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**DOLPHIN FUNERALS**

# Flourish Sanctuary welcomes Taoist masters

by Jagad Samuel

Nestled in the heart of Nimbin, Flourish Sanctuary has emerged as a melting pot for seekers of spiritual enlightenment and experiences, drawing on a mix of spiritual traditions and practices.

On 6th October, Flourish had the privilege of hosting two revered Taoist Masters, Master Wang and Master Lee, from Taiwan. This visit marked another significant chapter in Nimbin's growing reputation as a spiritual hub.

**A glimpse into the Tao**  
Taoism, a centuries-old Chinese philosophical and spiritual tradition, emphasises living in harmony with the Tao, which can be translated as the "Way" or the "Path."

It offers a unique perspective on life, emphasising simplicity, humility, and the interconnectedness of all things. Taoist practices often include meditation, a focus on balance, and a deep connection with nature.

Flourish Sanctuary is a welcoming haven for spiritual leaders and practitioners from all corners of the globe. The recent visit by Taoist Masters Wang and Lee provided an opportunity for a lively and insightful discussion, exploring some of the profound tenets of Taoism.

**Deep exploration of meditation and the soul**  
The discussion at Flourish delved into a variety of intriguing topics, including approaches to meditation. The Taoist Masters shared their wisdom on



Master Wang and Master Lee, with Tien Lung and Jagad

cultivating a meditative practice that aligns with the Tao, promoting inner harmony and tranquillity, and Julian shared from his years of experience leading meditations.

The meeting highlighted the power of meditation as a tool for achieving self-awareness and a deeper connection.

Another aspect of the discussion centred around dietary choices, with a particular focus on vegan and vegetarian diets. The Masters offered insights into how such dietary practices align with Taoist principles, emphasising the importance of compassion and respect for all living beings.

The existence of the soul, a topic that has fascinated saints and seekers for centuries, was also explored in depth. The Taoist perspective on the soul as an

integral part of the cosmic web of existence added a profound dimension to the discourse.

Perhaps one of the most gripping moments of the discussion was when Jagad shared his personal experience of death and entering his body as a new soul five years ago. This experience shed light on the soul's journey and its connection to the Tao, offering a unique and deeply spiritual viewpoint.

**A reciprocal journey of enlightenment**  
The visit of the Taoist Masters to Flourish Sanctuary was part of a reciprocal exchange. On 24th September, Jagad and Julian visited the Gold Coast, where we had the opportunity to immerse ourselves in the teachings and initiation practices at the Taoist

Temple. This reciprocal relationship underscores the essence of spiritual exchange and the beauty of shared wisdom, transcending borders and boundaries. Special thanks to Tien Lung for acting as translator during both visits.

**Nimbin: a growing spiritual hub**  
Nimbin's reputation as a spiritual hub is on the rise, with Flourish Sanctuary, the Church of Aquarius, and most recently the Krishna's restaurant opening contributing to a mix of spiritual experiences. The synergy of these diverse spiritual spaces adds a unique dimension to Nimbin's cultural tapestry, making it a destination for those seeking a deeper connection with their inner selves and the cosmos.

# Dashi Katsuobushi, the ultimate in Umami

by Thom Culpepper

'Dashi', the foundation essential clear stock that is the core compound, which is the base of a wide range of Japanese culinary. That 'Umami' essence in taste. 'Awase-dashi' stock is brought into existence by extracting the flavours from various seaweeds, seafoods and fungi, collectively.

They being, in the main, sun-dried Kunbo seaweed, smoked, dried and shaved, bonito or 'skipjack', mackerel, Katsuobushi, dried anchovies Niboshi or sardines with the dried fungi, Shitake.

'Kon(m)bu-dashi is made with seaweed and mushrooms. Nori may be used too. It's vegan and vegetarian.

'Katsuo-dashi' is made only with bonito flakes.

'Niboshi-dashi' is made with dried sardines or better still, dried anchovies.

'Shiitake-dashi' is made from dried shiitake mushrooms. This form is also vegan and vegetarian.

All of the above are said to be 'steeped' broths. The Awase-dashi and the Katsuo-dashi after straining can be reused, by re-steeping, to produce a 'Niban-dashi', No 2 (a dashi-lite), a 'Umami' clear soup with which to carry other ingredients for

other dishes, or you may also save the strained solid ingredients as a 'furikake' (garnish) over other dishes, especially over plain rice.

To prepare an Awase-dashi you will need: one stain-proof pot. Not aluminium. 1/2 litre of clean water. No chlorine.

## Ingredients

50cm x 50cm piece of dried 'Kunbu' seaweed.  
20gms of dried fine-shaved bonito flakes or 15gms of coarse-cut 'Katsuobushi'.

## Method

Lightly dust the surface of the 'kunbu', DO NOT remove the white bloom on the seaweed, that is the source of the 'Umami'.

Soak the 'kunbu' for about 1/2 an hour. Heat the pot over medium heat until the small bubbles appear, remove the 'kunbu' seaweed from the pot, add the bonito flakes and return the pot to boil, lower the heat and simmer for 4-5 minutes, de-scum the broth.

Allow the bonito flakes to settle to the bottom, further allowing the steepings to cool and to be drained naturally, do not 'squeeze' the ingredients.

Save the strained ingredients for further uses (as above).



Much the same procedure for all of the 'Dashis', though in the case of the vegan 'Dashis', press the shiitake lightly to obtain the exudent from the mushrooms.

Should you have difficulty obtaining some ingredients, Culpeper has 'pre-nuke' Japan freeze-dried material from China. Email me: [thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com) Peace.

# Welcome to the Northern Rivers, land of weeds

## WEED WORDS

by Triny Roe

Lifestyles here are not all lolling on the deck and soaking up the rural ambience (and partaking of the other weed).

Here in the subtropics, there are hundreds of invasive pest plants, potentially coming to a garden, farm, bushland, creekbank or a lifestyle property near you, if they are not already there.

Some of these weeds may need to be dealt with, and sooner rather than later.

The cost of managing weeds in Australian agriculture is around \$4 billion annually, not including the domestic market. The cost to biodiversity, the environment, our health and that of pets and livestock, (some are toxic) is inestimable.

Acting promptly will reduce the workload and expense. Landholders have a biosecurity duty to manage all weeds and prevent them from spreading.

Make informed decisions when choosing what to plant, what to take out and what to leave. Legacy gardens and old farms are often planted up with traditional ornamental favourites like micky mouse bush, *Ochna serrulate*; jacaranda, *Jacaranda mimosifolia*; and privet, *Ligustrum spp.*

These days, 'It's so pretty' is not a good enough reason to exist. Looks are not everything. If a plant has invasive potential, consider giving it the chop and replacing with a native species.

There are plenty of apps for identification, weed lists to consult for information and social media pages where peeps love to share advice and their opinions.

Weeds Australia ([weeds.org.au](http://weeds.org.au)) outlines a three-stage methodology of weed management.

1: Plan – assess and develop.  
2: Do – act and monitor.



3: Improve – evaluate and modify.

After identification, work out the best method for that species, get to work and then follow up, follow up, follow up, employing a different or repeat process if necessary. Assess what worked well and what didn't. The key is in the follow-up. It's not a one-off job. It's part of the rural lifestyle.

The golden rain tree, *Koelreuteria elegans subsp. Formosana*, prized for its beauty and ability to grow quickly, was planted widely as street trees in cities and towns in the sub-tropics. It is now on the alert list of top 28 environmental weeds.

This species can seriously degrade ecosystems if not restrained. The long lasting dusky pink floral bracts have high ornamental value but this tree's ability and propensity to disseminate indicates, in time, it could become another camphor laurel.

Mature golden rain trees and myriads of seedlings are common in the Nimbin village, as well as the streets of Lismore, and there are several solid infestations in the nearby hills and valleys. If there are only one or two, remove them before there is a grove and they spread to

White cedar, just as pretty as a jacaranda

nearby areas.

Note that seedlings of golden rain tree look similar to those of the native species, white cedar, *Melia azedarach*. The leaflets on white cedar are opposite while golden rain's are alternate.

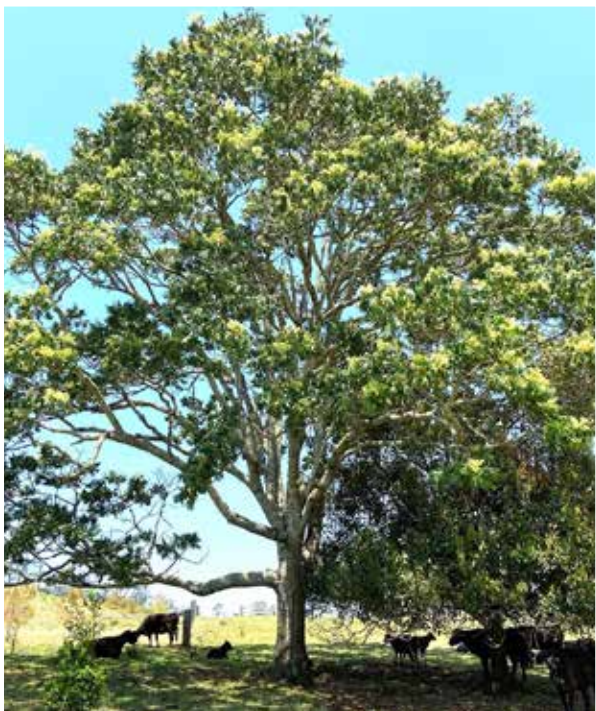
Reduce the prevalence of invasive species and provide food and habitat for wildlife by planting natives. White cedar, *Melia azedarach*, endemic to the east coast of Australia and SE-Asia, is a delightful deciduous shade tree with lilac flowers, though it too can self-seed and has become a pest outside its native range.

Many other natives also spread readily. Silky oaks, *Grevillea robusta*, red cedars, *Toona ciliata* and cheese trees, *Glochidion ferdinandi*, can pop up in the rose bed, vegetable garden or right next to the house, where the mower doesn't quite reach.

Anything is a weed in the wrong place. Small native seedlings are easily potted up and planted later in a more suitable location.

Happy weeding.

## Plant of the month



### Cudgerie *Flindersia schottiana*

by Richard Burer

It's a typical spring with this handsome trustworthy survivor Cudgerie or *Flindersia schottiana*, flowering this month.

Getting to 40 odd metres, Cudgerie is a reliable hardy tree that is very common in the area. Found in sub tropical, riverine, dry and littoral rainforest, this species is also endemic to the Papua region, including Irian Jaya where the timber is probably still being logged as a cabinet timber.

Locally, I find this tree good for rainforest and cabinet timber plantings with modest growth rates and a hardy nature.

On the farm it's quite the feature tree but it's often not suitable for parks and gardens. However I find it an excellent edge tree for gardens and landscaping where it's a great paddock tree.

In ecological restoration it's common for this species to regenerate, it's ripe woody capsules in January throwing out winged seeds to be carried by wind to new areas of remnant or expanding forest.

Keep an eye out for the white flowers this November and if you can reach them, take a smell of the delicious honey fragrant flowers found in large clusters at the end of the trees branches.

Easy to grow or find at your local rainforest nursery.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: [richard.burer@gmail.com](mailto:richard.burer@gmail.com)

# THE IMPORTANCE OF RITUAL

## The art of practice

by Susan Paget

Let's write down five things we want to let go of.

It's a warm spring evening and guests are over for dinner. And while some like to finish a meal with a digestif, I love to serve up a spiritual activity. After all, we live in the hippie hills of Northern NSW! To my delight, even the most sceptical visitor always seems keen to go along for the woo-woo ride.

I pass everyone a paper and pen and prompt them to consider what they'd like to release – from whatever is draining energy to things that need replacing to the old, unhelpful stories we tell ourselves. We don't share, we just privately write down what comes to us. This activity often is a revelation. Who knew we could even consider letting go of whatever isn't helping us! Under a starry sky, with the cleansing smoke of the nearby fire pit and the chorus of cicadas, everyone seems to be getting into this moment of reflection and intention.

This activity is a ritual. It's a brief moment of creating

intention, considering the mystical and listening to our souls.

I have never connected with traditional religion but this idea of being able to trust the process and to cultivate spirituality in a language and form that resonates with me has been a game changer. Before I understood that I could express faith in my own unique way, I'd look on religious people with a sense of awe. How wonderful for them that they had something beyond themselves to believe in and had formal ways to express it.

But as mainstream belief systems are not for me, I've had to create my own and that's how practising ritual has come into my life. A ritual is using an activity to express the intention of your soul. Depending on what you need, it can be very simple or profound or, in the case of my guests, a bit of fun. If your soul is calling out for something gentle to smooth out life's rough edges, here are a few ideas for calling in a little more spiritual oomph.

**Stock up on basic ritual ingredients:** Ritual tools help extract spiritual ideas out of your head and into tangible

form. I always have on hand the greatest hits of New Age ritual paraphernalia like candles, sage, incense, essential oils, cuttings from the garden, crystals, pictures of loved ones and playlists of sound baths. These ritual items can be used to express gratitude, to set your space or to clear stagnant energy so you can bring in new ideas. Whatever you need can almost always be put into motion with a little ritual, courtesy of tools like these.

**Practise setting intentions for the mundane:** When you bring a simple ritual into your daily activity, you can turn the dullest situation into an act of mindfulness. I recently was dreading cleaning my closet because it just seemed so boring. To shift my thinking, I used ritual. I lit a candle, put on music, waved around some Palo Santo and placed fresh cut flowers on the nightstand. Are you getting the change that happened here? A boring chore became a meaningful gesture and an act of appreciation for what I have. See what happens when you add ritual to the next thing on your to-do list.

**Create ritual for the times you need faith:** Like so many during Covid, we couldn't

attend funerals. But this taught me a new way to pay respect and have the kind of closure that a memorial is intended to bring. Now when we can't attend a service, we bring out photos, light candles and take moments through the day to "be" with this person and their family.

A ceremonial approach to life's bigger mysteries creates a sort of balm, much like the feeling those who practise religion would experience sitting in a pew.

When we'd finished writing down what we wanted to let go of, I had everyone fold their sheet of paper, come over to the fire pit and drop them in. We quietly watched the lists of what we wanted to release, go up in strong flames. Through a little ritual, that might have been masked as a mere party game, an important message from the heart went out into the universe. The process of letting go had begun.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntable Creek. Listen to her new podcast "The Art of Practice". More info at Instagram: [@therainforestfarm](https://www.instagram.com/therainforestfarm) Email: [susanpaget@gmail.com](mailto:susanpaget@gmail.com)

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## Remembering Frances



Photos: Chibo Mertineit

A celebration of the life of Frances Moonshadow Hood, who passed away on 23rd September, was held during October in the Nimbin Community Centre grounds. A former nurse and tireless advocate of medicinal cannabis, she was widely respected by the Nimbin community.



## Gems on television



chuckling. Pure comedic genius and worth the subscription just for this one show. And speaking of comic geniuses, we have some of our own here in Australia with *Kath and Kim* streaming on Netflix. Every actor is brilliant. My favourite ever dancers are Kath Day and Kel Knight.

When these two get on the dance floor they are

by Magenta Appel-Pye

There's not much to report this month, thank goodness. My main focus has been on mental health. It is really hard with all that is going on in the world to maintain a positive temperament but, for me, it is imperative for survival.

So I have been looking for good TV, preferably something that makes me laugh and a series, so I don't have to find something new every time I sit down to watch.

I re-discovered some true gems that have totally stood the test of time. I started from the very beginning of *The Simpsons* which is streaming on Disney. There are 35 seasons and are still going, so I will probably never run out.

I never had the time previously when my son was young to sit down and watch it properly. Now I get all the adult jokes and assertions. Every single episode makes me laugh.

I put it on for a light, humorous half hour before I go to bed. This helps me fall asleep and often nod off

memorable. I don't know how it is possible to make so many different dance forms so fucking funny but these two do.

Of course, Magda Szubanski as Sharon doing Irish dancing, or basically anything, is a scream. Twenty-five years on and these guys are still a breath of fresh air. Especially the nude episode.

An excellent show for all the family is the documentary *Life On Our Planet* on Netflix. Through eight episodes we see the evolution of life. It is truly awesome.

Orchestras are amazing bodies of sensitive people with big egos and *The Orchestra* on SBS On Demand is fascinating. A Danish series about an ambitious, temperamental second clarinetist who will do anything to become first clarinetist.

A must-watch if you have ever been in an orchestra, or even seen one. We were sorry when the tenth episode finished and hope there will be another season.

Until next time, happy watching.

## Herbs for the nervous system

I'm noticing a lot of stress and despair around me. The disappointment with the Referendum result, the brutal attacks on civilians in the Middle East, the climate crisis with impending summer and very high bushfire risks, to name just a few of the triggers.

Of course, herbal medicine can't change any of these events, but may help to a small degree in our ability to cope with stress.

I recently saw a Facebook post by Professor Kerry Bone, founder of Mediherb and one of my most respected teachers. He asked herbal medicine practitioners what are our favourite "nervines, anxiolytics and hypnotics". He then defines these terms as follows:

- **Nervine:** A substance that improves the tone, vigour and function of the nervous system. Nervines relax and energise the nervous system.
- **Anxiolytic:** A substance that alleviates anxiety.
- **Hypnotic:** A substance that induces drowsiness and sleep."

By far the most frequent responses were lemon balm, passionflower, lavender, California poppy and chamomile. Other favourites mentioned were ashwaganda, oats, schisandra and motherwort.

Surprisingly, valerian hardly rated a mention. I say surprisingly because I find many people self-prescribe valerian as it seems to be well known for sleep and stress.



**Nature's pharmacy**  
by Trish Clough, herbalist

But amongst herbal medicine practitioners it isn't so commonly recommended.

I personally don't have it in my dispensary, as I prefer many other herbs for stress and insomnia. I found in the past that quite a few people had aggravating effects from valerian where it made them feel hyped up. It wasn't common, but it was unpredictable and I stopped prescribing it.

Some herbs have all of the properties mentioned, that is nervine, anxiolytic and hypnotic. It is often a matter of adjusting the dosage. For example, I would use lemon balm in lower doses as a nervine, medium doses as an anxiolytic, and high dosage to help with sleep.

The toning effect on the physical nerves ("nervine") does indicate specific herbs such as green oats, bacopa, damiana and gotu kola. This strengthening effect is a little different from the

more calming anxiolytics and hypnotics, although they may be also indicated.

They are particularly relevant for the person who is depleted, burnt out, and with very little in reserve. For practitioners who use iridology, there are very specific indicators of the need for this type of strengthening. I also like to use an activated B complex in some of these circumstances.

For acute anxiety, I often use kava and motherwort. Racing heart or palpitations specifically indicate motherwort. It is very comforting and calming. It was traditionally used in childbirth, to calm nervous tension and to induce labour. As a caution, motherwort should be avoided in the first trimester of pregnancy however.

I do love lemon balm (a bit of a theme here!) in an anxiolytic herbal mix. As always with herbal medicine, there is no 'one size fits all' formulation, and each person is individually assessed for the prescribed herbal formula.

Another herb which is beautiful for stress, depression and insomnia is saffron. It is well known as a very expensive spice. I do make it in a herbal tincture to add in small quantities to some formulas. However, I also have a favourite saffron in capsule form with a small amount of beneficial zinc.

It is made by a company called Give Back Health, a Brisbane group with a commitment to give back to



Saffron for improved mood

the community. They donate some of their nutritional products to charities and not-for-profit organisations. They were very generous to our Herbies Hub last year with donations of supplements we could give to flood-affected people in Lismore.

I do find the saffron and zinc capsules work well for my patients, usually combined with a herbal mix including other relevant herbs.

Some of the herbs mentioned may be contraindicated with specific health issues and/or prescription medications. It is advised to seek professional advice if considering them.

Trish Clough conducts her clinic practice in Iluka and is available for consultations by appointment on 0452-219-502. Email: trishclough2@gmail.com



by Sonia Barton

Have you noticed over the last couple of months how much division was showing up all around us? From the television, posters in gardens, the local newspapers, and on Facebook?

My friend has Facebook and he was showing me remarks that people were making about other humans: insults, slurs, bullying and smearing people who do their own research.

I just couldn't believe how people can feel so negative and have to project their thoughts onto others just because they have their own opinions.

We have to remember that we are one human soul, we

## The answer is love

are all connected spiritually. When you point an accusing finger at someone else you actually point three fingers back to yourself.

Each negative thought or spoken word is like a poisoned dart to them, but even more to yourself. It creates very negative chemicals in your body, and in turn this build-up of aggression, hate and righteousness will cause some kind of illness in your body over time.

Some people get addicted to these chemicals though, and they have to look for drama or negativity to keep up the feeling that has become familiar to them.

There is an agenda at play on planet Earth, if you haven't noticed. There are people who want to keep us under their control, and the way they do it very easily is by keeping us feeling fearful and angry. Then our vibration or frequency is low and bang, they have us captured!

When you keep your vibration high, by being kind and loving, and having positive thoughts, you can

protect yourself and even heal yourself. I used to have negative thoughts about myself constantly until I had awareness, then I just kept saying "stop" to myself when I heard a negative thought.

It took about two years to stop doing this negative thinking about myself. Honestly, it changed my life and my mind once I got those thoughts under control.

### Do you want to be more loving?

It's not always that easy but staying positive and engaging in healthy communication are the keys to becoming more loving and surround yourself with people who are more loving.

Love is an action that can heal wounds, build bridges, and bring harmony where there was discord. Your little acts of kindness, your smile, and your warm hugs are the tiny miracles that can make life extraordinary.

Be a love warrior. Keep being the incredible person that you really are, changing the world with your love, one small beautiful act at a time.

Remember the Beatles song, *All You Need Is Love*? It is so true. I think that if we could have an International Love Day that we could change the world in 24 hours.

In one of my meditations one New Year's Day, I heard a message: "Do everything with love and all your heart's desires will come to you." Then I heard it again exactly one year later.

So since then I have been trying it, and even when I'm filling my car with petrol or washing the dishes, I do it with love. And honestly, my life has changed for the better. Everything I need is attracted to me, life has become easy.

If you want to be a happier person, try saying this phrase 10 times in the morning and afternoon: "All of life comes to me with ease, joy, magic, love and abundance," and watch your life change.

Sonia Barton practises Bowen Therapy and Reiki in Nimbin and Murwillumbah, phone 0431-911-329. [bowenenergywork.com.au](http://bowenenergywork.com.au)

# Court forms and legal aid

I'm old enough to remember when computers were going to make our lives so much more efficient.

Lately I find myself swearing out loud at anonymous coders. Why can't they leave things alone when they're working perfectly well?

When, as a baby lawyer, I joined an old firm in the Riverina, we didn't have computers in our offices because "the girls do that". I was to dictate to my secretary who did shorthand and typing.

Eventually I was allowed a computer and learned to fill out court forms on-line. Family law, for instance, was rather simpler then. As applicant, all we had to file was an Initiating Application (what we want the court to order) and supporting affidavit (our evidence); as respondent, response and affidavit.

The forms were easy to type into, the formatting predictable. Now we don't even attempt to type into the current version of the affidavit. Instead, we draft it in Word and only when complete, copy it into the form.

Last week a client in a parenting matter finally made it to the office a day after the Orders said we had to file her affidavit. We spent a good half day on it. By the time our signatures were at the bottom of each page, and she'd gone home, and the annexure notes had been added and the whole thing scanned and saved as a pdf ready to be uploaded to the portal, it was too late.

"Logging in at the Commonwealth

Courts Portal is currently unavailable while our latest updates are tested. Please try again later."

Never mind, I thought, working far too late on a Friday evening, no-one will see it until Monday anyway. So, when the portal reopened – on Sunday morning – and it was uploaded and I could see it there, with the red court seal, I relaxed.

But on Monday one of those 'no reply' emails arrived saying it hadn't been accepted. I checked the portal. Our affidavit had disappeared.

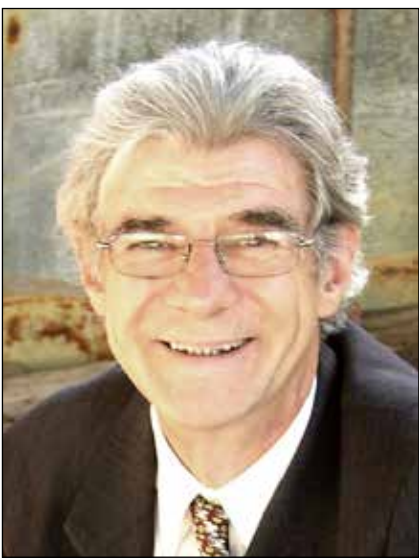
We'd missed any notification that the form had been updated and had used the old version. Did we have to get our client to come back? For a while it looked like it.

Then, after investigation, we discovered that the only difference between the old and new forms was a couple of bits on the front page that were now in boxes. There were no other differences at all.

And since the front page doesn't have signatures, we could just replace that page then scan the whole thing and upload.

My non-legal-aid rate, as a lawyer of some experience, is \$400 an hour. If I'd charged actual time for the affidavit, it would have cost well over \$2,000.

But no longer is it just the Initiating Application and supporting affidavit. Now there's also the notice of risk, parenting questionnaire, and genuine steps certificate, and that's just to start



## Legal writes

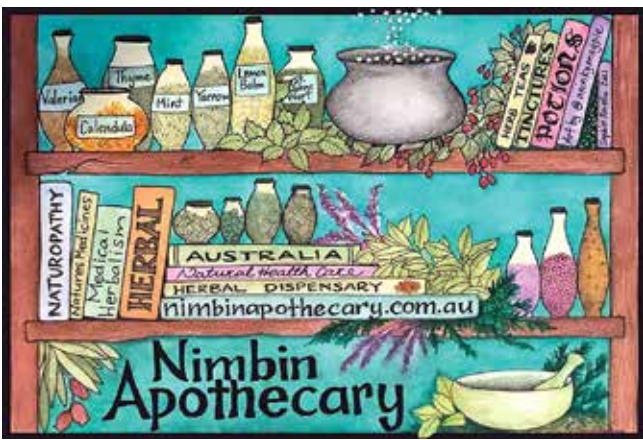
by John Adams

a matter.

With letters back and forth, mediations and mentions, a typical parenting matter can easily exceed \$20,000.

That Legal Aid pays a tenth of this is understandable. Government funding is limited and alleged murderers, for instance in long Supreme Court trials, are usually unable to afford the representation to which they're entitled. So why do we do it?

When, acting for a client who earns too much to get legal aid but not enough for a barrister, I find myself in a trial with one of my previous articles waved at me, forcing me to withdraw with a costs order against me personally, I reflect that trying to help children must be good for the soul.



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# Holding the therapeutic space

In recent times I've been thinking a lot about the space we therapists hold with clients.

It is a tangible tension that we have; you can feel it when it's there and when it slides by.

Usually, I've found, the tension is lost when our connection is impaired in some way, as when I've missed the mark and assumed an understanding when there wasn't one, or I've got impatient and have stopped careful listening: it's about focussed listening, and much much more.

Freud spoke of what a therapist needs is an "even hovering consciousness", a consciousness not subject to the extremes ordinarily elicited in the human encounter.

Buber says the psychotherapist needs a detached presence. This is a skill I use all the time with clients, and quite often in other places as well.

Recently, I had to hold the space in a legal case. I was both looker-on and supporter of a friend.

I was listening and watching what was going on, not speaking, just being there; essentially holding the space.

I took into my awareness the body language of the others, the questions asked, the feeling expressions, and so on. It was intense, and very interesting.

As therapists, we need to occupy the space holding us together and, paradoxically, separating us.

We need to be consciously aware of what is arising in the client, and taking note of the things arising in our own and their unconscious.

If we are overly conscious, we fail to be aware of the nether world that surrounds us. If we are paying too much attention to the unconscious, we are missing the mark of here and now consciousness. Both need to be present. We hold polarities of rationality and feelings, ensuring that neither dominates.

We must be able to enter into the client's world and feel the world from the client's perspective, and we need to hold all that according to our own developed science based, art and craft skill set.

Psychotherapy isn't an easy job; it isn't us just sitting back and listening. It is a mix and meld of things.

Richard Hycner sees the profession as essentially paradoxical.

Paradox as a descriptor of psychotherapy is exactly right. What we do is elicit – and hold – the tension of polarities.

There is the paradox in the tension between the subjective and objective. We must be both deeply personally present in the



by Dr Elizabeth McCardell

subjective experience of the client, and maintain an objectivity.

The balance of these is absolutely critical. We have to acquire, and keep on acquiring scientific theoretical knowledge about individual and interpersonal behaviours, yet none of this can be separated from our own self-awareness.

If our knowledge base is to keep on growing without the presence of our own self awareness then we've missed the boat, and cannot work effectively with anyone. A subjective awareness and an objective one must be masterfully blended.

To achieve this, most of us know that to do the work of psychotherapy with others, we must also work on ourselves in therapy and receive good clinical supervision throughout our career.

A good therapist has to be practical and also have a philosophical bent. She needs to recognise practicalities, and think beyond those to the greater human drama.

Mental wellness isn't just an individual matter, it's sociological and political as well.

Pathology and health is affected by income, poverty, ideology, drug use, belief systems, sleep patterns, work requirements, education, etc etc.

We have to be aware of the life story of our clients, as well as our presumptions. All these matter.

What we also need to realise is that life is ambiguous, and our work itself is ambiguous. It is always unfinished, there is always something more to be discovered.

Working with clients and receiving therapy is only limited by choice, time, and certainly money, but the beauty of it is that it can be picked up and continued for as little or as long as both decide to do it.

While we live, we have the opportunity to live better and feel better living. Therapy helps.

Dr McCardell has relocated to Fremantle, but is available for on-line consultations.  
Phone/text: 0429-199-021,  
email: dr\_mccardell@yahoo.com



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**The Hive Buzz**  
 by Jens Roestel

As we have had an abundance of flowering trees this Spring, we had an increase in phone calls to collect or advise people on swarms of the European Honey Bee.

Why do bees swarm? There are two main reasons:

- In a healthy hive, it is their natural way of multiplying.
- If a hive is infected with a pest like the small hive beetle or wax moth, quite often the bees will abandon their hive as they can't manage the infestation by themselves anymore.

One can observe natural swarming behaviour often

# Why do bees swarm?

from Spring until the middle of Summer. In this period of time, there is usually an abundance of food available, which is necessary to create viable queen cells.

As the queen will ramp up her egg production at the beginning of Spring, the hive will very soon be running out of space if the beekeeper is not on the front foot. If a hive becomes too crowded, the worker bees will initiate the swarming process. From this point onwards, they will build new queen cells on the bottom and the edges of the brood frames.

These cells are distinctly different from the normal brood cells, as they have a vertical orientation rather than a horizontal. They almost look like peanuts hanging on the frames.

In the early stages, when the cell is still open and uncapped, a beekeeper can manage to stop the swarming quite often by breaking the cells down and adding another box to give the bees more room.

Once the cell has been capped and the queen has stopped laying, it is almost impossible to convince the

bees to stay. We have found that removing the queen and placing her into a newly, queenless split hive will stop the swarming, as the bees in the main hive are suddenly queenless.

Once a new queen hatches, she will mate and hopefully return to the hive and continue the work of her predecessor.

A queen takes 16 days from egg to hatching, so it is vital that beekeepers inspect their hives every 10 days in this period of time to make sure they are not swarming.

Besides losing two months' worth of honey production, there are two reasons why we should try to keep our bees from swarming.

There is a chance that the newly hatched queen is met with some mishap in her early days. It might be raining for an extended period of time so she can't fly and mate; or there are not enough viable drones in the area to mate properly; or she simply fall prey to the many predators around.

Once a hive is queenless for an extended period, one of the workers will turn into a laying worker. Since she has not been able to mate, she will

lay drone eggs. This is the last attempt for a hive to share its genetics.

As drones will not collect nectar of pollen, or contribute in any other way to the everyday operations of a hive, this hive will be doomed if this goes on for too long.

The other reason is the responsibility towards our neighbours, all the native bees. Honeybees are competing with the native bees for food. While this may not be too much of an issue here in the Northern Rivers, it can be a major factor elsewhere, where the nectar flows are shorter and more infrequent.

In most cases, a swarm of bees is not aggressive, as they have gorged themselves on honey before leaving. They will usually move on within a few days after the scout bees have found a suitable location to set up their new hive.

If one feels like the swarm should be removed, please contact a local beekeeper before calling a pest control company. The beekeeper will most likely collect the swarm and make sure they survive.

The pest control company will most likely exterminate them.



## Air biscuits everywhere!

My partner farts anywhere, anytime, blaming it on Irritable Bowel Syndrome. Do I have to suck it up or is he shitting me?

– A. Nalblitch, Stony Chute

by **Uncle Norm & Aunty Maj**

## She says

Let's face it, botty burps are a part of life and holding them in is not only uncomfortable and sometimes, as we become older adults, impossible. But generally there is an appropriate time and place to cut one loose.

However, living with someone changes the rules and we feel that we should be free to let it all hang out whenever we want in our own domain. And whilst that is fair enough, there is also such a thing as good manners and doing unto others as you would do unto them like not doing it on your partner's lap as soon as you get into bed.

Unfortunately this consideration doesn't work with Norm because he thinks farts are the funniest thing in the world which is pretty good really because it means there is something to laugh about every day.

He is Polish and tells me that Poles don't sing their national anthem, they fart it. What do you expect from a country where cabbage is the staple diet?

I'm much happier with Norm's anal sense of humour than a previous boyfriend who was most offended when I tooted. I had to get out of bed in freezing Bathurst winters to go to the toilet just to break wind. Obviously I had to break up with him.

Irritable Bowel Syndrome (IBS) is a genuine medical problem and so your partner will be letting out more wind than 'normal' people and he may well be embarrassed about it. You need to be more compassionate and accepting.

Apparently there are underpants that deal with that sort of thing. Look online, maybe that could help? Otherwise you will just have to put up with it and hope that when you have medical problems, he will hang around like a bad smell.

## HE says

Let's get serious, if only for a moment; flatulence is healthy and necessary. It's actually detrimental to one's health to hold them in and can cause all sorts of unspeakable complications. Research shows that a healthy woman should trump on average about eight times a day and men, god bless us, 14 times a day.

I think it's great your partner drops mud whistles wherever and whenever. It shows he's a healthy and aware geezer. He shouldn't have to have an excuse.

My little bassoon and I decided to count our air biscuits for a day. By mid-evening we were running neck and neck, or, cheek to cheek as it were. She was well over her quota while I was still under.

I was getting worried, but fortunately by the time I'd gone to bed I had managed to eke out an even 14. Thank fuck for that!

However, I wonder if all those little fartlets that occur when it comes out like a tommy gun count separately or not? If so, I might have gotten as high as 30 or 40! I have to say, considering what a shit sandwich life can be, that was a fun day.

I await the time when the health freaks catch onto the benefits of blurting. They'll stop going to yoga and pilates and sign up for Classes for Arses.

I think I'll write a book called *50 Shades of Brown*. Turn it into an amusing repartee. Just before he vents to atmosphere, he can say, "Did you ever hear your name whispered on the wind?" or "Please hold for the prime minister."

Then you can reply with "Answer the door, Lurch" or "What's that Skippy?" Perhaps you can join in with a few botty burps of your own and start a band called Flatisfaction.

I could go on and on, but I've got an appointment on the bum sink.

*An old lady at church said to her friend, "These pews are so hard, my bottom has gone to sleep."  
 Her friend replied, "Yes, I heard it snore three times."*

Neural organisation technique

Local author's books available

by Julia Lincoln

I have been working as a kinesiologist for over 20 years, and more specifically with Neural Organisation Technique (NOT). This is a very gentle technique relating to the musculo-skeletal system. It encompasses reactive muscle systems, the gait system, ligament, bone and joint interlinks, the meridian and chakra system, learning difficulties, visual centres, dyslexic patterns and much more.

Information from the body via muscle testing determines the priorities that need to be worked with. Some of the problems that can be tested for are allergies, environmental issues, water, food, emotions, specific muscles, tendons, ligaments etc, toxins, genetic deficits, inherited belief systems, behavioural issues and even pet problems. The body's response system



can differ day and night, morning or dusk explaining why some conditions are more prevalent at certain times. A journey of discovery unfolds, turning weaknesses into strengths, allowing the body to function and feel better. I also have a background of working in aged care and disability, along with studying craniosacral, Bowen, EFT, reiki,

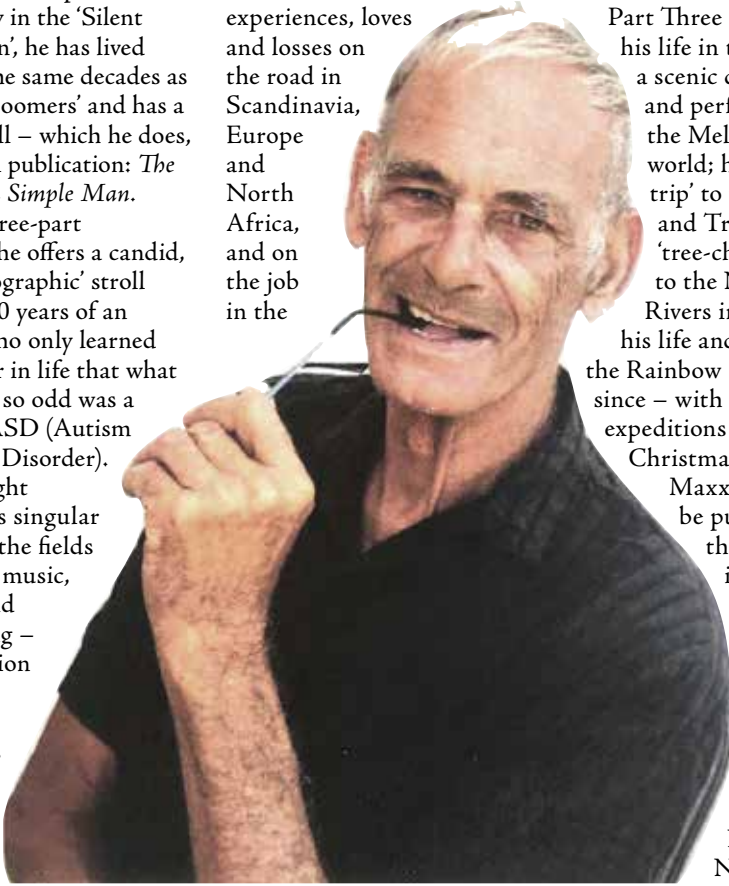
dowsing, radionics, energy photography and pet care. I am happy to offer an introductory session for \$70, which allows the client to experience and understand how muscle testing works in relation to muscles and their meridians. This in itself can be a huge bonus towards better health. I am currently working at the back of the Apothecary in Nimbin. Phone 0434-919-172.

Local author's books available

Maxx Maxted (pictured) celebrated his 80th birthday this year. Although that puts him technically in the 'Silent Generation', he has lived through the same decades as us 'Baby Boomers' and has a story to tell – which he does, in his final publication: *The Prattle of a Simple Man*. In his three-part memoir, he offers a candid, 'autoethnographic' stroll through 80 years of an oddball who only learned much later in life that what made him so odd was a touch of ASD (Autism Spectrum Disorder). That might explain his singular talents in the fields of art and music, writing and performing – the evolution of which is always part of his narrative as he takes us, in Part

One, through his childhood and adolescence in Bristol, UK. Part Two charts his experiences, loves and losses on the road in Scandinavia, Europe and North Africa, and on the job in the

English '60s – and his migration in 1969 to Australia as a Ten Pound Pom. Part Three recounts his life in the '70s as a scenic designer and performer in the Melbourne TV world; his 'world trip' to the USA and Trinidad; his 'tree-change' move to the Northern Rivers in 1978, and his life and works in the Rainbow Region ever since – with occasional expeditions to Bali and Christmas Island. Maxx's books can be purchased at the Craft Shop in Sibley Street Nimbin, and also by contacting the author at Maxx Maxted c/o PO Nimbin, NSW 2480.



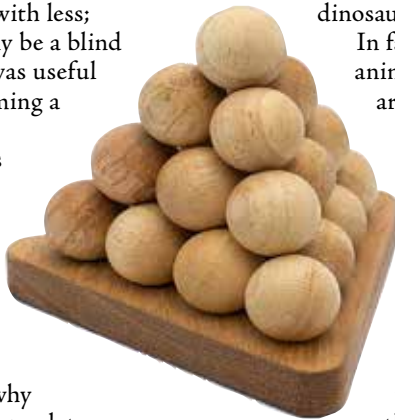
Choose herbivore paths

Shapeshifting  
by Anand Gandharva

A friend said the words plant-based, vegan or vegetarian seem to lack an essential spirit of proactivity, nurturing, new age... a way of looking at life. Feel free to suggest alternatives. There is a word by biologists for beings only eating plants: herbivores. There are also human herbivore communities. Minimising personal impact on nature, green lifestyles, grow as population expands. It is not just what is consumed, but thought. There are after all two aspects to reduce our ecological footprint size: minimalism, and considerate

behaviour or community spirit. An adventure movie by Rudyard Kipling on the latter: *The Man who would be King* with Sean Connery: two tribes feud, because uncaring people piss in the creek, upstream. Eating plants can be non-violent, healthier, cheaper, consciousness expanding, restore environments, help community and meditation, use much less resources, widen circle of care. Discerning is still needed: eg, most plants re-grow limbs. Some are poisonous. Good health for individuals and groups is important. There is a population boundary. People numbers warn: 'consume thoughtfully'. Don't be a hog. Take only what's needed. The cupboard is close to bare,

so please do more with less; recycle, renew. Why be a blind consumer? What was useful in the past is becoming a problem. In nature, there is a balance between herbivores and predators. It seems no great advantage to be one or the other: both still exist. There are reasons why many humans were predators: jungle law is mean. Raw nature can be a pest. 'Game' was everywhere. Livestock useful. Life was tougher: kill or be killed. That is history. There still are dangers lurking today. But one does not have to be a predator to try to survive. One can live off fruits and vegetables and still be aware. Many birds, all giraffes... even gorillas do. Most



dinosaurs did. In fact, the strongest animals on land are herbivores: elephants, bison and rhinos. The lion may be king of the jungle, but the elephant is in the plains. If they confront, the elephant normally wins and the lion slinks off. Predators, like wolves, attack any animal, often in packs. In contrast, herbivores are mostly meritocrats: they gain experience with age and training, getting skills, proving dominant in strength, knowledge and honest merit. There are big differences between

the two: in messages predators maximize cheating, double-dealing, false flags, fake fronts, lying, surprise attack, deception, slyness, betrayal. While with herbivores it is merit: you usually get what you see. Not that herbivores by definition are not dangerous. Some harm no matter the diet. Same with people who behave like sharks, parasites, spiders or hunting insects: unsafe. Plants have many feelings too. Struggle for space and sunlight. Character has little to do with diet. It comes with genes. Spewing hatred is as destructive by vegans as it is by omnivores. Whatever we do or believe, some have one law for self, one for 'others'. Aquarius shows we depend on one another. Creative. Healthy nature. Holistic. Co-operative. Time we realise we're in it together, pursue heaven on Earth.

Remembering our connection to the Earth, the stars and love

Sometimes we come into this life with a mission which we are unable to accomplish which leaves us feeling defeated and exhausted as we strive to fulfil the plan we made before incarnating. Melissa came for a session to try and sort out family problems that had been going on her whole life. Born to narcissistic and abusive parents, her siblings mirroring their parents' behaviour, very little love was shown to Melissa. A lifetime of emotional abuse, criticism, gaslighting, ridicule and undermining her sanity, created the belief that she was stupid and worthless. Moving out of home only escalated the attacks, she was stalked by family members who intimidated and threatened her. Melissa lived her life in fear, always looking over her shoulder, she felt she would never be free of her family. Past life regression showed her a life as an American Indian woman living on the grassy plains with



by Auralia Rose

her people. She had a husband and children who she loved very much. This place had a beautiful golden light, even the crops were golden. As with all indigenous people, Melissa felt a deep love and connection with the land, the stars and the animals. She remembered how she was able to read the stars and receive messages from them. Life was idyllic until the day some strangers came riding into their camp, Melissa noticing that they rode their horses differently to how her people rode theirs. Her

people rode bare-back and were at one with their horses, unlike these strangers. They had white skin and blue uniforms and proceeded to burn down the chief's hut as a warning to the people. They wanted their land. Melissa however felt no fear, she did not take the threat seriously, she simply could not imagine how the land could be taken as it belonged to her people. The law/lore stated that as ancestral guardians the land belonged to them. The men of the tribe took the threats seriously however and soon the women and children were moved to a safe place in the mountains, needing to move often to avoid being found. Eventually the tribesmen who had survived the battles returned to the women and children, where they continued moving from place to place to remain safe. In reviewing this life and how it related to her current one, Melissa's Higher Self had an important message for her. She was advised



to seek out that place in her soul where she could remember her connection to the land and the stars. She was reminded how in her Indian lifetime she would consciously pull the earth energy up into her body, connect to the stars and receive guidance and answers. She still had this ability, in fact we all do, most have just forgotten it. There are still many people today who do this. By connecting to the earth and stars in such a way, Melissa's strength would return

and would protect her from any fears and heavier emotions. Throughout her previous incarnations Melissa had ascended to a state of pure love. In her desire to help these wounded souls, all of whom had some very dark past lives, they formed a pre-incarnational contract that she would endeavour to help them to heal by giving them all the love she had inside her. It did not go according to plan unfortunately, because her family were not capable of receiving her love. They had impenetrable steel walls around them where her light couldn't reach. There was nothing else she could or should do, and she was advised it was time to tear up the contract and let it all go. The most important learning for Melissa was keeping her heart open and deepening her connection to Mother Earth and nature. A message for all of us.

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