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DOLPHIN FUNERALS

The power of garlic

FOOD MATTERS

by Neil Amor

The origin of garlic is associated with the legend of Samudra Manthan as per Hindu mythology.

It is said that garlic is linked to the beheading of two demons, Rahu and Ketu, by Lord Vishnu after Samudra Manthan.

Ancient medical texts from Egypt, Greece, Rome, China and India each prescribed medical applications for garlic.

In many cultures, garlic was administered to provide strength and increase work capacity for laborers. Hippocrates, the revered physician, prescribed garlic for a variety of conditions.

Ancient civilisations revered garlic for its protective properties. In ancient Egypt, garlic was thought to bestow strength.

It was used in ceremonial rituals as it was believed to offer protection against evil spirits and promote overall well-being.

Many cultures have their own mythology about garlic: hanging garlic in a room can protect newborns from evil spirits (Greek folklore); garlic

and onions sprang from the footprints of Satan when he was forced out of the garden of Eden (Mohammed's writings); garlic will rid you of bloodsucking vampires, devils, werewolves and the 'evil eye' (European folklore); eating garlic repels tigers (Korean folklore).

Garlic is a food of legends, supposedly capable of providing protection against everything from common colds to heart disease.

Garlic contains antioxidants that support your body's protective mechanisms against oxidative damage.

Research suggests these antioxidants may significantly reduce oxidative stress and lower your risk of related diseases like Alzheimer's disease, the most common form of dementia.

And lastly, the Guinness world record for most garlic cloves eaten in one minute is held by Deepak Sharma Bajagain. He consumed 34 cloves in Nepal in December 2009.

And now, here's a rich sweet soup that supplies a lot of comfort and a big boost to your immune system. Take it to the next level and use home-made stock instead of water.



Garlic, Sweet Potato and Chickpea Soup

8 large cloves of garlic, peeled and sliced

1 large onion chopped

350gm cooked sweet potato

30gm olive oil

400gm can chickpeas, drained

800ml water

1tsp salt

2 tsp dried thyme

3cm piece tumeric, peeled and

grated, or 2 tsp ground

½ tsp ground cayenne pepper

lemon juice and black pepper

to finish.

Put the garlic, onion and olive oil in a large frypan with a splash of water: this creates extra steam to soften the garlic quickly.

Bring to the boil then reduce

the heat and cook for five minutes until the water has evaporated and garlic is very soft.

Add the sweet potato, chickpeas, water, salt, thyme, tumeric and cayenne then bring to the boil, cooking until the sweet potato has softened further.

Remove from heat and leave to cool slightly.

Puree mixture until smooth. Return to pan, adjust the consistency with extra water if needed, then heat until boiling.

Divide among four to six bowls and add a drizzle of lemon juice and a couple of grinds of black pepper to serve.

Until next month, eat well.

Recycled potting mixes and mulches

by Thom Culpepper

Recently I commented on the need to be aware of general soil contamination due to 'modernity', now and previously – the results of industrial and domestic conveyance inputs.

Many of these are site specific. If you live in areas of high population and industrial development, you will have been exposed to various environmental contaminants. Modern personal transport has resulted in the exhausts of fuel residues that have resulted in soil accumulation by these materials.

One of the prime contaminate over many decades has been the fuel additives to counter what is known as 'knock' in naturally-aspirated internal combustion motors, also known as 'ping', pre-ignition of fuel in the energy combustion train.

An economic solution to the problem and for the automobile industry, was answered in the discovery of an addition of a form of lead as tetraethyllead, to address this combustion problem and to elevate the octane rating of fuels, allowing higher compression performance.

For every mile/kilometre they travelled, the post-burning lead exhaust was deposited on the roads and on all soils within the paths travelled by these motors for decades, in fact since the 1920s. Nearly a century of general world contamination. Levels of lead in human blood became obscene as many investigators found.

American corporations such as 'ETHYL, Dupont and its environmentally-deadly compound Freon, corruptly resisted all attempts to proscribe this racket by buying out most academics on these matters. Read Wikipedia on this shameful mass murder of the citizenry. Some argue this was the worst mass murder in history! Lead in petrol, and the



companies knew it all along. It's still killing: private aircraft still use leaded fuels, with no constraints.

Mind you, making BHP and the other lead miners at the time, very wealthy, and 'lead-bonuses' were paid to miners at some of these mines. One famous example was the 'lead-bonus' paid to all who live within the surrounds of the Barrier Industrial Council of Broken Hill. Cities such as Port Pirie in particular, had lead-smelting with the 'rewards' of air pollution from the smelting and lead-acid battery industries. Possibly forgivable times, due to technical naivety...

So where are we now?

Lead is practically insoluble, is found in many forms, as a pigment in paint as white-lead for general furniture and house paint (now replaced by oxides of beach-sands extraction), red-lead primers for 'antifouling' on most marine surfaces and prime coating in wood preservation on scantlings for building construction.

Lead is one of the most persistent of metals, once 'locked-in', it stays put. The literature says the lead additives used in petrol may never be able to be removed from the soil.

Roman plumbing, for example had drinking water delivered in lead pipes. Rome failed, maybe from lead-induced brain failure? Lead is a recognised neurotoxin.

Lead is easy to work and fabricate, as it is very malleable, and soldering and jointing can be achieved at very

low melting points, amounting to low energy inputs. The craft of the plumber comes from the name for lead being Pb, from the Latin 'Plumbum'.

Lead contamination is in all suburban soils. The further you are from population centres, the cleaner, of lead, the soils are. City and town-centred soils are poisonous.

Now another old contaminate has been exposed, asbestos. Most vehicles had band or disk braking systems and most of these were asbestos-based, emitting millions of tonnes of micro-small asbestos fibres onto the roads.

The Guardian just last week exposed the soil recycling racket as reported to the NSW Parliament. Some 20 companies have been implicated in processing industrial waste, contaminated with asbestos and dumped industrial and building demolition residues, and they have been flogging this dangerous garbage to schools, council parks, sporting fields and to householders for home gardening.

There are penalties for these acts of up to \$4 million dollars.

The Guardian named the miscreants, who have been reported by health investigators to the NSW Parliament.

Meanwhile, make your own compost and growing soils for your gardens.

The Wikipedia site, 'John Innes' has information for the production of growing material for safe human food propagation. It includes his propagation mixes No's 1, 2 and 3. Sources of loam and the peat question are also carefully considered.

Do not purchase growing soils and for that matter, think twice about those bagged potting mixes, as many are produced for sale by the same companies that 'Drum-Grind' dumped contaminated materials.

Email: thewholeearthveg@gardener.com

Winter weeding diligence

WEED WORDS

by Triny Roe

"Weeds" is a broad term covering a huge range of plant species.

Some are virulent and can transform ecosystems, impact on human health or reduce the productivity of agricultural land.

Others are a minor nuisance or a valuable source of food or medicine. Some are trees or shrubs, some are grasses and herbs and each one might need a different approach.

The best approach is prevent. Stop the spread. If you see a new plant appear 'out of nowhere', don't wait. Identify promptly and deal with it before the flowers mature and set seed and 'suddenly' there are hundreds and thousands of them.

Some weed species can produce millions of seeds. Woody tree weeds are slower to mature and reproduce but if ignored they can become an even bigger problem.

Welcome to the Northern Rivers where everything grows at an uber-pace due to plentiful rainfall and gentle subtropical climate. It's the Goldilocks zone – not too hot and not too cold so most species tolerate the climate, if not thrive in it.

Weeds will always come. They blow in on the wind: groundsel bush *Baccharis halimifolia* and golden rain tree *Koelreuteria elegans*. They are distributed by birds and bats: camphor laurel *Cinnamomum camphora* and giant devil fig *Solanum chrysotrichum*. They come in on boots and clothing: farmers

friends *Biden Pilosa*, velcro weed *Desmodium uncinatum*. Vehicles and machinery are popular transporters of any and all weeds, as is water.

Sometimes weeds are accidentally introduced deliberately. Enthusiastic gardeners exchange seedlings and cuttings of plants they are having to cull and thin out from their gardens. Nurseries and market stalls also still sell species which have serious weed potential.

Today Australia has a raft of biosecurity rules and regulations. Imagine if the First Fleet and subsequent colonialist shipping arrivals had been subject to current biosecurity laws, maybe Australia wouldn't be infested with four million hectares of lantana.

Maybe prickly pear, *Opuntia spp.* would not have occupied 23 million hectares of land. Prickly pear arrived on the First Fleet to feed cochineal beetles which provided the vital red dye for the soldiers' uniforms. The beetles died and the cactus went wild.

Finally in 1926 a bunch of *Cactoblastis cactorum* moths were introduced and merrily munched their way through the invasion, eventually bringing this rampant plant back under control.

It took over seven years to make a difference, but these days prickly pear is only problematic in some areas.

Keep an eye out for parthenium weed, *Parthenium hysterophorus*, another rapacious weed. Infestations spread rapidly as it can mature and produce seeds in as little as four weeks. Parthenium is toxic and can cause



Grove of Golden Raintree

severe allergic reactions. Families have had to abandon their farms due to its effect.

Widespread and entrenched in Central Queensland, parthenium has made dozens of incursions into NSW. The parthenium stowed away in hay and organic chicken and other stock feed. The tiny seeds, which remain viable for years, can also hide in nooks and crannies of agricultural machinery and other vehicles.

Do your due diligence, aka research, before introducing new plants to your property.

Singapore daisy, *Sphagneticola trilobata*, became popular in Australia in the 1970s for erosion control. It wasn't long before it was discovered that it is highly invasive, extremely persistent and will not stay where it was put. It will continue to spread. Do not plant this species.

Time now to do the crofton weed, *Ageratina adenophora*. This plant, toxic to horses, flowers in Spring. Hand weeding in Winter can make a big difference. Brush-cutting just makes it worse as it readily grows from cuttings. Happy weeding.

Plant of the month



Gahnia
Gahnia aspera

by Richard Burer

Gahnia aspera is a perennial tussock grass ideal in moist situations. This attractive grass has saw-like leaves, hence the common name "Saw Sedge grass".

The leaves giving way to numerous black flowering spikes in early autumn followed by bright red berries in winter, which is the feature of this grass.

The hard seeds are attractive to birds and it's likely that fruit digested by birds helps with natural regeneration of this attractive grass, as propagation is difficult.

This grass has enormous horticultural appeal, but

it's best suited to natural regeneration techniques in natural areas for best adaption to your garden, farm and conservation area.

Often close observation reveals this plant, as it is very common but may look like any other tussock-like grass, including *Lomandra spp.*

This plant is a cultural asset to the first Australians, and has uses including seed processed for flour and medicinal uses that include women's business

An excellent grass for habitat of small marsupials and small birds including the Superb Fairy Wren. I really love this grass.

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

THE ART OF PRACTICE: SOBER CURIOSITY

by Susan Paget

I recently did something momentous. I bought my first bottle of zero alcohol Sauvignon Blanc!

Before this big day I never could've imagined doing it. I'd shake my head in the supermarket aisle and wonder, "What's the point of buying a bottle of zero alcohol vino?" Then I'd remind myself to hit the bottle shop for the real deal before heading home.

But over the past year I've become super-interested in the concept of self-optimisation and really looking at the things I do that don't align with my high value for health. After decades of mindfulness practices, it's impossible to not question every micro and macro behaviour.

I'm just an average person and not into being extreme, but if there's a way to do better, I'm keen to try. And so, I've become "sober curious". I've started experimenting with who I am and how I function unassisted by chemicals or situations that change my biochemistry.

This practice has been fascinating and revealing. And I'm not the only one asking questions. I'm part of a global trend of those who consider themselves on a middle path – not addicted but also no longer content with the cultural status quo that links

raising a glass with every activity from celebrating to commiserating.

Here are some discoveries I've had in my sober curious practice:

Is it true?

I've often relied on a drink at a party or gathering to quell social anxiety. I'm an introvert, so this made sense to me.

But then I started questioning this belief. Did I really need something to get through some small talk? I began putting the question into play. The answer has been shocking! Not only can I hold a conversation without getting a buzz on, but I'm actually more focused and considerate with my words.

It only took a few gatherings to realise I could enjoy myself without drinking. I'm not saying that I don't enjoy a glass of wine or a cocktail when I'd really like one, but practising being curious with sobriety has helped prove that I can cope just fine without it.

The weird bonus is that not partaking, while everyone around me is, has become a new kind of high. It feels good to be myself. Unadulterated. It feels even better the next day.

Preserving dopamine

Most of the science coming out about even the smallest consumption of alcohol and basically all the other ways

we numb ourselves up is pretty damning.

What got my attention and what probably kicked off my practice of sober curiosity are the latest studies coming out on how dopamine (the hormonal system responsible for feeling good) gets screwed up by all the addictive activities we regularly engage in, whether it's drinking, marijuana use, being on-line – whatever escape we choose to chase pleasure.

The result exhausts our natural dopamine reserves and causes a whole chain of health problems that can lead to depression, anxiety and a weakened immune system. Basically, what goes up must come down.

Natural high

I've often heard meditators or runners talk about the natural high they experience from their practices. But this feeling of a "high" has eluded me.

I think it's because I've been looking for the same sensation that alcohol gives me – the euphoria, the fun, the liquid courage. Nope, those haven't happened for me.

So, during this practice of being sober curious, I've been doing a little experiment. I've increased my walking routine, paying attention to the mental effects to see if I can finally access this natural high

thing.

What I've discovered is that, yes there is something to it, but it's far different than what I was looking for. It's more a feeling of clarity, confidence and optimism. I'm finding that this is a subtle sensation that in itself is quite addictive.

Over the years I've participated in 'Dry Julys' and 'Sober Octobers', but they often feel like an exercise in restraint where I'm counting down the days until it's over. I've never enjoyed them.

Practising an attitude of sober curiosity has been a whole other story. It's more an opportunity to ensure I'm doing what I truly want to do and what serves me best at the time. I don't have to conform to social expectations or my own imposed beliefs.

Being sober curious feels like a pathway towards a deeper understanding of who I really am. When left to my own devices, I'm okay.

And with that, I cracked open that bottle of zero alcohol Sauv Blanc, poured it into a nice, long-stemmed glass and took a sip.

Surprise, surprise, it actually went down a treat.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntab Creek. More info at Instagram: @therainforestfarm or email: susanpaget@gmail.com

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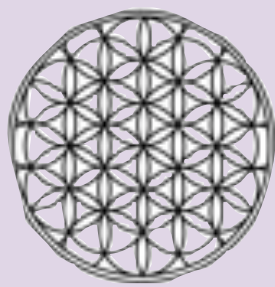
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"Who will be the last person on Earth to touch your beloved?"
Mimi Zenmaier

LISMORE SHIRE - TWEED to BALLINA - EVANS HEAD - CASINO

Natural Law



by Helene Collard

*We are all self-governing
Let us call upon our
ancestors, Elders and
teachers, past and present,
To guide us in the way of the
Heart
You are all my relations.
All is One.*

In ten years, we will look back and perhaps more appropriately appreciate, the gravity of this current crack in time. We are moving mountains, make no mistake. We are building robust new foundations for the future and beyond. Don't skip steps, don't hurry the process, it takes time.

A new program is uploading for humanity, yet it requires your acceptance and free will to receive these new codes. An opportunity for soul development and maturation, which often means a reliving or re-experiencing of old stories.

Stories in your past, a previous life or intergenerational stories that have been replayed over and over. It's time to grow out of it and break the cycle.

Focus. If you are like me and find this difficult, get your support to soothe your nervous system. A 'new you' is entering a new path – plenty is unknown and much is to be revealed. Slow down and think things through.

Doing this will pay off later. This is not the time to do what you've always done. Our planet is entering a new dawn of Universal Love.

There is much we all can do, to embody this frequency in our hearts. It is our journey as humanity, and the state of our planet is a reflection of where we are collectively.

Do not be disheartened. It is darkest before dawn. Teach Universal Love in the way you live and work. Together we can lift the vibration and experience greater light.

There are wonderful opportunities to connect this month. Bring a friend and join us for a nourishing Women's Circle on 16th June. Come along and say hello at the Mental Wealth Expo in Nimbin on 22nd June, or experience a powerful 1-1 Reiki Treatment with me in Lismore.

The Yemaya Centre also hosts a Clinical Psychologist, Counsellor and Nutritionist. We have a vacancy coming up for another Practitioner, so if you or someone you know needs a fit-for-purpose space to practice, contact me.

In addition, contact me if you have a day or evening group offering, our group space is ready to host you.

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Calendula: A favourite herb

Nature's pharmacy

by Trish Clough, herbalist

It's always interesting to ask herbalists what are their favourite herbs. It's like asking us about a favourite child. "Oh no, they're ALL favourites."

But when pushed, we do have favourites. One of mine is calendula (*Calendula officinalis*). I use a calendula flower as the logo for my clinic practice. I especially love the bright orange flowers, although they come in all shades of pale yellow to intense orange.

When I harvest, I tend to instinctively choose orange multi-petalled flowers with black centres. I love them because they are cheerful, with a sunny disposition in the winter. They are my absolute favourite for any requirement of skin healing, but they also have many very useful benefits taken internally.

Calendula is best known as a treatment for wounds and other skin conditions. It is antiseptic, tissue-healing and helps reduce bleeding. It reduces inflammation and can effectively treat a skin infection even if there is pus formed. It is available as a cream (herbal and homeopathic), an ointment and an infused oil.

My preference is the infused oil which I like to make myself. I've written about in in previous columns. It is simple to make, using 1 part of dried calendula flowers to 10 parts of carrier oil.

For example, 50g of calendula in 500ml of oil. They have to be dried thoroughly, including the flower base.

Submerge the flowers under the oil, and store in a warm place for a month

(or more). I use an oil filter to strain out the flowers, but you can use a coffee filter paper (it's slow), or muslin cloth. I use extra virgin organic olive oil, or if a lighter oil is required, then MCT oil is excellent.

Calendula oil is my first aid kit in a bottle. It's gentle but very effective for most things that cause a skin problem. Calendula is less well-known for its benefits as an ingested medicine. It is a gentle but effective lymphatic cleanser.

Swollen glands are a typical indication, including from lingering infections. For an infected sore throat, a gargle of calendula, echinacea (*Echinacea angustifolia*), myrrh (*Commiphora myrrha*) and marshmallow (*Althaea officinalis*) is very effective.

I always use calendula in a herbal mix for acne, and especially if the outbreaks are under the jawline in proximity to the lymph glands. Other less-known uses are as a digestive tonic and to help heal a damaged liver. It soothes and warms the stomach and intestinal mucosa, which is why I include it in my Digestive Repair Powder.

According to herbalist Matthew Wood in *The Earthwise Herbal*, calendula has immune stimulating properties. This helps support the lymph gland and liver drainage. Calendula contains polysaccharides, which suggests immune boosting properties.

For example, medicinal mushrooms such as shiitake and reishi are high in polysaccharides and are well known as immune supporting medicines/foods.

Calendula is warming, so can be used as a diaphoretic (induces sweating)



for deep aching fevers. This is similar in properties to boneset (*Eupatorium perfoliatum*) for bone-aching fevers. In Europe, calendula flowers were collected through the year and thrown into soups in the winter, much the same way as astragalus (*Astragalus membranaceus*) is used in China to ward off winter ailments.

Calendula also contains flavonoids, bitters, volatile oils, resins and minerals including iodine. The oils and resins are extracted efficiently in warm oil, and also in a high percentage (95%) of alcohol to make a tincture.

If you squeeze the base of the flowers, the sticky oils and resins are obvious. The other constituents suggest anti-inflammatory and antioxidant properties.

Matthew Wood also recommends calendula as a remedy for depression and fear, because of its sunny nature. Many reasons for its status as a favourite.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough2@gmail.com

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

Water: the key to better health

by Tonia Haynes

According to Mitchell (1945), the brain and heart are 75% water, the lungs about 83%, muscles and kidneys, 79% and the bones 31%.

Considering that the planet Earth is nigh on 2/3 water, it sorta fits that we too are made of water, but how many of us drink as little of the stuff as possible? Let's face it, it's colourless, tasteless and has no cuddle element at all, unless mixed with coffee, tea, hot chocolate, or alcohol.

I say tasteless, but that privilege belongs to the few that live with rainwater,



because quite frankly, most town water tastes like diluted poo.

Added to that, all the cuddle drinks dehydrate our bodies. Sigh! It's a dilemma!

Nevertheless, we need to drink water, otherwise we may end up with symptoms such as: headaches, tiredness, light heads, dry mouth, dry cough, high heart rate but low blood pressure, or loss of appetite and craving sugar.

And for those who prefer to look good and walk like they own the place, red skin and sore, swollen feet are not good.

So, what to do, when we know we need it, but don't like it? We are often thirsty

(a sign that we are already dehydrated), and one's urine is a deep yellow, rather than a delicate, pale lemon colour.

Fortunately, there is an answer. Recent studies have found that mixing water with other goodies, can actually rehydrate us faster than straight water. And it tastes much better.

Oral rehydration recipe

¼ cup organic pomegranate juice, or grape juice which is cheaper

1/4 cup fresh lemon or lime juice

1½ cups coconut water

2 cups of water

½ tsp of Celtic or Tibetan salt. I personally prefer

½ tsp colloidal minerals:

'Lifesprings'. Colloidal minerals are tasteless.

Sipped slowly over half an hour, except I take longer,

gives about four cups of a

cuddle that your body will thank you for. Add to that another two to four glasses of water during the day and you will be a glowing light of good health.

If you are suffering from a back, neck, shoulder or limb issue that refuses to leave, or bloating and digestive problems, I may be able to assist you back to a pain-free existence.

I use a mix of Remedial massage, Bowen therapy, Pranic healing and spinal realignment, which usually relieves and even eliminates bodily and emotional discomfort. My motto is: "Individual treatment for the individual."

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Complaints and the innocent client

Running a law firm can be perilous. I've had two clients shouting in the office this week, first a woman who didn't like what she heard a Judicial Registrar say. We were in court on Teams, and I hoped I'd hit the mute before she heard him.

The other one was loud as well, as I explained the recommendations in a Family Report. Our secretary calmed both down. Sometimes we find we need to act as social workers and psychologists.

Other attacks can be official. These are not pleasant. Many years ago, Counsel and I got a good result for a client who'd been charged for sex with a 15-year-old, who then employed me for a family law matter. He used to say, "Love your work!" He said it often.

After it was all over, the letter from the Law Society arrived with his list of allegations. "Please provide the information requested within 14 days including any file notes and/or other material that may be relevant via email to..."

So, we spent an unpaid hour or few composing one long letter with a bundle of attachments, then, responding to requisitions, another, and, finally, I'm given a caution. The only allegation upheld is that I breached section 121 of the Family Law Act 1975 (maximum penalty 12 months).

I'd needed urgently to tell him what his court file number was, and he wasn't answering his phone or responding to emails.

It was the early days of Facebook and I'd joined to play Scrabble with my daughter in Mexico. The Law Society person refused to believe that I was stupid enough not to know the difference between a message and a post. But stupidity, in the law, has never been a defence.

Now, after years of no complaints, a long letter arrives from the Legal Aid Private Lawyer Quality Standards Unit (PLQS) listing a disgruntled client's allegations. I respond, refraining from attaching more than a sample of her voluminous correspondence

and wait for the reply.

Meanwhile, I'm disturbed by losing a hearing in the Local Court. It's hard when I know that my client is innocent and the magistrate has got it wrong, which means of course it's my fault, not his. I'm not sure where I went wrong. I get his instructions to seek Counsel's advice on an appeal. I order the transcript and get it to Counsel.

He calls me to advise. It seems the only solid appeal point is that I failed to raise the good character of my client. I peruse my scribbled notes on the sentencing to discover that the learned magistrate, in his judgment, has fixed the problem himself by acknowledging that on the evidence my client is of good character.

There's nothing more we can do. There are no grounds for appeal. I start thinking about what I'm going to write in my report to the client. She's going to have to report the conviction to her employer and could lose her job. A thought comes to me, but this is not for publication.

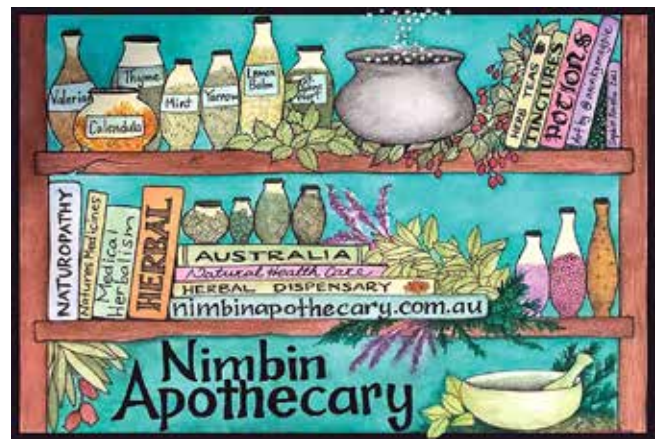
The reply arrives from



Legal writes
by John Adams

the PLQS. The complaint has not been substantiated. But my article in the March edition of this august publication, 'Legal Aid & Costs', has been noted. I must be careful not to breach clause 12.12 of the Quality Standards – not make or publish comments of an offensive or adverse nature against Legal Aid NSW or its employees.

I have great respect for Legal Aid NSW and its employees. I just wish the State Government could give them a bit more money.



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Sound knowledge makes for good therapy

The other evening I did a Mental Health Professionals Network on-line discussion group event with other hypnotherapists talking about using hypnotherapy for the treatment of chronic pain and phobias.

It was nice being in a group of fellow practitioners talking about things I'm passionate about.

One thing that I couldn't swallow was the uncritical way a couple of the therapists described their use, and training, in Neuro Linguistic Programming (NLP), to the exclusion of other more fundamental studies of human behaviour and, more critically, psychopathologies.

You can't treat the habitual use of tobacco or any other substance or behaviour – you can't really understand the psychology behind addictive behaviour at all – just by studying our communication styles (the basis of NLP). You really do have to have made concerted study of the human body-mind beyond what you can achieve in a maximum of 15 days.

In 15 days, according to the training websites for NLP, you can get certification as a Master Practitioner. And that's all a few of the participants in the MHPN hypnosis group had in the way of other training, apart from hypnotherapy.

I tear my hair out. I used to teach a unit in Advanced



by Dr Elizabeth McCardell

Personality Disorders to Psychology students at Murdoch University, Perth. The human psyche is complex. I also note that I did my Honours dissertation in the area of psycholinguistics prior to researching and writing my PhD in the philosophy of human transactions and interactions.

I know how communication works, and I know much of how the mind works, and I am still learning. Why do I mention this? It's to illustrate that the 15 years or so of concerted study in the areas with which we are concerned: treating humans with human problems didn't happen in 15 days.

It worries me that practitioners of NLP who have not been trained in anything else, and other inadequately trained therapists are garnering lots of money with such a flimsy

understanding of what they're dealing with.

Neuro Linguistic Programming sounds good, to be sure. It sounds scientific, neurological; it's got "programming" in its title; must be good. This ain't necessarily so. No studies, apart from lived experience accounts, have shown it's an evidence-based therapeutic strategy.

Of course, lived experience accounts matter, but – and we have to cast a critical eye over this – how much positive outcomes are of a placebo effect? After all, paying a substantial amount of money and time encourages us to think a therapy is working. And maybe it does work for some people. The philosophical basis of NLP, though, is debatable, as I shall describe.

Now, to be perfectly transparent, some aspects of NLP are useful and are used, anyway, in most other therapeutic modalities. What the founders (Grindler, the linguist, and Bandler in the 1970s) of NLP did was, they believed, at least, to distil and systematise the therapeutic approaches of other client-oriented therapies (those of Virginia Satir, Milton Erickson and Fritz Perls).

It employs anchoring, belief changing, reframing, visualisation and visual-kinesthetic dissociation, where the client is asked to relive the trauma in a

dissociated state (the latter of which could be dangerous in the wrong hands). They also state as a fundamental, that the map is not the territory (which it is true, it isn't).

What Grindler and Bandler and their followers failed and fail to realise is that while we can study the therapeutic styles of the masters, we cannot decide that success lies with imitating them. Milton Erickson, whose hypnotherapeutic work was legendary, pointed this out to Grindler and Bandler, but his wisdom fell on deaf ears.

Erickson's work really could not be pinned down, and his style differed from person to person. Jung, after all, said decades previously, that there are as many therapies as there are people. We are all different and the therapist must work accordingly.

That's the beauty of being a therapist – and a well-trained one: we understand human processes, we've studied when things go wrong and what do with the person to heal them, and we listen to each person's uniqueness and work with that, work with them.

It's a beautiful work, a study of which never ends.

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



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WE ARE ALL KEEPERS OF THE SPIRIT

SEEDY SECRETS 101

by Michelle Chapman

The opportunity to collect, process and propagate seeds is passing us by all day, every day. The Seedy Secrets column is hoping to plant the seed that you, yes YOU, could develop the innate DNA-driven ability to collect seeds like we all used to, and grow them too.

Why? It's a beautiful way to connect with country. It's a chance to stop, to observe, to learn from nature. And this month, it's especially so, as our Secret Seed is the beautiful Black Bean (*Castanospermum australe*), a species that has been dispersed by humans in this country for tens of thousands of years.

Black Bean trees can be found along the coast of eastern Australia from Cape York to Northern NSW. Most often they are found along creek-lines in riparian rainforests, as the large seeds (up to 3-5cm wide) are dispersed by water (hydrochory).

Up to 3-5 seeds are kept safely in a buoyant and salt-tolerant seedpod, which can float like a boat when sealed and travel fair distances. The seeds when released from the pod, are round and fairly heavy, so they may float for a while before rolling onto a riverbank.

But how does this explain those old Black Bean trees up on the ridges?

In a 2017 study, 'Songlines to Genomes: Prehistoric assisted migration of a rain



forest tree by Australian Aboriginal people', the Nguthungulli Songline was traced for the first time on a topographic map by local Aboriginal man, Oliver Costello, and traditional pathway expert, Ian Fox.

The Songline followed points of high elevation for ease of access and vision and traverses the ridges of the Nightcap Border and Macpherson Ranges dividing New South Wales from Queensland.

The stories from this Songline confirm that in prehistoric times Aboriginal people used black bean seeds for food and other uses, and deliberately moved

them around the landscape including along the ridgelines of Northern NSW.

Black Beans and other large seeds have a large endosperm (food storage) which provides the energy required to germinate and grow quickly into a young sapling.

Then, it is just a waiting game, for disturbance in the forest structure and an opportunity to take up a niche when enough sunlight and space are available.

Very large seeds are easy to collect and disperse by hand. Just by walking about and plugging these seeds in as you go, you are playing your part in these times of changing climate as a seed vector for these species.

Secret Seed

Black Bean (*Castanospermum australe*)
If you find a Black Bean seed as you're sitting on the riverbank, you can plug it straight into the ground!

Just loosen the soil a little first. Hold up the seed and turn it until you can see the indent on top.

The blunt point goes in first, push it all the way in but don't completely bury it. Leave a little of the seed exposed on the top. Cover lightly with leaf litter.

Congratulations, you've just planted a tree!

Note: Black Beans are toxic without key preparation – DO NOT EAT.

Email: seedtreegeek@gmail.com



Magenta Says:

Dear Thea, one has to wonder if your boyfriend is an erudite logophile or simply an egotistical megalomaniac?

We have to work out why he is using such sesquipedalian prose. Is this the way he always speaks; is he being pretentious; or is he just trying to impress you?

Understanding genderlect apparently improves conversations. In sociolinguistics, genderlect is a communication style associated with one sex. Females tend to use communication to establish connection with others whereas males tend to communicate in order to gain status or show power.

He may be grandiloquent, but does he actually know the meaning of those words? If you use sensational words incorrectly, that is acyrolgia (see, there is a word for everything!) or if they are confused because they are similar sounding, it's called a malapropism.

As long as your partner is not bloviating, you could interrupt and ask him what each big word means and write them down. This way he will become more conscious of the words he is using and exactly what it is he is trying to say.

If you are interested in expanding your vocabulary, then this man could be your greatest teacher. If not, then you will have little chance of domestic felicity.

It may be fine while the sex is passionate, but eventually it is important for partners to be relatively compatible to live an equanimous life.

There are only two ways to deal with your partner's magniloquence. You could get out the dictionary and start reciprocating. Next time you do a fanny fart, say, "Excuse my bilabial fricative". Or, conversely, give him the silent treatment.

“From the time of birth to the time of death, every word you utter is part of one long sentence.”

– Sun Yung Shin, *Unbearable Splendor*

Sesquipedalian (Tending to use big words)

My boyfriend is always using big words, many of which I don't understand. I'm afraid that if I ask him to explain he will think I'm dumb. What to do?

– Thea Saurus, Warrazambil Creek

by Uncle Norm & Aunty Maj

Norm Says:

Dear Thea, I've met many fancy talkers over the years who have turned out to be total schmucks.

Long ago when I lived in the squats in East Sydney, a guy, educated at Eton and Oxford (or so he told us), moved in promising to bring paintings, books and other treasures to decorate our squalid tenement. Not only could he talk fancy but he could do it in French too (or so he told us).

Turns out he was a thieving scumbag who not only failed to bring the aforementioned treasures, but robbed us all blind to feed his insatiable heroin habit.

Don't get me wrong, I'm not suggesting your guy is some sort of criminal mastermind, but hey, you might want to employ a private dick to check him out and make sure he's not wanted by Interpol or something.

As for worrying about him thinking you're dumb, well, maybe he's the dumb one if he doesn't know how to communicate with you proper like. He might not even know what half the guff he comes up with means himself.

Which means he's not only a moron, but a twat as well. Someone who my long departed father would describe as "trying to shit higher than his arse".

There is a flip-side to all this of course. Maybe he is simply trying to impress you. Perhaps he thinks he's the stupid one and needs to keep up with you.

Be brave, and next time he starts banging on like Professor Peabody, call him out on it. Ask him WTF is he on about, and if he says you're as thick as two short planks, tell him to go forth and multiply.

“Away you scullion! You rampallian! You fustilarian!”
– Shakespeare, *Henry IV*

Send your relationship problems to: magentaappelpye@gmail.com

TMJ: The hidden imposter



by Sonia Barton

Here I am again writing about the TMJ (jaw)! 40% of the people who come to see me have a jaw that is out of balance.

Whether it's through a whiplash injury, landing on their head in a fall, having a lot of dental work done, or through stress, all these things can make the jaw out of whack.

It can cause pain in the joints, headaches and migraines, especially behind the eyes, and being unable to close the mouth properly through having fillings and implanted teeth.

Temporomandibular Joint (TMJ) disorder is referred to as "the hidden imposter" because it mimics the symptoms of many other musculoskeletal problems.

The TMJ has many functions, beyond chewing, swallowing and talking. To gain a fuller understanding of the implications of TMJ disorder, its relationship within a broader system, the Stomatognathic System (SGS) must be considered.

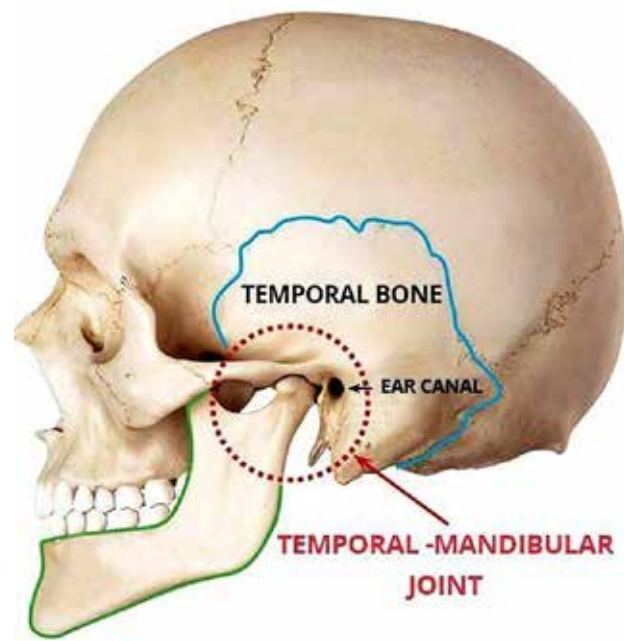
The SGS consists of the cranial, spinal and pelvic structures and is considered a closed loop feedback network.

Hence imbalances in the TMJ locally are reflected not only locally but also to the pelvis via the dura mater. This thick membrane surrounds the brain and spinal cord, enveloping the cerebrospinal fluid, and attaches onto the pelvis.

In most cases, TMJ Disorder can be effectively treated using soft tissue techniques, in particular with Bowen Therapy.

I learned how to balance the jaw precisely from my Bowen Therapy teacher Ron Phelan 12 years ago, and I have found it has helped hundreds of my clients over the years.

I recently finished a two-day revision of the TMJ and all the implications, and came away with an even more precise way of getting the whole body and jaw in balance, and using muscle



testing for accuracy.

Already I am seeing some great results. A client came who could never balance on one leg in her yoga practice.

Afterwards she was delighted to find she can now balance on either leg,

easily. Another client had a pronated ankle and it was causing discomfort in her hip when she walked on uneven surfaces. After balancing the TMJ and body both her ankles were straight. So the point is, the body is

making compensations for the TMJ and past injuries and bad posture which set in.

Then you go to the dentist for fillings, have teeth removed and this affects the jaw as well. So over time your body makes adjustments to keep you out of pain.

Then one day you bend over to tie your shoe and your back "goes". It's just the straw that broke the camel's back. Your body couldn't take any more over-compensations.

I can help you to come back into alignment with a few sessions of Bowen Therapy, checking and assisting the soft tissue and fascia which is wrapped around your whole body, to release and realign.

I work in Nimbin on Saturdays and Murwillumbah during the week. If you have any issues and are curious to know more just give me a call on 0431-911-329 and I can see if I can help you.

bowenenergywork.com.au

The future of humanity

Shapeshifting

by Anand Gandharva

To predict the shape of the future seems rash, yet we can extend trend lines on the heels of history. People are individuals, but also cells in the evolving organism of civilisation.

States and enterprises in past formed naturally, grew with personal skills, trade, violent conquest and/or intimidating other gene and language groups.

The first city in this cycle of history is thought to be Sumerian, Ur, built on the fertile floodplains of the Tigris and Euphrates, carrying silt from the Atlas Mountains in Turkey.

But similar ideas favour the Indus

Valley, Yellow River, Amazon, Africa, Sahara, Canary Islands, Agartha, Australasia, pre-Ice Age civilisations in Antarctica, even Mars.

Industrious people, fertile soils, farming, crops: trade and language develop, sciences, bureaucracy and laws flourish. Sorcery, curses, oaths and omens take root, higher spirits and ancestors to explain natural calamity and good fortune. Meanwhile populations grow.

Clans of human primates evolve from gathering to agriculture, defending their patch. Initially armies often were seed growers in off-seasons, supervised by professional fighters.

Now people are billions. Humans still depend on nature for food. When we adjust to the efficiencies,

cost-savings, and health of plant-based nutrition and agriculture, minimising predatory acts to mammals, the Global Village unites as a harmonious, peaceful Race of Tan.

Our past is not a formula for success in the galaxy, the Space Age, Aquarius on Earth.

The environment shows that excess reliance on natural resources and wrong personal habits undo communities. Pharaohs rule lasted millennia, but may have ended by declining Nile floodwaters. Climate Change. Aztec arrogance and cruelty fuelled resentment in other tribes. Mesopotamian states suffered from silting lands. Romans' Achilles' heel: hedonism.

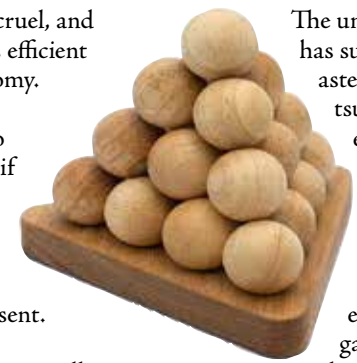
Rather than crashing into the same brick walls again, we should learn from history: not only natural causes, but dietary behaviour underly trouble. Animal farming fans 'might is right' chemical

impulses, can be cruel, and around 300% less efficient than plant agronomy.

For example, there would be no population issue, if wilderness is not replaced by beef cattle. A lifestyle in the past, destructive at present. We evolve.

Society is at present still structured as a pyramid, a feature of natural selection. But it does not have to be. People are uncovering the secrets of genetics: forget bloodlines, choosing the best leaders, generals, bureaucrats, sports people, teachers, inventors, artists, philosopher kings, tradies.

The current challenge is to integrate the Global Village and overcome the speed of light barrier that puts most habitable rocky planets out of reach.



The universe can be violent, has sudden dangers, like asteroids, earthquakes, tsunamis and slow events: climate changes, plate tectonics.

The question is "Are people going to other planets as opportunist exploiters or as sensitive gardeners? Destroy or let it be? If people maraud

and enslave, a feature of the past, the road to other planets should be blocked, the human experiment end.

There is an alternative: ditch opportunism, change diets from omnivore to herbivore. Do not consume like a predator, and teach kids that Aquarius is kind to all lifeforms.

People do not have to eat mammals. Soon it will be against civil laws.

Double lives



by Auralia Rose

Are you living a double life, or perhaps, triple, or quadruple lives?

In my work as a regression hypnotherapist, I often encounter things that cannot be explained by popular belief or understanding, which makes for some fascinating sessions.

Sometimes my clients report feeling that they are living multiple lives simultaneously, living in different realities or dimensions, each life

unfolding in its own unique way. This recent session I had with a young woman demonstrates the concept of simultaneous or concurrent lives.

Stephanie wished to understand her deep love and connection with trees, feeling it perhaps had its roots in a past life. While under hypnosis, Stephanie experienced herself as a 10-year old boy living amongst lush tropical vegetation.

Dressed in animal skins, he was following animal tracks, led by an older man tasked with passing on the necessary skills to feed and fend for himself.

Stephanie felt the young boy's anticipation and excitement as they followed the animal's tracks. He felt very happy living this simple jungle life. Simultaneously, Stephanie observed herself in Africa, again a young boy following animal tracks.



Another simple, happy life, the only real challenges coming when there was insufficient rain, necessitating a long trip to the nearby river to obtain water for the village.

Next Stephanie jumped to a lifetime in India where she was a young man of about 17, consoling a woman dressed in a lovely pink sari, whose grandmother had recently died.

This session was a classic example of people leapfrogging from one life to another, usually only touching on specific aspects of each. It happens when their Higher Self wishes to demonstrate particular

qualities that are important or relevant to that soul's journey.

Stephanie then saw herself in a strange place which she immediately knew was not on Earth. Interestingly, she was a male again, this time dressed in a fitting silver one-piece suit. It was a barren place, with bright lights emanating from holes in the ground, illuminating an otherwise dark environment.

He had arrived here by his own personal spacecraft, and his job was to collect samples from the planet's surface.

After placing the samples in cylinders to take back home, he hopped in his spacecraft, landing in a

white, sterile, place that was functional but devoid of aesthetics or comfort.

Men were removing his silver space suit and handing him other white casual garments to change into. Meals resembled a power bar, containing all the nutrients his body needed, which he ate alone in a cafeteria. There was no conversation or interaction with the others also having their sustenance.

After eating, they all retired to their rooms, again a very simple, functional white room where they would sleep and wake to repeat the exact same routine the next day. Everything was sterile about this life. He was neither happy nor unhappy, devoid of feeling and emotion.

In reviewing these lives after the session, we discussed the possibility of simultaneous lives. The first three seemed like past lives, the last one a possible future life, but in effect, all happening concurrently.

It appeared that Stephanie's Higher Self

wished to show her how her soul simultaneously balanced some of its various qualities:

two simple and happy lives, one as a young boy living in the lush jungle learning the skills of fending for himself; the other on the dry African continent being part of a tribal community, the only stresses coming from the environment.

All balanced by a very sterile existence travelling to and fro between planets, devoid of emotion and what we consider human qualities. The Yin and the Yang of Life.

Our Souls are so vast, containing the experiences of countless lifetimes. None of our experiences are ever lost.

Whenever you feel small or challenged, just remember that you have everything inside of you and can call on any part of your Soul to step in and help in any way you need.

Thanks for reading, hope you've enjoyed it.

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