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DOLPHIN FUNERALS

Tofu for you

by Neil Amor

The relatively recent popularity of this humble food in the West was a long time coming.

Tofu making was first recorded during the Chinese Han dynasty about 2000 years ago. Chinese legend ascribes its invention to Prince Liu An (179–122 BC).

Another theory maintains that the ancient Chinese learned the method for curdling soy milk by emulating the milk curdling techniques of the Mongolians or East Indians.

A further theory suggests that the production method for tofu was discovered accidentally when a slurry of boiled, ground soybeans was mixed with impure sea salt. Such sea salt would probably have contained calcium and magnesium salts, allowing the soy mixture to curdle and produce a tofu-like gel.

It spread to other parts of Southeast Asia as well. This probably coincided with the spread of Buddhism as it is an important source of protein in the vegetarian diet.

In China, tofu is traditionally used as a food offering when visiting the graves of deceased relatives. It is claimed that the spirits

(or ghosts) have long lost their chins and jaws so that only tofu is soft enough for them to eat.

Tofu has very little flavor or smell of its own. Consequently, it can be used in both savory and sweet dishes, presenting the flavours of the other ingredients used.

Nutritionally, tofu is low in calories, while containing a relatively large amount of protein. It is high in iron and can have a high calcium or magnesium content depending on the coagulants used in manufacturing.

This recipe has been known to convert meat eaters... the slightly crisp, slightly sticky fried coating becomes silky in the seeping liquid and is finished with some sharp flavoured toppings.

Agedashi Tofu

(serves 4)
1/4 cup finely grated daikon
300g silken tofu
enough oil for deep frying
1/4 cup corn flour
1/4 tsp bonito flakes (vegans omit)
1/4 cup spring onions, finely sliced
1 tbsp finely grated ginger
togarashi to serve (Japanese spice)
Seeping Liquid
In a small saucepan dissolve



1 sachet of instant light miso soup in a cup of water and bring to a simmer. Add 1 1/2 tbsp mirin and 1 tbsp light soy and return to simmer, then remove from heat.

Squeeze excess liquid from grated daikon. Drain tofu by wrapping in a double layer of kitchen paper and place heavy plate on top. Leave for 15 minutes to drain.

Cut tofu into 12 blocks. Heat the deep-frying oil to medium hot. Roll tofu gently

in corn flour, shaking off excess. Fry until puffed and crisp. Drain on rack.

To assemble, place tofu cubes in each deep bowl. Place piles of the daikon, bonito flakes, spring onion and ginger on top. Pour the seeping liquid around the edges, but just enough to cover part of the tofu. Sprinkle over a little togarashi spice.

Makes you hungry just thinking about it.

Big Pharma is about to be dealt a battering

by Thom Culpepper

Nature is dealing a kick in the arse to these avaricious greed-based and finance-supported parasites with a what could turn out to be the 'coupe de grace' upon their shit-for-brained moral cores and their assumed right to arbitrate between human life and the great Never Never, in the name and game of never-ending 'rents' on human collective existence.

Recently, a matter of weeks ago, a team of microbiologists and geneticists, led by Jeongmin Song et al at Cornell, unravelled the science of the biochemistry of disease suppression by natural means. By peptides, those tiny bits of super, natural bio-power.

The 'combatants' in this case are two of the four antimicrobial peptides that have now been, by advanced genetics, identified in the tomato family (*Lycopersicon* species).

It has now been proved by that eating and imbibing tomatoes (*Solanum Lycopersicum*) and their juice is a ridder and eradicator of many enteric bacteria responsible for urinary tract and other diseases of human infections, including the Typhoidal, (*Salmonella*



typhi), the propagator of the deadly typhoid, and some salmonella and other bacteria-based cases of food poisoning.

Salmonella, the killer of millions, who have little or no sanitary or clean water resources, especially of the exposed children worldwide and thus leading to the 'earning' of malicious profits from the world's people by the obscene profiteering by multinational 'Big Pharma' of mass prescribed, broad-spectrum, patented, prescribed corporate-antibiotics.

Eating more tomatoes in any form and some of the other 'Red Fruits' (antioxidants) and vegetables and encouragement of their broader consumption by the general societies.

Red wine is now known to assist in the suppression of

infection matters and also contribute to the reduction of body breakdown by antioxidant properties.

The core of the work demonstrated that nature has many a way of survival, and that Darwin's insight are as valid today as he first proposed in the 'Works' on matters of the survival of all species by natural selection.

As a young cadet at the Australian Museum in 1960, the tome by Charles Darwin, *The Origin of the Species* fell under my consciousness and awakened my dumb-kid's heart and mind to 'truth' and 'truism' of the 'testing' of science.

It forever brushed away the nonsense of prejudice and half-baked attitudinal and societal rumours on matters of studied truth and repeatable scientific evidence.

The current example is

the bullshit on matters of immunology for the benefit of children and their parents. The mantra that vaccination is not needed, "They're coming to get us", cow-shit, (French: "la merde de vache") to prevent the manifestation of the 14 "preventable" diseases that demonstrably kill or disable, and in some maladies, for life – and in some cases, the children's whole futures.

This cynical, ideological, propagated bullshit about science is the ultimate in stupid mind-fucked, ill-informed naivety, and is in fact, little more than 'woke' ideological propaganda and 'Grand Theft Intelligence'.

To attempt to euchre the pharmacopia racket and harvesting of the ill-gotten (pun), gains from health profiteering, is as simple as, "Eat more tomatoes" and if you can, DO grow your own.

"Freedom from 'belief, rumour and prejudice' to the real of enduring truth and wisdom."

Should you want to follow this extraordinary discovery, I refer you to the original paper by the initial investigators, post-noted in the journal *Micobiology Spectrum*, Jan 2024.

It's a sure-fire starter for a 'Nobel'!

thewholeearthveg@gardener.com

Autumn: the best time for weeding

WEED WORDS

by Triny Roe

Rain, rain and more rain! Despite predictions of a dry summer, the tanks are full and the creeks are running fresh.

Autumn is a great time for gardening and bush regeneration and it's the best time for weeding. The days are cooler, and the soil is moist.

Dry dirt, hard clay, grips tightly onto the roots, but when the soil is soft and damp from frequent deluges, storms and showers, it releases its hold on the plants and they come out easily.

Landscapes have been shaped by their inhabitants for millennia. Humans have always impacted on their environment, not always to its benefit.

Australia, with its unique vegetation and ecosystems, is at risk from introduced species, the ones we call weeds. These species propagate by themselves and spread to novel locations.

Not every weed is a big problem. Many exotic plants find their niche and co-exist with other species. Others don't. They will overgrow and outcompete existing and regenerating vegetation.

Some seed prolifically, and have long-lived seeds and fruit that can be carried further afield from the parent plant.

Strike early. If there is only one or a couple, get them before they spread. Once a plant has flowered, fruited and produced seed, the workload is increased exponentially. Don't let them set fruit!

Seeded or wild bananas, *Musa acuminata*, is a priority weed, and landholders are required to eradicate it. If left to produce fruit, which as their name suggests, are full of small ball-bearing-like seeds, this proliferate plant will continue to spread for many years.



Distinctive toothy margin on the groundsel leaf

Each banana can contain up to 200 seeds which can remain viable for decades. Wild banana can germinate in shade and invade rainforest. Fruit carried by birds and bats can pop up anywhere. Flooded creeks and rivers can take it further.

When small they are easily dug out, but wait until there is a large clump – they sucker – it becomes a huge task.

Strategic weeding works well to minimise effort. Crofton weed, *Ageratina adenophora*, flowers only once a year in Spring. It's easily recognised by its triangular leaves and purple stems. Hand weeding during Autumn and Winter, before it flowers, can, in time, effectively reduce its presence.

The roots of crofton weed are shallow and loose, and usually come out easily when the stems are pulled.

Its cousin mistweed, *Ageratina riparia*, has gnarly roots which hang onto the soils and usually snap off when you try to pull it out, ensuring its survival.

A tool to dig around these roots will give a better result. Mistweed looks similar to Crofton but has longer, thinner leaves.

Groundsel bush, *Baccharis halimifolia*, flowers in May. Now is the time to locate, identify and remove. With distinctive coarsely toothed leaves, it is easy to recognise.

Growing up to six metres in ideal conditions, groundsel bush too has a tough tap root. Getting in early at the seedling stage, while the soil is still moist, will make the job much easier.

A dioecious species, the mature female shrub produces millions of fluffy white seeds that can float on the wind up to 40km. Floodwater and vehicles can also transport these seeds.

While groundsel bush has been reduced in many areas, there are still pockets around, which means it will continue to spread and be a threat to biodiversity.

Considered a major invasive weed species in SE Queensland and Northern NSW, it likes creek banks, gullies, wetlands and swampy areas. Tolerant of salty zones, it is a problem in some coastal conservation zones.

And don't get me started on giant devil fig! The weed from hell!

Happy weeding.

Plant of the month



Kopak
Ceiba pentandra / *Bombax ceiba*

by Richard Burer

This column comes to you from central south India where many plant species are shared with the Northern Rivers. Many Australian plant species feature and grow well in the local parks and gardens, including Lemon Scented Gum, Black Bean and Silky Oak.

Interestingly the Silky Oaks are being infested by the same weeds on our waterways in the Northern Rivers, with Cats claw creeper the feature!

This March we celebrate the Kopak tree, an emergent deciduous tropical rainforest tree of India that grows to 25-30m, and produces stunning huge orange scarlet flowers in Spring, followed by fruits containing a white cotton floss.

The Kopak floss is an important cultural asset, the use of its fibre pre-dating cotton production. The silk floss is possibly still a valuable export of India with the emergence of alternative pillow and mattress fibres for people and pet pillows also.

It can be grown with no chemicals and just natural seasonal water, so it's really an amazing sustainable plant fibre. The wood of this tree is also very useful in light timber construction, including match stick products.

The tree pictured is over 200 hundred years old and possibly predates British rule in India. It's majestic, a signature tree for the seasons.

It's really waiting for the next wet season, currently de-leaving itself to survive the next dry, hot summer months, its pods fattening up for the end of the dry pick.

In Nimbin this tree can be grown and while it's a fair way south of the tropics, I would have a go. Tree stock is available.

Some research suggests it is a native of northern Australia, maybe moved around and naturalised before European migration throughout Asia and northern Aust. Also known as Malabar Silk Cotton tree, Kopak is certainly an interesting tree to inform one's self of.

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

THE ART OF PRACTICE: MAKING TIME

The art of practice

by Susan Paget

I'm currently living in a beautiful practice bubble. It's just a weird blip on the calendar.

Instead of the usual box ticks where it seems like I'm running against the clock, I've been enjoying the luxury of whole mornings for long meditation and yoga sessions, daily hikes as far as I desire and leisurely journaling on as many pages as I need.

This restorative window has had me thinking a lot about the concept of time, especially when it comes to a practice of any type.

Time, especially our perceived lack of it, is almost always the blame for not beginning a practice in the first place.

If we all have the same amount of hours in a day, why is it that some people manage to accomplish so much while others run out?

If you're considering building a habit into your life, time is a really important construct to play with and even challenge your beliefs about. Here are a few time takeaways I've learned that benefit the quality of my practices and hopefully will make a difference to yours.

Timing doesn't need to be perfect

"I'll write that book when my schedule gets easier" or "I'll start drawing again when my kids get older" or "I'll walk when the weather improves". We often wait for the perfect time to commit to a life enhancing practice, but news flash, you might be waiting forever.

Sure, every now and then planets align, but realistically it's a matter of deciding to just take that leap – in the most imperfect of times – and do what your body, mind or soul is calling for.

I tend to think that if we're holding off on doing something because we feel we don't have enough time, it might be code for not wanting to do it in the first place. And that's good information to have. Find practices that light you up and you will probably find the time.

Less is more

If you tend to be an "All or Nothing" type, a very radical concept for making practice a part of your life is to take a minimalist approach to duration. It's cool to examine ways to get the benefits of a practice with the least amount of time spent.

Using my own practices as an example, during busy times my

nearly two-hour yoga practice is reduced to 15 quality minutes and honestly, I notice the exact same benefits from both timeframes, it's just that longer practices give me more time for different shapes.

So bottom line: you don't need a lot of time to notice the positive impact of a regular practice. You just need to do it, regularly.

Notice the wasted time

We all have awareness of vices that rob us of time, where five minutes suddenly becomes an hour (or three). Even worrying about the lack of time can fritter it away.

An interesting mindfulness practice is to notice our thoughts on time and then compare them to reality.

Worrying or obsessing over the time it's going to take to do something seems to create a sense of time scarcity that doesn't match the actual doing. Imagine the time we would have gained for something else if we just stopped thinking about not having enough of it!

But now back to my bubble!

There's a saying that "Nature abhors a vacuum". This means that any empty space in our lives will soon fill right back up. While I'm so grateful I've had this time for a practice deep dive, it's

no fluke. I made a conscious decision to create more time for inner and outer work.

Interestingly, the other commitments of daily life, all the things that matter, still got the attention they required. It makes me think that maybe I'm always in a bubble. It just changes shape depending on where I put my focus.

In the meantime, I'm noticing that the emails are coming in and the messages are more frequent. Soon my leisurely schedule will shift back to a packed period of work and travel. And with that change, my core practices will become small parts of the day rather than the day itself.

That's okay. It's important. These busy times are when they help me the most. The art of practice is learning to bend time, to expand and shrink it depending on the ebb and flow of life.

If you can do that, be consistent and just show up, regardless of a ticking clock, there's a very good chance that you'll find yourself in your own beautiful bubble.

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

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Solo exhibition at The Channon



Jackie Devine's art emerges from the crucible of lived experience, marked by a profound journey through depression, anxiety and the relentless quest for identity. Born into a world that felt misaligned with her true self, Jackie has navigated the complexities of existence with a resilience and depth that manifest vividly in her work. Her art is not just a form of expression but a lifeline, a means of grappling with and making sense of a world that often seems at odds with her very being.

Jackie's work is characterised by its honesty and intensity. Black ink drawings and vibrant acrylics serve as the canvas for her exploration of the contrasting emotions that define her world. Each piece is a fragment of her journey, an attempt to understand and articulate the complex interplay of identity, emotion and existence.

Jackie's connection to the land and her community provides a grounding force, a reminder of the beauty and resilience that surrounds her. Her work is an open invitation to viewers to confront their own vulnerabilities, to find solace in shared experiences, and to celebrate the strength found in authenticity.

For Jackie, art is an act of liberation – a bold declaration of her presence in a world that often demands silence. Through her work she stands unapologetically, a testament to the power of art to heal, to challenge and to transform.

The full works of Jackie Devine will be on exhibition at The Channon Cafe, 10 Standing Street, The Channon on 9th March, 5pm-8pm.

On Facebook, Jackie has said, "I'm a transfeminine artist in Bundjalung, and I am doing my first ever exhibition and would love to see the Northern Rivers queer community there. The hook is, I don't charge for my art, so come grab an original or a print at the cost of a chin-wag."



Hair loss

Alopecia is the general name for a variety of hair loss diagnoses. They have different causes, and different methods of management. One form of hair loss, called 'telogen effluvium', is a temporary condition caused by a stress or change in the body. The hair loss happens gradually over six months following the stressor. Examples of triggering events include childbirth, surgery and major illnesses. Thyroid conditions can also cause this.

Hair shedding is a normal phase in the hair growth cycle, affecting approximately 5% of the hairs. After a triggering event however, up to 70% of the hair can move prematurely into this phase, so it gradually sheds over a number of months.

The hair loss is diffuse, rather than in patches. Without treatment, in most cases the hair loss pattern will resolve naturally.

Natural support for telogen effluvium is mainly dietary. Including extra protein in the diet is important, especially for people who are mainly vegetarian or vegan.

A 'Mediterranean diet' high in fruits, vegetables, whole grains, proteins and healthy fats is recommended. A good quality multivitamin/mineral supplement containing zinc, iron and biotin is also indicated during the recovery phase.

Rosemary is the herb most indicated for hair loss. Drinking rosemary tea is helpful, as it boosts circulation to the scalp and contains antioxidants that help the hair follicles to recover. Massaging the scalp with diluted rosemary oil also helps.

'Alopecia areata' is an auto-immune reaction that can start suddenly with circular bald patches. It is often triggered by severe stress, causing the immune system to overreact to the hair follicles and to damage them.

Unlike telogen effluvium, it is usually accompanied by itching and flaking of the scalp. Sometimes the fingernails show signs of damage also.



Nature's pharmacy by Trish Clough, herbalist

Fortunately, the symptoms are often temporary, with the hair follicles not being totally destroyed.

Treatment is aimed at reducing the sources of stress, herbal medicines to calm down the stress response, and other herbal medicines to damp down the auto-immune over-reaction. Topical remedies can also help.

I once treated a woman with alopecia associated with autoimmune psoriasis. She had significant hair loss at the front and top of her head, so she wore a scarf over this area as she was embarrassed by the appearance.

I had her apply infused calendula oil to the scalp, and gradually, over a number of weeks her hair grew back. She was very happy and was able to discard the scarf.

Usually with alopecia areata I would treat the underlying cause. With the patient mentioned above, I was already treating her for digestion and nervous system issues, so the topical treatment for her hair loss was a starting point. Fortunately, it was sufficient.

There are some types of under- and over-active thyroid conditions that are auto immune. There are blood tests as part of a complete thyroid panel that test for thyroid autoantibodies. These indicate if the thyroid imbalance is auto immune. Up to 50% of people with thyroid disease have hair loss.

Thyroid hormones play a role in the functioning of skin cells, although the exact mechanisms causing hair loss are not completely understood. Herbal management is individualised and varies



with the type of thyroid dysfunction and any underlying drivers of the autoimmunity.

Natural treatment for autoimmunity often commences with a repair of the intestinal lining and the microbial balance of the gut. Herbs to balance the immune overdrive can include *rehmannia glutinosa* and *hemidesmus indicus*.

Licorice root is also indicated but I rarely use it long term as it can increase blood pressure. Some herbs damp down an overactive thyroid while others can support an under active condition.

Any of these remedies should be professionally prescribed as they may not be safe with certain health conditions and medications.

Trish Clough is a herbalist who has been practising for more than 40 years. She now conducts her own clinic practice in Iluka after relocating from Lismore. Trish is available for consultations by appointment on 0452-219-502 or email: trishclough2@gmail.com

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

Natural Law

by Helene Collard

The Power of Presence is something many of us have heard about.

Eckhart Tolle's *The Power of Now* was read widely, the practice of meditation involves stilling the mind and taking a pause, and two of the five Reiki Principles, begin with the words, Just for today

Being present is a thing. It requires us to stop and empty our minds. Focusing on our breath. Silent walking meditations. Laughter yoga. Time in nature. Creative fun, all assist us to be present.

Coming into presence can happen alone or with company.

It can be quiet and still, or fun and playful, like Laughter Yoga.

Being present involves a state of attunement and receptivity.

Opening like a flower does to the sun, receiving

the fullness of life, with curiosity, and without judgement.

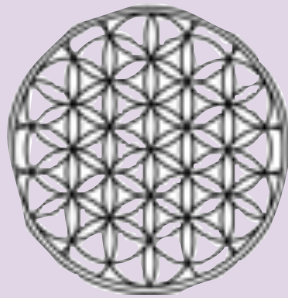
Being present to ourselves is like looking in the mirror and having courage to receive ourselves completely, without reservation. Our beauty, scars, mistakes, hopes and dreams.

When we choose to only accept our faults, or our best, we hide our humanness and we become vulnerable to destabilising at the whim of external factors.

When we take ownership of all of our story, we anchor an inner power that no one can touch. This requires discomfort – ours and others.

Presence is choosing to hear and own everything without judgement. It's having uncomfortable conversations with love and respect.

It's receiving yourself and others without condition or judgement.



Presence is knowing the difference between what you would like to give, and what your healthy capacity is, for service to others, at any given time.

Presence is the ability to have conversations that are respectful, receptive AND robust.

This month, let's slow down. Let's take time to pause. Let's take a breath and say, "I'd like to think about it" before responding.

The more we hold ourselves with presence, the deeper our self-respect, and trust in our decisions, because we've carefully considered them.

It also imbues reverence and clarity in our relating with others – even and perhaps especially when



*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.*

navigating challenges.

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Legal Aid clients and costs

I'm visiting a client on a Sunday afternoon for a view of the crime scene. Aid has been granted for the criminal matter.

Next morning we're in the Local Court to enter her plea. Then there's the civil matter. They share property but no longer like each other. She writes me long emails. We've already spent an hour, for which we're not paid, drafting and lodging her legal aid applications.

If their relationship is 'de facto' and they've separated within the last two years, as our client instructs, we can file in the Federal Circuit & Family Court of Australia (FCFCOA). If it's not, we're in another jurisdiction altogether. And this client is broke. Aid is likely to be granted for the property division, but only if it's in the FCFCOA.

'De facto' is short for 'de facto marriage' (marriage in fact, rather than in law) and is defined in section 4AA of the Family Law Act 1975 as follows:

"4AA(1) A person is in a de facto relationship with another person if: (a) [they] are not legally married to each other; and (b) ... are not related by family and (c) having regard to all the circumstances of their relationship, they have a relationship as a couple living together on a genuine domestic basis."

It goes on; "Working out if persons have as relationship as a couple... (2) Those circumstances may include any or all of the following.... From (a) to (i)..."

A little reflection

This is my 180th article for the *Nimbin GoodTimes*, my 15th year writing each month.

I haven't missed an issue in all that time, despite sometimes not feeling well; on one occasion being out at sea on cruise to New Zealand, on another, at a training residential, on many occasions having a mountain of other work, sometimes knowing what to write, other times at a loss – yet I keep on keeping on (such is my bulldog nature).

I now reflect on those years, beginning with the move from Perth, Western Australia to the opening of my therapeutic practice in Nimbin in March 2009, two days a week in a shared office space above the Oasis Café.

I moved my practice to Lismore in the new year of 2010, where I worked in my office space below my house in Kareela Avenue, Lismore Heights.

I met many wonderful people through this practice, and I continue to work with



by Dr Elizabeth McCardell

some of them and hope to work with many more on-line.

What has changed is my return to life in Perth (actually Fremantle), in January 2023. I came back primarily to be near my beloved Indian Ocean, for daily swims and to leave behind Lismore's ongoing flood problem.

The 2022 floods broke my heart but though I am no longer living there, I am with the people in spirit. My little cat, Pusski, now lives with my neighbours who he adopted when I told him I

Legal writes
by John Adams



Whether a sexual relationship (not defined) exists or existed is just one of the nine 'circumstances'. If the court didn't agree that these women were a couple, who lived together on 'a genuine domestic basis', and if my client wanted me to continue to represent her, she'd then become a private rather than legally aided client. But I can't afford to wait for my money until the property is sold. And she, as I said, is broke.

Her ex-friend, who's not broke, has a lawyer who writes to us saying they weren't de-facto. But Legal Aid NSW doesn't care. They grant aid for mediation.

Lately we've had more than the usual number of legally-aided Family Law clients. I wonder what other family lawyers charge then check with Google which tells me it's between \$300 and \$600 an hour.

I could be charging \$600 with my three degrees and



two decades on the job but, empathetically, limit myself to \$400. People come to see me when they've got a problem. They don't need to be ripped off as well.

We charge private clients in six-minute units, ten per hour. If what needs to be done can be completed in less than six minutes – between opening the file and putting it back – we charge one unit, for me \$40. If it takes a few minutes longer, it's \$80.

Given this, a sensible client does not ring their lawyer up for a chat. If they do, we send an invoice, and they stop wasting our time.

But we can't do that with legally-aided clients. Just for fun I cost the last criminal file as if it were private.

After two mentions and a 3-hour hearing, charges were dismissed. \$4,000. Legal Aid paid us \$870, a bit less than a quarter of the private rate.

My problem now is how to stop the legally-aided sending us long emails and text messages. Lately a couple of them have been out of control. The answer comes to me.

Simple; print off the above and hand to each new client when we fill out their application.

beautiful encounters.

Those people not feeling heard can contact me if they wish. As I say, I'm continuing to see clients online over Messenger, WhatsApp, FaceTime, etc.

If you are visiting Fremantle, WA, you and I could work together in person. My details are to be found in the accompanying advertisement.

Note that I am a psychotherapist/counsellor and a clinical hypnotherapist, and both of these modalities work very well on-line as much as face-to-face in-person sessions.

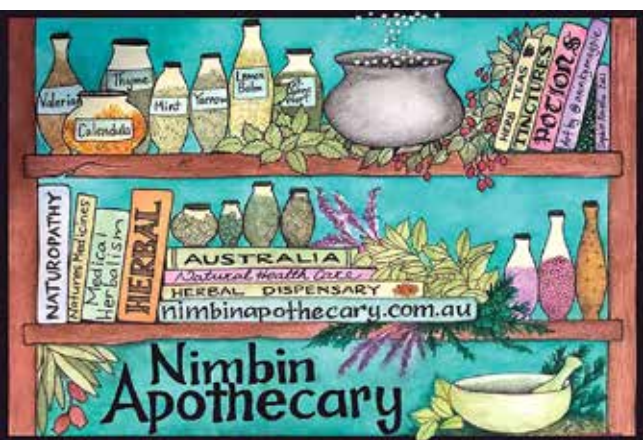
I want to use this article not only to reflect but thank Bob and Sue and all the workers who keep the *Nimbin GoodTimes* newspaper running so well.

It is one of the very few truly independent newspapers in Australia and as such, one of a tiny minority that tells stuff as it is, without any dubious agenda.

We are so very fortunate.

Dr McCardell has relocated to Fremantle, but is available for on-line consultations.

Phone/text: 0429-199-021, or email: dr_mccardell@yahoo.com



Dr Elizabeth McCardell
Dip Clin Hypnotherapy, BA, BA (Hons), M. Couns, PhD

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The Ripple Effect



A ripple effect: a situation in which one event produces effects which spreads and produces other effects.

I was recently pondering about the ripple effect, and the impact that we have on everyone and everything around us in every moment.

Small actions can have big effects. A ripple effect is a situation in which, like ripples that expand across a pond when an object is dropped into it, an effect from an initial action can be followed outwards incrementally. The ripple effect illustrates that what we do matters, and the simplest kindnesses can change and improve people's

lives.

Whether it is just smiling at someone you pass in the street, and it may encourage that person to smile at someone else. Or allowing someone to join the traffic at a busy junction; the effect you have on that person can be remarkable, it could mean that by allowing them in they avoid being late for an appointment or similar situation.

I am reminded about the ripple effect when I am giving a Bowen treatment, because even though the move I make on the body's skin and tissue is very light, the effect of the move will ripple out throughout the body, cells hitting other

cells, tissue hitting tissue, fascia being stimulated, and eventually it creates a healing response. It's also good to drink water after a treatment because while the treatment is rippling, water can be distributed throughout the whole person.

It also helps to detox every single cell in your body.

The impact of our words and actions cause a ripple effect beyond our immediate circle of family, friends, neighbours and brief encounters with strangers. Each impact affects them and in turn everyone in their circles, rippling out further and further until no being is untouched. This is true for each one of us. We are all powerful. Our words and actions truly matter.

Maybe reading this article will inspire you to try to be more present in every moment and realise every action you take really affects others. If so, isn't it better to be kind and loving? This in turn could change the world.

Also you could practise 'paying it forward' such as buying lunch for a friend and they in turn buy someone else lunch. That's one tiny example of how you



by Sonia Barton

can change the world with thoughtfulness and kindness with small actions.

You could try to forgive somebody. You'd be amazed at the ripple effect an ounce of forgiveness can have on your life and in the lives of others. Unburden yourself of the past and think kind thoughts again about that person.

I sincerely hope this article has given you food for thought and realize how easy it is to change the world in small ways with love and kindness.

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Magenta Says:

Dear Ivan, one has to wonder if it might have been this tendency to strip that attracted you in the first place?

Your girlfriend is either an exhibitionist or a naturalist. In the big scheme of things neither of these traits are really a problem unless you make it so. To some people nudity is a form of dress. She obviously loves feeling the wind on her bare skin and, frankly, who doesn't?

However, there is a time and a place for such robust activities so make sure you regularly take her to the closest clothes optional beach or for the odd getaway at a nudist retreat. There is also the annual Naked Bike Ride in March where you could both join in the fun.

Do you know that National Nude Day is celebrated all around the world on 14th July? It must have been some lucky guy's birthday wish.

Just don't let her streak at the cricket. The fine for streaking is \$1100 and you can also be sentenced to six months imprisonment for obscene exposure! I miss the streakers. They were hilarious and the crowd loved them as they brought a joggle of frivolity onto a slow pitch. They should be paid!

Suggest she takes up burlesque. The audience would love her, no matter what her size, in fact the bigger the better. And she would be able to embrace a part of herself that obviously needs expression for her to be a happy, fulfilled person.

I find your girlfriend refreshing. It's great that she loves her body. That's unusual in our dysmorphic society. It takes intelligent, confident, strong women to rip off the shackles of force-fed beauty myths and be, like the goddess she is, comfortable in her own skin.

If you can't strip off occasionally and join her, then perhaps you should look for a more chaste lady who likes to sleep in her neck-to-toe flannel nightgown.

'Art can never exist without naked beauty displayed.'
– William Blake

Nude Ain't Rude

'Craftiness must have clothes, but truth loves to go naked.' – English proverb

My girlfriend strips off anytime, anywhere. I find this embarrassing and I keep asking her to put her clothes back on, but she just calls me an old fuddy duddy. Help!

– Ivan Ericshun, Cawongla

Norm Says:

Dear Ivan, I've known quite a few people over the years who 'like to go public', usually at parties. Does your siren like to go shopping in the bollocks too?

I know a fella who would turn up to parties wearing nothing but a carton of beer. Nobody would bat an eyelid, until some of the women folk started complaining. Apparently, when standing at the food tables, his donger was dangling in the dip.

I remember seeing an old hippy at Mullum markets getting around in nothing but a pair of pink pantyhose. And a lady friend could always be counted on to drop her daks whenever there was a swimming pool at a party. There would be nobody in until she would dive in completely starkers, followed swiftly by 20 blokes.

This is the Rainbow Region, man. We tolerate everything and everybody around here (sometimes a little too much!) Your girlfriend is lucky: if she were a dude she'd have been arrested long ago. It's strange how when a woman strips off naked, it is sexy, but when a man strips, it's comedy.

As always, I have thoroughly researched this subject while my pie heats up in the microwave. And the bad news is, this is your problem, not hers. Seems she is seeking attention. Good luck with that buddy.

One last word of advice. If she struts her stuff in the Aldi's middle aisle, just wander off and check out the hams and chicken thighs in the deli section. Pretend you don't know her.

Seriously though, you guys should come over to our place for a barbie sometime. We have a pool.

A policeman was called out to the nudist retreat. He reported back that everything was OK but his badge was killing him.

Send your relationship problems to:
magentaappelpye@gmail.com

Natural Awareness Day in Nimbin

by Jagad Samuel

In a tranquil corner of Nimbin, amid the serene surroundings of Flourish Sanctuary, a group gathered at Compassion Temple on Sunday 25th February for the Natural Awareness Day.

Led by the experienced meditation teacher, Emma Pittaway, the day was an exploration into the practice of Natural Awareness Meditation.

Emma has a background in Buddhism that spans various countries, including Burma, Thailand, India, Nepal, Malaysia, and Australia, showcasing her desire to delve into the rich teachings of the dharma.

With a particular focus on insight-led practice and fostering flexibility and independence in meditation, Emma draws her inspiration from the Buddha's example and the natural world.

During the day, Emma guided attendees through the fundamentals of meditation, offering guidance on posture and highlighting the distinctions between Natural Awareness and conventional meditation practices.



In contrast to concentration-focused meditation, Emma emphasised the beauty of Natural Awareness, where practitioners allow their awareness to drift seamlessly between different objects, mirroring the flow of attention in everyday life.

The key idea is for the meditator to be consciously aware of this drifting awareness.

One of the remarkable aspects of Natural Awareness is its applicability to everyday

experiences. For instance, after reading a sentence, one might suddenly become aware of the act of reading.

After spending a day doing this, I noticed the heightened awareness extending beyond my meditation cushion and into my daily life.

Throughout the day, Emma encouraged participants, including newcomers and seasoned meditators, to deepen their

practice. Approximately 20 individuals attended, creating a diverse and supportive atmosphere for exploration and growth.

As an attendee, I am eager to incorporate Emma's teachings into a part of my regular meditation practices. The simplicity and accessibility of the Natural Awareness exercise make it an inviting practice for individuals at all levels of meditation experience.

I hope this article will encourage more people to regularly meditate. For anyone new to meditation, the easiest way to learn to meditate is simply to sit with an experienced teacher, be it someone like Emma, who normally teaches at the Kuan Yin Meditation Centre, or Julian Robinson and I who practise at Flourish.

Once you know how, you can meditate almost anywhere without a teacher.

Both Kuan Yin and Flourish Sanctuary regularly hold meditation retreats and we encourage anyone interested to check our respective websites for upcoming retreats.

Emma and Jagad hope that the Natural Awareness Day is the start of a collaboration between both centres.

Why harmonise left and right?

Shapeshifting

by Anand Gandharva

Everyone has two sides. Yin and Yang, dark and light, heart and brain, give and take, soft and hard, feeling and action, left and right, water and fire, female and male.

Many people accentuate one aspect over the other. It doesn't mean women have no brain, or men no heart, for both do, but that the focus in unharmonised people is on one pole.

Even the 32 points on the ancient Kabbalah's tree of life distinguish extreme paths: mercy and severity.

Yet there is a pillar up the middle, mildness. Cruise.

We may hang to one side but thrive when balancing.

Bland or too spicy: the middle

way of cooking is just right. Suit tastes.

Sounds Buddha? Golden rule? Mohammed, Christ, Lao Tzu, Krishna, Socrates, Rumi, Zoroaster and many saints, gurus, and also good chefs taught so.

Humans can balance the two extremes on a swivel point. This is ancient knowledge, encoded in structures worldwide: pyramids, basilicas, tridents, temples, public buildings, etc.

A seesaw works like this: if one side is up, another is down. Lifting things is easier if one leverages. Even a child can lift an adult opposite a fulcrum point, if that person sits nearer the centre of the beam, on the other side.

One doesn't have to be a Mason to grasp this, study temples, or notice that Egyptians had the same deference for Third Eyes as

cathedrals have for rose coloured glasses above entrances.

Right, when mirrored, becomes left.

Conservative is the mirror image of progressive. The same picture, but different interpretations. Either observe a vase, or two heads: the pixels are identical. How to focus?

What you see is what you get. The interpretive framework.

Consuming as a predator, DNA in food releases predator chemicals: opportunist, anti-social, sometimes even cruel. Like being overly stoned or drunk and clashing with moral values. It unbalances human nature. Reinforces hunter gathering or pastoral delusions, instead of bliss.

One problem with predator food is that people see the world as predators: individuals against the

system. But community is also us, together.

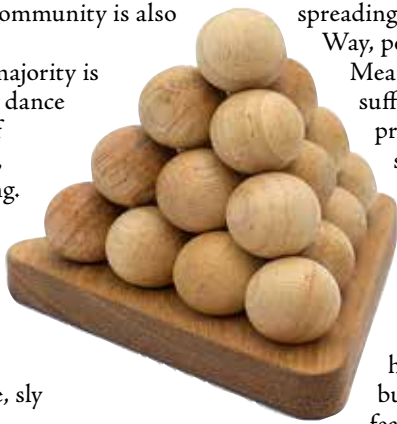
When the majority is omnivore, we dance to the tune of opportunism, double-dealing.

It is called 'having a false front', but is cheating, lying, unpredictable, sly behaviour.

The rules are moral, but behind the scenes it can be predatory.

We live in a consumer society: if people stop buying soulless predator items, manufacturers create herbivore products, and eventually new leadership will emerge.

It may take generations before the robber barons disappear, but people will live in a gentler society: environmental sanity, fair social values, a united Global Village



spreading through the Milky Way, peace on Earth.

Meanwhile nature suffers, society is

predatory, war reigns, species disappear, unfrozen lands are occupied. Votes for Tweedledum.

Some humans keep on consuming the Earth. Not just hunting wild relatives, but enslaving mammals, feasting on corpses.

Grow orchards, vines and gardens instead. Don't go uphill, ride the wave.

Herbivore farming, plantations, glasshouses and plant-based processing power futures. Nature is renewable, but has limits. For eight billion or more to thrive, new paradigms are needed.

The system becomes what the majority of its members buy.

Creating a sustainable society starts with balancing ourselves.

Tales from the Akashic Records

I have written previously about the Akashic Records and attempted to describe this mysterious place in ethers.

This month I would like to share some of the ways in which accessing this realm can benefit you by sharing some real-life stories.

As they hold pretty much everything and anything about our personal and collective histories, the Akashic Records provide an infinite source of information, which can be hugely beneficial in so many ways.

Even the likely trajectory of our lives can be redirected, once the wisdom that is available there is understood.

An accident-prone young man

This man's whole life was punctuated by broken bones, sprains and dislocations from

repeated falls and accidents.

His Records revealed a past life where, as a young man, he fell down a craggy mountain, breaking many bones in his body, some of which never healed correctly.

The historic and cellular memory was so strong that he attracted many accidents in his current life. There is always a deeper reason for everything.

Seeking adventure, one day, suddenly and without warning, he left his wife and young children to fend for themselves whilst he headed for the mountains.

His learning was about responsibility, that he could not simply turn his back on those who loved and depended on him. He was still avoiding responsibility in this life.

By recognising what created his accident proneness, we

helped him clear the past through forgiveness and chose a different option which was available to him at the time, in effect rewriting the past, and hopefully ending his accident proneness as well as his irresponsibility.

Chronic arthritis in the family

A woman wondered what would cause so many of her family to have this problem.

The Records revealed a past life where she and other family members were all seriously injured or died a mining accident.

The arthritis pain echoed that of the broken bones, soreness and stiffness the miners experienced.

Upon finding the karmic cause of the accident, we were able to bring understanding to what my

client needed to address in her current life.

It also explained her compelling interest in mining accidents, which she had found curious.

Lonely postman

As a mailman in America in the 1800s, he was often away for long stretches.

He had fallen in love but felt he shouldn't tie the young lady down, being often gone for months at a time.

So he determined that love wouldn't be right and the belief was strong enough to be imprinted in his records.

In this life he was employed as a postman, so you can see how past experiences tend to follow us around.

After clearing this belief and choosing a more positive one, he rang to tell me that soon after our session he had found the love he longed for,

which interestingly turned out to be the same person as the girl he left behind in the past life!

Would they have found each other anyway? In my experience, even if they had, the relationship would not have lasted.

A man with financial problems

This man found out about a previous life as a gambler. For many years it seemed luck was on his side, repeatedly winning large amounts of money.

He was able to purchase the cars, clothes, women and lifestyle he desired, until his lucky streak was suddenly reversed, and he ended up losing everything.

Believing he was duped, he developed a deep distrust and hatred of his gambling associates, accompanied by feelings of fear and resentment towards those who had money.

We also identified a subconscious belief that



by Auralia Rose

money makes you a target and can easily be lost, and that it is best to stay poor, which we reprogrammed with positive beliefs.

Wherever your life is restricted, you are likely to find the answer in your personal Akashic records. If you would like to find more ease in your life I would love to help you. Feel free to call for a chat.

All the very best to you.

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