush. Slow down. Take deep breaths. Let the reality of the situation sink in.

We do not need to get swept off our feet by pressure to make decisions we are not yet ready to make. We can sit in silence, cry, pray, sing, honour our feelings, meditate, share stories.

Family, friends, neighbours, including children, can be with the person and say a final goodbye. We can touch the body if we want. It can be reassuring to do so, especially for children.



The cooling plate, produced and commonly used in The Netherlands, is a compact electrically-powered refrigeration unit which pumps a liquid coolant through the plate and can keep the body very cold.
In this way decomposition is delayed and the body can stay at home for a legal time of maximum five days in NSW. It weighs 21 kilo and fits in most cars. It uses 680 Watt and Amperage is 1.6.
A users' manual is available from Nimbin Neighbourhood and Information Centre. See photo on page 6.

Death becomes less fearful. Often a deep feeling of love is spontaneously felt in our whole body when we are close or touch the person who has died.

Death care becomes more familiar and a bit less stressful. It is also empowering

to (re)take control over our experiences around death.

A cooling plate, an asset that every community would benefit from, is just an extra option and of course, you can still call for the assistance and support you may need from palliative care nurses, (holistic) funeral homes, death care doulas and grief counsellors about any aspect of the dying and death care process.

If you want to explore the option of using the cooling plate, it is best if you discuss the possibilities before the death occurs. For more invaluable inspiration around death and dying have a look at the 'Nimbin Death & Beyond' Facebook page.

We close this article with heartfelt well-wishes and deep respect for people who read this article and live at this very moment with the knowledge that death is near. We wish you strength and love.



Bedroom solitude
Dear SSHS, I am middle-aged and would like to have my own bedroom because I am not sleeping well. My husband is insulted and insists I sleep with him as we have always done. Can you help?
–Patty Lovelace, Blue Knob

by Uncle Norm & Aunty Maj

HE says
When I was a gangly pubescent man-boy I fantasised of sleeping, and waking up in my imaginary double bed with a beautiful goddess such as Sophia Loren or Brigitte Bardot. Instead, I had to make do with the family cat.
Eventually when I became more man than boy and finally scored, it was exciting to tick that box and spend the entire night in bed with a woman.
However, it soon became apparent that women take up far more space than a cat. Not only that, they want to wrap themselves around me all night like a python and hold me tight as if to prevent me from doing a runner.
Not that I'm complaining, because we would get up to other activities that made it worthwhile. The trouble is, in a long-term relationship, when the sex starts to become less frequent (believe me, it will!), sleeping together becomes tiresome, literally.
When my ex-wife punitively exiled me to the spare room after sleeping together for ten long, tedious years, it was a revelation. She thought she was teaching me some sort of lesson, but I hadn't slept so well in eons. Her power trip failed, eventually leading to my flight to freedom.
When my current little bedbug first mooted the idea of living together, I agreed on the proviso that I have my own room. She was delighted and 25 years later, we're still happily together.
So Patty you're going to have to do a sales job on hubby. Assure him you'll come and visit often and he can visit you, if he makes an appointment. Tell him he can set up his bedroom any way he wants and that he doesn't have to keep it clean and tidy. He'll be able to stretch out in bed and sleep soundly, as well as snore and fart with absolute impunity.
The clincher will be when you tell him he can take his weird magazines in there and relax in a gentleman's way whenever he has the urge. If he still complains, get him a cat. Sweet dreams.

Q: Why do female black widow spiders kill their mates after mating?
A: To stop the snoring before it starts.

She says
I reckon sharing a room is a young person's sport and is convenient when you're having lots of sex. But as we get older and go through our changes, a room of your own starts to look very attractive.
I rate sharing my boudoir with a man as worse than sharing with my little sister. At least I got my own bed and she didn't snore, or fart on me.
It was only when I broke up from my ex-husband that I realised the joy of sound sleep, fully stretched out. No-one else's stench or vibrational energy. Bliss!
Being older when we met, Norm and I both declared that we wanted our own room. The relationship was off to a good start. And, if anything, more romantic for it.
For the sake of a good night's sleep many people choose to have their own bed and/or bedroom. I think it's civilized although some people, like your husband, see it as a sign the marriage is in trouble. It's not.
Our bodies change and our needs change. It's up to each couple to work out a happy compromise. If you can't agree, then it is only fair to share sometimes and separate other times. It will probably put the thrill back into things.
It is important that your husband feels secure in your love. Let him know you are not rejecting him, simply asserting your right and need to have a good night's sleep.
Give him extra cuddles and sex and, who knows, he might even end up enjoying his own, private space where he can be a master of his own domain.

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

The goodhearted omnivore

Shapeshifting

by Anand Gandharva

There are many goodhearted omnivores today. The norm in history, this lifestyle cannot fit the needs of tomorrow. Yet it is a grave mistake to prejudge animal eaters. Cultures are based on all contributors. Lots of people have beautiful spirits. They may not show empathy with mammals, just like herbivores chop onions and feed off the plant kingdom. Don't ponder it.

An analogy is with the bible story of the Good Samaritan, demonstrating that is not sameness of tribe that matters, but purity of heart. Goodness is a frame of mind, no matter what is consumed. As the saying goes: don't judge a book by its cover.

In that Bible story an injured stranger is helped by an outsider; someone with a pure heart who takes the plight of the hurt party to heart and does something about it.

As with omnivores and human herbivores, it is the spirit that matters. At the time of the Good Samaritan,



life was much harsher. The world was divided into competing tribes. It explained that no matter what tribe one belongs to, goodness is of the heart, not just the clans of birth, reason or faith.

The same is with eating. Why claim that a person is better or not because of what they consume. It depends on their moral code.

There are vicious hotheads no matter what group. Harming is not one-sided. An example is Gandhi. His enemy was a fellow vegan, upset about the tragedy of partition. It is nonsense to think that badness is of a group: it comes with personality.

What is a deadly sin to some, can be lessons learned in another reality. Civilised mobs allow redemption, disagreements on effects, genuinely being sorry or doing time. A person can disagree, but defend the right to believe what you want: democratic rights.

Animals can be cruel to each other. Why not people? Ever been buzzed by

a March fly? They may wait until you are defenceless, standing on a ladder repairing a gutter. How about ticks, snakes, eagles? Natural law is harsh.

The difference between an omnivore and a human herbivore is often nurturing, education, culture. How big is the circle of care, empathy. Is it only self, family, clan, tribe, language, faith, why feel sorry for hurting animals, when plants may suffer?

Classified as different 'kingdoms' by biologists, but why is being vegan the last word. E.g., Jains often consider many plants as conscious. Do not eat some. The same logic for size. Microbes have life. Why harm them? Some sweep their path to avoid ants and other insects.

We live in a mysterious universe. To be excessively certain of the superiority of our consciousness is to overlook the smarts of other creatures, plants, rocks, solar systems, stars, galaxies. What matters is not only what is in your mind, but in your heart too.

Sure, in this life we have to look after ourselves. Yet we also depend on and use community, goods and services. Only to worry about number one is in the end self-defeating.

Actions speak louder than words.

Have you been abducted by aliens?

Have you ever wondered if you may have been abducted by non-human beings?

Perhaps you have some missing amount of time you can't account for, or have seen some very bright lights or unidentified craft in the sky, maybe even seen some very alien looking beings, after which you remember nothing or very little but somehow know something strange happened.

Or perhaps you've woken in the morning with strange marks on your body which were not there before going to sleep?

Alien abductions may be more common than we think and occur with people from all walks of life. The reason we don't hear about them very much has a lot to do with people preferring to keep quiet about their experience, fearing others will think them crazy or simply not believe their story.

The other major reason is those who have been abducted usually have their memories wiped by their abductors.

I would like to share two alien abduction stories from hypnosis sessions with clients, which are quite similar.

Danielle was very curious about several hours of missing time whilst travelling with her husband in California. They had a dinner invitation for 8pm and turned up at their friend's house around midnight, after the other guests had gone home. Their watches showed they were slightly early and so they were very confused at their friend's reaction.

Under hypnosis, Danielle



by Auralia Rose

vividly recalled their car being stopped on a quiet and dark back road, which was not on their intended route by a very bright greenish beam emanating from a spacecraft above them.

She recalled the beam pulling them both up out of their car into the spaceship and observing both small grey and tall grey beings. The small greys did the bidding of the tall greys.

Once on board, Danielle observed her husband being taken and bound to a metallic slab while the tall greys performed some very painful procedures on him with probes, with Danielle also undergoing some very intrusive and painful procedures. The tall greys were very annoyed at them for being fearful and complaining about the pain.

When the procedures were over they were exited via a blue beam back to their vehicle, eventually finding their way to their friend's place for dinner, having no conscious memory of the experience.

In another instance, Barbara and Gary were travelling on a beautiful moonlit night on a deserted road in Central



Australia when they saw a strange light in the sky which stopped directly in front of them. Looking up, Gary could see some kind of craft above them with a row of men standing in the windows looking down at them.

The craft began to descend, and Gary had the feeling they were trying to abduct them. After that, neither remembered anything until under hypnosis Gary could recall what happened.

He remembered being gripped with fear and wanting to run as fast he could, after which Gary and Barbara were both forced to board the space craft, which held alien-like beings with very frail bodies.

All of their power and control resided in their eyes, their most striking physical feature, which were black and liquidy. Gary observed them being taken to an examination room with a jet black floor, and being bound to cold metallic tables.

Gary endured metallic probes being inserted into

various orifices of his body by these very small, frail-looking figures, after which Gary and Barbara were beamed back down to their car, which remained where they had left it earlier.

Regression hypnosis is a process of recovering hidden or blocked memories which, if remain submerged in the sub conscious, unaddressed and not understood, can create psychological problems.

Working in a safe space with your Higher Self I can help you understand and heal from the experience.

Of course, not all abductions are traumatic, but they all leave some big unanswered questions in a person's mind, the subconscious memories often playing out in troublesome ways.

Please feel free to call if you would like to chat.

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

The Rod & Ring

Tarot musings

by Amy Scott-Young (Amy.B)

Waite describes the Chariot as "the king in his triumph" or "the victory which creates kingship". He also makes it clear that this kingship is obtained through conquest rather than through lineage; in our case a conquest of the mind.

In Mesopotamia, the world's oldest recorded civilisation, kings received the rod and ring during their investiture which was symbolic of the kings "sacred marriage" to the goddess Ishtar.

Waite also refers to the Chariot as the "currus triumphalis" which leads us to *The Triumphal Chariot of Antimony* by Basil Valentine. Described as "the secret of the stone of the wise" this manuscript is considered a masterpiece of alchemical literature.

Its front cover shows a figure standing on a chariot holding the ring of unity (feminine/lunar) and the rod of fire (masculine/solar), clearly symbolising again a sacred marriage or union.

Antimony, the subject of this manuscript, was named after the Greek words "anti" and "monos" to mean "an enemy of solitude" because it does not occur alone in nature.

Our charioteer is a virgin, so the rod and ring here do not symbolise his union with another but rather are a reminder that he is the PRODUCT of the union of the solar and lunar paths. The solar path is a rational intellectual way of thinking while the lunar path is a non-linear, image-driven, intuitive way of thinking.

Their combination, which we could also refer to as a conquest of the mind, becomes the stellar path. It is a unified state of incorruptible wisdom symbolised by the heroic philosopher's child, our charioteer, the RESULT of the union of the Lovers.

The Sphinxes and breasts

The Golden Dawn attributed the zodiac sign of Cancer and the secret name 'Child of the power of the waters' to this card.

In medieval alchemy, Cancer simultaneously stands for crab-claws and breasts. It is a stage in which our initiate is confronted with both the phallic and maternal nature of his/her sole protector. Termed by Jung as the Dual Mother this period is characterised by:

- A hate for the mother because she cannot realistically provide the attachment that is so inexhaustibly sought; her phallic nature (the lion);
- A love for the mother because she nourishes and comforts; her maternal nature (the breasts).

This was originally termed by Freud as the Oedipus complex. Jung describes it as a man that "can have an unconscious, all-consuming passion for his mother which may undermine and tragically complicate his whole life".

Both Jung and Freud believed that mastering this separation from the mother eventually led to one's individuation, as the child learns to give up their narcissistic tendencies and fuse these opposite natures together by loving the mother as a "whole". And it is here that we realise these early projections of love and hate are merely representations of our own dualistic nature (Fabricius).

Before learning the lesson of the Chariot, we are faced with a man who has not yet found his beloved. Lacking in adventure, this is a man who every woman knows but none can fully have (even if he is partnered) for he is the son heroically bound to his goddess mother (Jung).

This card reminds us that it is time to conquer the realms of the mother by renouncing all her maternal luxuries. Again, it is a conquest of the mind, in which we must choose to go out into the world and live our destiny to the full. In other words, we must win the battle for independence and begin the search for our own psychic counterpart (Jung).

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

