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DOLPHIN FUNERALS

Stock up

FOOD MATTERS

by Neil Amor

Over the coming months we will feature several soup dishes to please the body and budget, but all these dishes commence with a good basic stock.

Stock, sometimes called bone broth, is a savory cooking liquid that forms the basis of many dishes, particularly soups, stews, and sauces.

Making stock involves simmering animal bones, meat, seafood, or vegetables in water or wine, often for an extended period.

Sometimes, the less desirable parts of the vegetables that may not otherwise be eaten (such as carrot skins and celery cores and leaves) are used, as the solids are removed from stock.

The herbs and spices used depend on availability and local traditions. In classical cuisine, commonly used is a bouquet garni (or bag of herbs) consisting of parsley, bay leaves, a sprig of thyme, and possibly other herbs.

This is often placed in a sachet to make it easier to remove once the stock is cooked.

Minestrone

Some of the earliest origins of minestrone soup pre-date the expansion of the Latin tribes of Rome into what became the Roman Empire.

The ancient Romans recognised the health benefits of a simple or 'frugal' diet (from the Latin fruges, the common name given to cereals, vegetables and legumes) and thick vegetable soups and vegetables remained a staple.

As eating habits and ingredients changed in Italy, so did minestrone. The tradition of not losing rural roots continues today, and minestrone is now known in Italy as belonging to the style of cooking called 'cucina povera' (literally 'poor kitchen'), meaning dishes that have rustic, rural roots, as opposed to 'cucina nobile', or the cooking style of the aristocracy and nobles.

There is no set recipe for minestrone, since it can usually be made out of whatever meat and vegetables are at one's disposal.

Vegetable Minestrone

1 cup cooked macaroni
1 lg onion chopped
1 med potato chopped
2 tbs fresh parsley chopped



Photo courtesy TinEats

5 tbs olive oil
1 tsp dried basil
1 tsp dried oregano
1 med carrot chopped
1 med zucchini chopped
2 sticks celery chopped
1 cup cabbage shredded
3-4 cups vegie stock
1 tbsp tomato paste
half cup red wine
2 med tomato chopped
4 garlic clove crushed
1 cup canned kidney beans
salt/pepper
grated parmesan cheese and
extra chopped parsley for
serving.

In a large saucepan heat the oil and gently fry the onion and potatoes with the fresh and dried herbs until the onion is translucent.

Add the carrot, zucchini,

celery and cabbage to the pan and mix through.

Add tomato paste to the stock and add this and the wine to the pan.

Add the tomatoes, garlic and drained and rinsed kidney beans and macaroni. Season. Bring to the boil and reduce to low and simmer until vegetables are tender.

Serve with grated parmesan and extra chopped parsley.

The Nimbin Organic Food Co-op provides opportunities to skill up, get social, and support a much-valued community asset.

Contact Eala, our volunteer co-ordinator on 0405-659-181, for a range of volunteer options.

Until next month, eat well.

Une herbe de grace: Palestine's Hyssop

by Thom Culpepper

It's the sum of the little things that underlie and make for a devastatingly, careless, cultural occupation, and as a consequence a completely violent outcome of 'settler' (invader) and cultural oppression. Ask the Australian tribal peoples.

I give here one example of the horrendous political oppression of Arab culture and the historical right of the inhabitants to their lands and to the free and unencumbered access to their cultural food-fields and resources.

The Jews have in their Hebrew lexus this word 'Za'atar'. It is a borrowed Arabic word for a commonly used West Asian herb, and is sometimes expressed as a herb mix.

To Palestinians it is generally a single herb, Palestine Hyssop, but as a mix it is also known as Za'atar.

It's one of the Arab's cultural, 'most-days weeds' of existence, as is coffee, another Arab 'weed', as is Khat, another Arab/African weed.

It is not unlike the air of the similar claims of the 'Mary Jane' community, who openly and freely celebrated their 'weed' (Cannabis) this month.

You can find on Wikipedia and other sites that expose



Hyssop plant Photo courtesy Ori Fragman-Sapir

this racial hubris of culinary-herbal, vile horror.

Search 'Za'atar' on Firefox or Duck Duck Go, should you not want to be 'coppered'... and the 'filth' are perennially and ceaselessly snooping.

Use a Russian search engine, Yandex. Let 'em fret! Stick with Tik-Tok, until the Septic Tanks steal it, then drop it like a red hot barbecued spud. 'Like' nothing!

From Wikipedia: Za'atar (*Origanum syriacum*)

In 1977, the Jewish parliament passed a law, brought by the Jews, (there are a few Arabs in the Knesset), that there was some Arab "over-harvesting" of Za'atar, a herb plant favoured by Palestinians, harvested historically on their lands and now, by Palestine's Israelis.

Fines were imposed on

Arabs for the harvesting of the native, wild Za'atar. The nonsense by the Jews was that the plant was in danger of extinction.

The law was also imposed on the West Bank, with the IDF (the Jewish army), confiscating the plants at the border checkpoints of Israel and Gaza from the indigenous harvesters.

And some say, they flew it straight to New York, for Israeli street-nosh.

Protect the 'botany' from extinction and make extinct the rural people who utilise it... really?

For hundreds of years, maybe several millennia, the Arabs had cared for, harvested and utilised this plant. As far back as the Pharaohs of Egypt.

The Euro-jews have now materially exploited this native, natural resource, among others, for tourist

reasons, lying and bragging that it was a Jewish/Israeli natural spice.

But who better to manage this genetic resource? Surely the Palestinian Arabs with their native culinary-cultural history, not the exploiting, mercenary Jewish dealers, the middlemen and women. A case of cultural oppression run amok? Seems so...

Za'atar

For bagels and pizza bread
1 tbs Palestine oregano (Hyssop)

1 tbs cumin seed
1 tbs coriander seed
1 tbs sesame seed
1 tbs sumac
1/4 tsp chilli flakes (Korean is best)

1/2 tsp cooking salt
Store ingredients in a light-free and cool space.

Grind coarsely in a herb grinder or a mortar and pestle. For fresh use, do not grind to a powder.

Serve on oven-fresh breads with a light coating of olive oil.

Maybe now, in the glaring light of the current horrific murders of the Gazan Palestinians, the Euro-Jews will have all the crop of Hyssop to themselves.

"Can I see another woe and not be in sorrow too?"
– William Blake

Email: thewholeearthveg@gardener.com

Those autumn weeds...

WEED WORDS

by Triny Roe

So many weeds, so little time. They grow and spread so fast it can be hard to keep on top of them.

With land stewardship comes the responsibility and a biosecurity duty to manage that land and the opportunistic and aggressively growing species known as weeds. Letting weeds go and allowing them to proliferate will degrade not only the environmental qualities of that land but its economic value, and can also be detrimental to a wider region.

Easter cassia, *Senna pendula* var. *glabrata* is certainly pretty and creates a fabulous bright yellow floral display in April. Easily recognised with compound leaves with oval leaflets, it is common on roadsides and creek banks.

This opportunistic fast-growing shrub also invades native bush, neglected orchards and ex-grazing land and can even be found thriving in domestic gardens. "It's so pretty." For a while! Then there are dozens if not hundreds to pull out, or it takes over everything else.

This plant doesn't have many uses; it's not the same senna used for constipation. The stems and trunks are very hard and can become garden stakes or walking sticks. Though Easter cassia is in the legume family, *Fabacea*, it is in the sub-family, *Caesalpinioideae*, which do not generally fix nitrogen.

This tough sprawling bushy plant can also behave as a creeper and will climb five metres up trees. It will compete with any other plants growing in proximity and reduce their vigour.

Preventing this shrub from setting fruit or removing it altogether will be beneficial. The fruit are cylindrical pods which turn from green to brown as they ripen. Each pod contains up to 40 small hard black, long-lived seeds. They can be spread by dumping garden waste and water.

The native rainforest cassia, *Senna acclinis*, also with delightful yellow flowers and not so rampant, can be planted instead. Fairy wrens need yellow petals for their courtship. Weed removal can negatively impact on the wildlife as they have adapted to the new vegetation regimes. Replacement with appropriate natives will restore suitable habitat.

Groundsel bush, *Baccharis halimifolia* also flowers in autumn so is easily identified then. Spot the "It's so pretty" shrubs with their showy, snowy mantles made up of a myriad of small fluffy white flowers – seed bearing flowers!

Another hardy woody species, its seeds can blow on a stiff breeze up to 40 km. Up to one million seeds are produced per plant, and many fall around the parent or end up landing within a few kilometres.

Groundsel bush favours damp gullies, wetlands and boggy areas, so it's also carried to new areas by water as well as wind. It's another woody weed that is often found on old farms turned to lifestyle properties, but could turn up anywhere.

Consider a vegetation survey before purchasing acreage. Know what you will be dealing with. Weeds are part of everyday life in a rural setting.

Weed control is a community effort.



Cassia (above), Groundsel (below)



When many species spread readily beyond borders and fences, everyone must do their part. If you don't know where to start or need some help, join a Landcare group. Richmond Landcare is the Northern Rivers umbrella group, and can direct you to your closest local group.

Rous County Council also provide advice and weed identification booklets and flyers on the important weeds which need addressing. These are available from Council offices and the Nimbin Environment Centre.

Strike fast and hard and infestations of opportunistic species can be managed before they become bigger problems. And follow-up, follow-up, follow-up! Woody weeds can be tenacious, hard to kill, and there will be more.

Plant of the month



Cannabis
Cannabis sp.

It's not called weed for nothing.

Almost legal, it's so easy to grow. It likes well-drained sandy soil, and grows well on marginal land. Needs lots of water, an excellent mop crop for your greywater outlet.

As things stand, with the the expensive federally-funded Cannabis Eradication Program helicopters set to come around once a year, if you've got a criminal record, forget it, they'll get you. Buy it on the street in Nimbin.

Unless you're growing broad-acre crops without a licence, or have a massive greenhouse, it's unlikely your couple of plants in with the tomatoes will come up on the infra-red detectors on the helicopter. Tomatoes give the same signal.

If you're a clean-skin and have a couple of plants, especially if you've got a doctor's prescription for CBD medicine, the cops won't bother you, and if they do, you'll get off in court for free and they'll never bother you again.

You can easily grow a couple of plants from seed on your north-facing verandah with no risk. Give it a go.

THE ART OF PRACTICE: MORNING PAGES

by Susan Paget

Who am I? What's my purpose?
Why am I here?

I'm a bit of a broken record when it comes to talking about the art of practice and referencing these big life questions. But what can I say? Consistent, disciplined rituals are inevitably a spiritual check-in.

It doesn't matter if our practice is yoga, meditation or even mindfully washing the dishes, practice is a portal to understanding ourselves and if we can do that, we do life better.

My earliest understandings of practice as a spiritual pursuit came decades ago from the best-selling book, *The Artist's Way* by Julia Cameron. The book has been the go-to manual for creatives who feel stuck.

One tool in *The Artist's Way* is called 'Morning Pages', and I confess that back then, this section was the only bit I read. It was enough for me. On the surface, Morning Pages appear simple. Write three pages long-hand in a stream of consciousness style, downloading whatever comes to mind.

You do this right when you wake up, before the logical (and censoring) part of the brain has a chance to surface. And you do this every day. Rinse and repeat.

I've journalled for many years at various times of the

day, but doing this first thing in the morning is the part I haven't committed to, until recently.

I've tended to wait until the day is well underway, which makes my journalling intentional, loaded with ideas, gratitude practices and problem solving.

All beneficial. But something called me to do these Morning Pages as Julia Cameron has instructed, and the result is a totally different experience than what I'm used to.

Doing Morning Pages by the rules, my written downloads are a mess of dreams, sounds and random words. I'll go for days of nothing happening to the point where I wonder if I'm missing out on the mindset work that's been key to past journalling.

But then something shifts. Submerged creative ideas bubble up to the surface that I feel compelled to act on, and it's rewarding to let art out without expecting anything from it. In my day-to-day, I notice my decision-making is sharp and the hours seem to flow in the direction I choose.

There's a noticeable clarity because the author says the practice acts like a dustpan, sweeping away unnecessary clutter so that we can think more effectively.

And here's the other thing: Morning Pages aren't just for frustrated artists. They're for anyone who wants to do

deep, introspective work. With time and practice they unearth messages of the soul which eventuate in a call to action.

I've found that doing Morning Pages first thing requires a little strategy. Here are some tips that have helped me integrate this fascinating practice into my routine:

The window of time

Julia Cameron explains that upon waking we have about a 45-minute window of Morning Pages opportunity before the ego's defenses are in place. I've been doing mine within 15 minutes of waking up, preferring to get it done with as little fuss as possible.

I keep my journal next to my bed and prop up my pillows so the morning rays light up the pages. Julia Cameron does her Morning Pages in a comfy chair at her mountain home outside of Santa Fe, New Mexico. It's a pleasant way to begin the day.

Looking at your morning routine and seeing how you can streamline it so you can capture an honest mind without too much time spent doing other things before you start is important.

Peace: Let everyone in your household know you need quiet time and ask to not be disturbed. If this is a difficult request, then Morning Pages have really done their job without you needing to write a word, exposing an area of life where your inner artist is

asking for boundaries to be respected.

Have a strong reason

One incredible bonus of doing Morning Pages is that they've created a powerful pattern interrupt to checking my phone when I wake up.

The idea of thoughtless scrolling of WhatsApps, texts and emails actually feels quite repulsive now compared to the gentle stirring of consciousness through old-school writing. This phone habit has been wildly easy to break.

For this reason alone, it's been totally worth mustering up the discipline to getting these Morning Pages in the bag first thing.

The other day I had an urge to visit the local bookstore and pick up the latest edition of *The Artist's Way*. I wanted to pay a thank you to the author for all the goodness that's come from experiencing variations of the Morning Pages.

But there was another reason to buy the book. After many years of doing practices that have taught me how to be still, to listen and to be willing to take the time to explore the answers to life's big questions, I'm finally ready to read it all.

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

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Natural Law



by Helene Collard

The only thing we can be certain of is change.

The storms of change have whipped through all our lives in recent years, and the winds continue to turn at an incredible rate.

However, we have moved through something. The loss, struggle and hardship we have faced has built something new within us. We have crossed a major threshold and are welcoming in a new dawn.

Although there are still bumps and blocks along the way, there is light on the horizon.

Right now, you are turning and fertilising the ground for new growth. Whatever has happened in the past is in the past. Tie up loose ends, lovingly release chords, hooks and ties. Now is the time to prepare your field for the future.

At last month's Women's Circle, we created a vision board, a mindful activity using pictures, symbols and words to depict our desired future. What does yours look like?

Take a moment to make a few notes, tear out some pictures and words, and put them on your fridge. It's important to know your target – where you are aiming your arrow.

May is a great month to try something new. Get out of your play-pen and explore what the world has to offer.

Be adventurous, move beyond fear, be a curious

beginner in something, have fun! You don't have to continue with the activity (or you might), just try it.

This is an important step, as it signals to your body and your brain that you are open to change. Neurons have to act differently when you do new things! If you continue with those new things, then you will change your wiring!

Recently, I overcame stage fright and shyness to read at a poetry night, beat fear and did an indoor skydive (with a 'fly high' add-on), and glided around an ice-skating rink, clinging onto a penguin (lol), when my narrative was, "I don't skate at all."

So you get the drift. In May, see how much of your "This is what I do" and "This is what I don't do" you can 'bust' through. It's time to blow the game of life open, in your own special way, and surprise yourself.

Knowing our limits is an interesting thing. There is a fine line between making an informed risk assessment and opting out, and just staying comfortable. There is always a level of friction in growth and opening your life up.

This month there is heaps happening at the Yemaya Centre: Reiki Level 2, Reiki Level 1, Women's Circle, and of course Reiki Treatments every week. The Centre also hosts a Clinical Psychologist, Counselor and Nutritionist.

Come to us in the heart of the CBD, and visit our website for more information and bookings.

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Repairing the Digestive System: Part 2

Nature's pharmacy

by Trish Clough, herbalist

Following last month's column where I discussed my preferred powder blend of nutrients and herbs for digestive repair, I received an unusual number of requests for the powder.

Unfortunately, I am only able to supply it in the context of a consultation. I had so many requests by email, phone and SMS that I am still trying to catch up! To make it more accessible, I have been supplying people with the formula so they can buy the powders individually and prepare it themselves if they wish to try it.

So here is my recipe, all in powder form. This makes 200g, which is my usual batch size: Glutamine 100g, Slippery elm 50g, Marshmallow root 20g, raw Cacao 20g and Calendula 10g.

The dosage is one heaped teaspoon twice daily. I generally recommend mixing it in some yoghurt (or similar) or adding it to a smoothie. It will not dissolve nicely in water so I don't recommend that. The dosage will last approximately one month.

There are a range of health problems that benefit from a complete 'gut repair protocol'. Immune system imbalances such as allergies, poor immunity to infections, autoimmune diseases, as well as symptoms of upset digestion will often improve following a repair of the gut. Each person I treat will have an individualised protocol, depending on the exact symptoms and causes. However, there are general principles to a gut repair.

The classic protocol I was taught many years ago was called 'weed, seed and feed'. The weed phase involved herbal antimicrobials/anti-parasitics to kill the pathogenic or unhealthy gut microbes.

This was followed by 'seeding' the gut with pre- and probiotics to replace and encourage healthy microbes. Then, 'feeding' referred to nutrients to restore the health of the sensitive epithelial lining of the gut. See last month's column for more information about the importance of the gut lining.

Although my treatments are individually tailored, I generally start the treatment with the 'feed' stage. I believe it makes more sense to commence with improving gut integrity; otherwise the use of antimicrobials ('weed' phase) can create side effects of systemic inflammation as die-off particles can migrate out of a damaged gut lining and into circulation.

There are many herbal formulas designed to remove pathogens in the gut. Some of these include Chinese wormwood, black walnut, cloves, and some tiny doses of essential oils such as oregano.

People with very sensitive digestive systems won't tolerate some of these, especially those containing essential oils.

One of my favourites, which is usually well tolerated, is pomegranate peel in a tablet form. Traditionally pomegranate is highly revered, with its name in both Arabic and Hebrew meaning 'fruit of paradise'. Its uses are many and would have included the juice and seeds.

Modern research shows the peel to be antimicrobial with effectiveness against numerous parasites, bacterial pathogens and fungal organisms. It helps with diarrhea and inflammatory bowel disease from various causes.

Often during the 'weeding' phase I include a specific probiotic called SB (*Saccharomyces boulardii*). It is a non-bacterial probiotic and it does a good job of outcompeting or suppressing



Pomegranate Photo courtesy Lavinya.Net

unhealthy gut microbes. It is also specific for so-called traveler's diarrhea.

After the antimicrobial treatments it is recommended to 'seed' the gut with beneficial bacteria. This is very important to support a stronger immune system as most of our immune function comes from healthy gut flora. There are many different probiotics available, and I usually select those that best support the symptoms and the long-term health of the patient.

A variety of vegetables, dried beans and fermented foods are also beneficial for creating the environment for healthy gut bacteria to repopulate.

This whole program of treatment can take several months, or longer depending on the health issues and symptoms being addressed. In general, it is also of benefit to most people as a health boost.

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.

What is Satsang?

by Jazmin LJ

Throughout history, seekers have found guidance through the practice of Satsang, a Sanskrit term meaning gathering in truth, a cornerstone of spiritual exploration.

Flourish Sanctuary, Nimbin is honoured to host these gatherings facilitated by Jagad, a guide whose heart has touched the lives of many, providing a space for individuals to explore spirituality, ask big questions, and share in the pursuit of awakening.

For those who have attended previous sessions, Jagad's simple talks, open-hearted

dialogue and eye contact have served as a flash of light along their spiritual journey.

The gathering begins with a period of meditation, allowing attendees to quieten their minds, centre themselves, and open their hearts to what awaits.

Jagad then delivers a short talk on anything from spirituality, love, life, death, devotion and self-realisation. The talks offer insights drawn from his direct experience.

Following the talk, people have the opportunity to ask Jagad questions and share their reflections and experiences. Whether seeking clarity on personal challenges, delving into inquiries, or

simply seeking guidance on the path of self-discovery, all are welcome to participate in this exchange of ideas and insights.

After the formalities, Flourish Sanctuary invites attendees to join in a communal vegetarian meal. This time provides an opportunity for participants to connect, sharing nourishment for both body and soul as they reflect on the Satsang. A donation is optional.

We have a Satsang session from 1pm on Sunday 12th May at Flourish Sanctuary. Details can be found at: www.flourishsanctuary.com.au

The Flourish community invites people to join this sessions with Jagad before he embarks on a short trip to India in June, where he



will both deliver and receive Satsang.

Jagad's trip is a continuation of his spiritual quest to share love and teachings with people around the world.

As Jagad prepares for his trip to India, he carries with him the love and gratitude of both the Flourish and Nimbin community, who temporarily bid farewell to our beloved guide and special friend.

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The business of Family Law

Last month I finished by preaching about legal fights over kids not being good for their mental health.

Last night I found myself replying with repressed annoyance to an email saying:

"We're here to help you boost your on-line presence and drive more sales. Whether it's social media management, website redesign or SEO, we've got you covered."

Since I took the website down after the flood, blessedly fewer of these now crowd the inbox.

The last thing we need is more Search Engine Optimisation. Winners at this game are those that Google puts at the top of the screen, the ads you don't bother with as you scroll down to what you want.

Anyway, why would a small firm on the wrong side of the Lismore levee, a couple of solicitors and a secretary, want a worldwide following?

And business has been brisk lately, particularly parenting matters. At the end of last year, we had half a dozen active ones. Now it's

eighteen.

Wills and powers of attorney and conveyances may have increased a bit, while crime's stayed about the same.

At the College of Law, I was taught how to read balance sheets and profit and loss statements. Last night my BAS agent rang to say he'd sent me my tax bill with a current profit and loss statement and one from the same time last year for comparison.

I can't remember how to read them, but he tells me they show we're improving. Which I suspect means we're closer to making a smaller loss.

Our problem is that all the new parenting clients are on legal aid, and since I suffer from excessive empathy I have trouble saying no.

Some of them have come from other lawyers they can't afford to pay any more. Others, like the women in refuges, are simply impoverished.

We're getting efficient, but it can still take a whole day drafting the affidavit and all the other forms and filing them apparently successfully, only to find

the next day they've been rejected for a reason it can take more hours to figure out.

And then there are the other things we're not paid for, like filling out the Application for Legal Aid or answering requisitions.

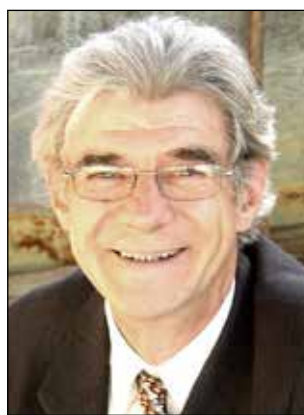
But we do have one advantage over the ones with private clients. Along with all the other compulsory forms, they have to file a Costs Notice, showing how much they've been paid to date and how much more is estimated for the Mention or Interim Hearing or whatever, and then have to serve it on us.

On Legal Aid, we don't have to file one. It's a good trick; keeps them from overcharging, but shows the radical difference.

We're paid on average something like \$3,500. Our barrister, who might otherwise charge ten or eleven thousand, gets \$1,600.

The Costs Notices of those with private clients show that an average battle can easily cost well over \$30,000.

Allegations are usually violence, coercive control,



Legal writes

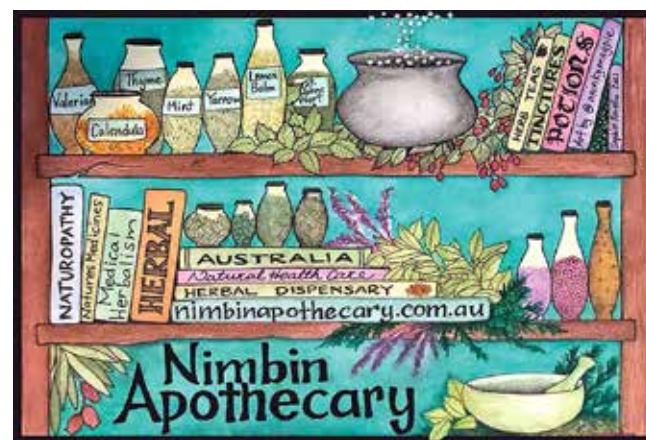
by John Adams

alcohol and/or illicit drugs, mental ill-health, and occasionally paedophilia.

Sometimes the court orders a hair follicle test, which isn't cheap and the Legal Aid Commission won't willingly cover it.

Government funding is necessarily limited. Your average murderer can't afford a long trial with Senior and Junior counsel in the Supreme Court and is entitled to rather more funding than your average mum in a refuge.

Unrepresented litigants can waste a lot of expensive court time, so paying a little more to us lowly private lawyers on grants of Legal Aid would, I would argue, be fiscally responsible. And maybe even help children.



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Changing addictive behaviour

Addictions are gripping but are not necessarily permanent fixtures. We can change our behaviour. We have choices.

James Prochaska and Carlo Di Clemente, in the 1970s studied the processes of change and came up with what is known as an integrative theory of therapy.

This assesses a person's readiness to act on a new healthier behaviour and provides strategies, or processes of change as well as that person's decision making capacities.

They identified the stages of change in this way:

Precontemplation (an unreadiness for change): This is where people are not intending to take action to change and don't see their behaviour as problematic but may be required to attend therapy to please the courts or families or employers.

In this case, exercises in self awareness as well as realising addictive behaviour is risky to health and relationships.

Alcoholism and drug taking, gambling, porn addiction, digital media addiction, etc., have dramatically negative consequences on good health, work, and maintaining healthy relationships.

Addiction makes it hard to maintain trust, respect and open communication with others and the life of addicts revolves around obtaining and using the drug of choice.



by Dr Elizabeth McCardell

This may lead to neglecting responsibilities or the needs of significant others and burning themselves out.

Addiction saturates the brain with dopamine and people become dopamine junkies. Dopamine is less about giving us pleasure per se, rather it motivates us to do things we think will bring pleasure.

We experience a hike in dopamine in anticipation of doing something as well as when we do the thing itself, which makes us want to continue doing it.

As soon as it's finished, we experience a comedown or dopamine dip. That's because the brain operates via a self-regulating process called homeostasis, meaning that for every high, there is a low.

Interestingly though, if a person can do something else interesting enough for 12 minutes, the addictive craving subsides.

Contemplation (preparing

for change): This is where people are starting to recognise that their behaviour is problematic and are starting to look at the pros and cons of their continued actions.

They are also ambivalent about change. On the one hand they may be hoping to change their behaviour, but can also be unwilling to actually take action to make those changes.

This is when they are likely to be the most influenced by prompts from others.

Preparation (ready for change): Here people are intending to act to make changes in their lives and are starting to take small steps towards this. This period typically lasts about 30 days.

In this time they are telling friends and family about what they plan to do, which is great because it's then that support is critical.

They are realising that the better prepared they are, the more likely they will succeed in life long change.

Action: People have made specific overt modifications in their behaviour. This is when they are most receptive to learning techniques for keeping their commitment to change.

They are also realising that they have to avoid certain people and situations that perpetuate the unhealthy behaviours of their old behaviour (for example, not going to the pub and drinking with friends when

trying to stay sober).

Maintenance: People are able to sustain these new behaviours for at least six months and are working to prevent relapse.

During this phase, it's recommended that people spend time with others who engage in healthy activities such as exercise, particularly during times of stress.

Group meetings of former addicts are helpful for many.

Completion (termination): People are no longer tempted to return to their old behaviours. If relapses occur, the process of change is likely to be easier than previously.

Change is possible. We don't have to be chained to old behaviours. When we stop doing what we have habitually done, we find ourselves living in the world quite differently.

We can obtain pleasure in less destructive ways and we can live life abundantly.

Preparing others for a lifetime of change is what counsellors do best.

We help people through the first phases of addictive behaviour, for instance, and give them tools for maintaining and strengthening what they have learned and gained.

It's beautiful work.

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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Neural Organisation Technique relates to the body's structure, its alignment, movement and strength, and frequently to emotional challenges. It is comprehensive and brings lasting results.

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I have been working with Neural Organisational Technique for over 20 years. It is non-manipulative, very gentle and safe for seniors.

Educational videos can be found at: www.youtube.com/@NewLeafHealthChannel/videos



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– Tuli Kupferberg



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SEEDY SECRETS 009

by Michelle Chapman

I'll tell you a secret a little bird told me – the Midjim berries (*Austromyrtus dulcis*) are on in Byron!

Walking back to the car after a swim the other day, I was oblivious to the plethora of seed only a few metres away until I heard the twittering of fruity feasting. Later in the forest, I spied a rowdy bunch of rainbow lorikeets enjoying a feast in the Quandong canopy.

Nothing for a seed collector up there, but suddenly I found that exactly where I'd stopped, I was surrounded at head-height by White Bolly Gum (*Neolitsea dealbata*) fruits – black, shiny, and plump. An undiscovered treasure trove!

I looked around and wondered, "Where are all the birds?" White Bolly Gum fruits are enjoyed by a range of rainforest birds including the Brown Cuckoo-Dove, Green Catbird, Rose-crowned Fruit-Dove, Superb Fruit-Dove, Wompoo Fruit-Dove, White-headed Pigeon, and the Topknot Pigeon.

It fruits in autumn to winter, when the summer fruiting dies down, so it is an important food source. After ingesting the fruits, the birds fly some distance, then deposit the seed with bonus fertiliser.

White Bolly Gums are an important

understorey species in rainforest restoration projects and remnants.

Looking down the valley, I could see a medium-sized flock of grey Topknot Pigeons, their crested head profile providing an easy identification. Indeed, a feasting party was underway on a tall Camphor Laurel.

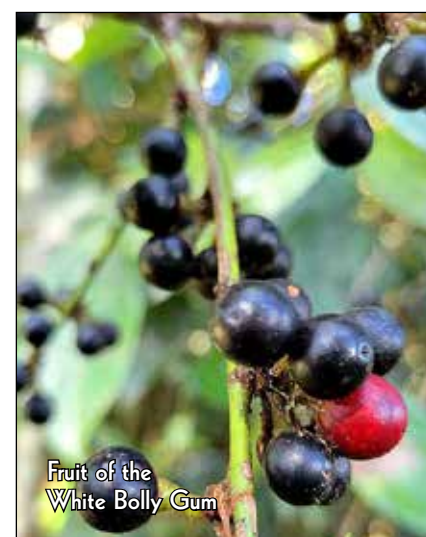
These migratory frugivorous birds travel south to our rainforests for the winter to feast on our rainforest fruits. In the past, the flocks numbered in the hundreds, but after extensive forest clearing caused the loss of food, the species' numbers declined to dangerously low levels.

However, in a weedy twist of fate, it has now been recognised that the success of the invasive Camphor Laurel (*Cinnamomum camphora*) and its black, shiny, plump fruits can be seen as a crucial contributor to bringing the Topknot Pigeon back from the brink of local extinction.

The popularity of the Camphor Laurel fruits means they are dispersed far and wide. Although Camphors can be excellent stepping stone trees between remnants and an important food source for birds currently, they also displace natives in the landscape.

As a seed collector and rainforest restorationist, I wonder, how can we put White Bolly Gum back on the menu?

Collect. Grow. Plant.



Fruit of the White Bolly Gum

Secret Seed

White Bolly Gum (*Neolitsea dealbata*) This plant is easily identified by the 'white-washed' underside of the leaves.

It's a small tree up to 12m. Fruit is a red-black drupe containing a single seed. Collect the black fruit from the tree or ground easily by hand.

Remove the pulp by rubbing the fruit by hand through a sieve. Separate the viable and non-viable seeds by floating.

Sow sparsely due to large leaves. Cover lightly with seed raising mix. (*Australian Rainforest Seeds*, Dunphy et al., 2020)

Would you like me to come seed collecting at your property? Email Michelle: seedtreegeek@gmail.com



Sit down toilet adventures

My boyfriend spends an inordinate amount of time sitting on the toilet. Is he trying to get away from me?

– Mrs S Bend, Minyon Falls

Magenta Says:

Yes, and no. I have researched this question (asked my friends), and it seems most men enjoy their sit down toilet adventures.

Uncle Norm prepares to go in there, gleefully rolling a smoke to further enhance the experience. His magazine rack spills out with old Wheels and Viz magazines, these two being especially suitable for the occasion.

He eventually emerges, flushed with a job well done, ponging badly, ready to start the day. It annoys me that he showers before he does this, not after.

I ask him why he makes such a palaver out of it, and he says he just needs that long, but I think that's crap. If I believed him, I'd send him to the doctor to get a colonoscopy.

I've heard him drop a bumper, yet still he continues to sit there in his miasma for another five or ten minutes.

No, I suspect there's more to it. I think men are getting away not only from us, but also from the responsibilities of the world. OK, I get that, but why couldn't they choose somewhere hygienic, like a nice coffee shop?

So, go with the flow, allow him his little respite. Men seem to need this time by themselves in the morning, just as they need a bit of alone time when they come home from work.

They are not as spontaneous and adaptable as women who can go to the super-bowl with a kid in tow and manage to do a bit of cleaning while she's in there.

If he's taking too long, sneak up and bang loudly on the door. This will scare the shit out of him. It might not be very nice, but hey, a girl's got to have her fun.

So raise your toilet seat in a special crapulous salute to the strange and wondrous male of the species.

Norm Says:

The short answer Ms Bend is, yes. But, like everything in life, it isn't that simple.

Look at the state of the world we live in. Wars, disasters, complete idiots and degenerates getting elected to power, the list goes on.

However one thing is certain, in the sanctity of the shithouse, no-one can spoil your serenity and holy sanctuary. Who would want to?

In days gone by if you were being chased by a lynch mob, you could run into the local church for protection. Today, the chodbin is the last such refuge where a man feels safe.

The crappertorium is also a place to catch up on some light reading, to think about, and solve problems in your life, or to contemplate some of the things your wife has said to you recently.

Things, such as her deepest, innermost thoughts, fears and feelings. The sort of things that go in one ear, and out the other, while you're thinking how nice it would be to eat a hamburger.

In the cathedral setting of the lavatorial jamboree, these important utterances from the wife can finally come into focus and one can then emerge with something approximately intelligent to say to her. Better late than never.

That's how it works. Men don't just use the shitter to shit in. It's the male way of self improvement, and you should respect and honour that sacred ritual and give him a big "Good onya mate" when he finally emerges, ready to face you and whatever shit the world has to throw at him for the rest of the day.

Here is a brilliant little poem I found in the men's toilet at the local pub:

Here I sit in lonely bliss, listening to the dripping piss.

Now and then a fart is heard, followed by a rumbling turd.

– The Shithouse Shakespeare

The only time the world beats a path to your door is when you're in the bathroom.

Send your relationship problems to:
magentaappelpye@gmail.com

Hormonal imbalances can be treated

by Sonia Barton

There is a Hormonal Balance procedure that I can help you with that can be used for addressing many symptoms of the reproductive and neurological system for both men and women.

I recently spent two days in a refresher course, and it was great to be reminded about how powerful this work can be.

Hormone imbalances can impact your enjoyment of life. For some people the impact

is mild, whilst for others, hormonal conditions can be very distressing. This brilliant work by the late Trevor Rose from South Australia is a series of procedures for re-balancing aspects of the reproductive system.

My holistic approach of Bowen therapy has been proven to be very valuable in treating many hormonal disorders. It is an outstanding series of gentle, yet firm moves that empowers the body's natural healing forces, allowing a free flow of energy around the spine, extremities

and body organs.

'Hormonal Release the Bowen Way' is used for addressing many symptoms of the reproductive and neurological systems for both men and women. Therefore it goes to the very source of the problem.

Hormonal pain and discomfort could be a thing of the past

If you are experiencing menopause symptoms such as hot flushes, mood swings, irregular periods, vaginal dryness, night sweats and loss

of libido, I can help you.

Period pain for the young and older need not always be endured, because Bowen therapy has proved itself to help girls from 10 years and up to regulate periods, reduce clotting and lessen the pain associated with periods.

Fertility difficulties, pregnancy support and management, birth preparation and easing of delivery can be aided. Bowen therapy is also playing an important role in helping endometriosis patients.

In men, prostate problems

and loss of libido can be helped.

Of course, with all of the above you have to commit to a course of treatments, having just a one-off session may not make much of a difference.

I have seen many people find relief and success with the 'Hormonal Release the Bowen Way' protocol. In the first session I have to make sure your body is in balance with a Bowen treatment, then I can proceed with the Hormonal Balance in half an hour. Then treatments afterwards only take 30 minutes, so it makes it very affordable to most.

If you think I may be able to help you and you would like



to discuss your issues, don't hesitate to call me.

I'm happy to talk to you about any condition that you may have. Just call for a chat first, on 0431-911-329.

bowenenergywork.com.au

Sustainable lifestyles unlock the secrets of vibration

Shapeshifting

by Anand Gandharva

Everything in the universe is in vibration.

Laws in physics and astronomy, and deep insights by mystics confirm. Bodies, cells and atoms too, creatures of complex vibrations. Wrong meal means wrong vibration and the stimulation of forces that are better subdued.

Water and fire in disharmony. Too little Yin or Yang. Unbalanced levels of female or male energy.

But, adjusting vibrations, octave or pitch, is possible.

It takes the empathy of morals to balance the cold logic of skills and self-awareness, in finding

security. We are individuals, but also members of communities. 'Good Vibrations' is a good goal in life.

Sustainable lifestyles, no matter the persuasion, have in common that they offer a key to the long and winding, energising and magic road to the mystery of the universe: discipline.

To get a driver's license know the traffic rules. Graduation includes personal ability and community approval. e.g., drinking is allowed, but driving drunk in public can have consequences; driving inebriated may be dangerous to self and others.

When a person consumes the chemicals and DNA in animal tissue, they acquire animal worldviews: the vibrations of a chase or hunt, the fears in

adrenaline at an abattoir. The nightmares of being caged.

If one is unhappy with storms in society, first calm the internal winds, and look again. It may be a gale in one's own teacup, or indeed expose a real flaw or need in community.

Society is still predominantly an omnivore collective, and has the features of affected organisms, thinks at times like packs of wild dogs, may cater to opportunist economies: selectively enforce power through lobbying, dark money, intolerant rules, secret deals, etc.

No wonder many people complain of double standards.

The secret of vibration: neither be the leaf in the wind or rock in the surf, but both.

Go with inner feelings. Deep

down in our heart we already know.

Why else pursue sustainable lifestyles?

Since the materialist often circumnavigates the rules, or outright cheats, the path to so-called 'success' is paved by opportunism: vibrations that flaunt the moral codes of togetherness. It may buy temporary comfort in life, but it doesn't often make a person happy.

Meanwhile even a poor, but wholesome, person can balance themselves and family, possibly learning to live on little, but valuing all experiences and liking nature.



The individual who tries to maximise their personal wants against community desires often fails in the end. Yes, there have

been crooks who got away from the law, but cannot evade themselves or their judgement.

It may feel fine to win confrontations and satisfy immediate gratification, but the bill will be presented. What goes up, must come down. The biggest stick may succeed in the moment, but the best memories count long-term.

The truth is surprisingly simple: *you are what you eat.*

To fly a kite, one needs mild wind.

Unravelling prenatal trauma

Our pre-birth experience is often unrecognised as a possible cause of fears, phobias and psychological problems we face in our life.

When a pregnant woman feels undue stress, emotional rejection, anxiety, or is subject to violence, it can leave an indelible imprint on the developing foetus, shaping its development and long-term well-being, often manifesting as problems throughout their life.

During a recent hypnosis session, a lady I will call Fleur embarked on a journey back in time to when she was in her mother's womb. Her mother lived in Paris during the Second World War during the German occupation.

Amidst the chaos of war and occupation, her 19-year old mother developed a forbidden relationship with a young German officer, both of them seeking comfort and psychological escape from the all turmoil.

It wasn't long before the young woman realised she was pregnant, sharing her secret with only her lover and her mother.

In hypnotic trance,



by Auralia Rose

Fleur felt and described her mother's emotions, even remembering the conversations between her mother and her German lover.

Every fear, confusion and tension experienced by the mother was felt by Fleur, leaving a deep impression on her Soul.

Her lover immediately denied he could be the father, placing blame on another young man from the village. Furthermore, he ignored the young woman, refusing to even look at her.

She was in love and the denial and abandonment shattered the young woman's world, the unborn child keenly feeling her mothers' heartbreak and distress.

Fleur's entire prenatal



experience was one of conflict, tension and uncertainty,

The regression unravelled the origins of Fleur's lifelong anxiety and distrust of men as they were traced back to these prenatal experiences.

The trauma of war, betrayal, and the burden of secrecy her mother carried, left a deep scar on Fleur's soul, the foetus absorbing the emotional turmoil of its

environment.

Ultimately, the journey through Fleur's pre-natal trauma offered not only insight, but also a pathway to healing. It underscored the profound impact of pre-birth experiences and how it shapes our personalities.

If you have emotional issues which cannot be resolved or explained, perhaps irrational fears or strange beliefs, you may benefit from questioning your mother, if she's still alive, about her pregnancy.

A word of caution though: if you know or sense it was very traumatic for her, she may not want to open that can of worms, so do not persist, some things are best left alone.

Hypnosis regression therapy is a tried-and-true way of understanding and resolving pre-birth trauma.

Feel free to call me on 0422-481-007 for a friendly chat if this is something you think I can help you with. I'm currently available for sessions in Murwillumbah.

Love to all the mothers and their children.

0422-481-007
auraliarosewellbeing.com

< ⌂ 📅 ⋮ Done



Merry birds after the rain shower sing melodies of ancient symphonies mimicking the flutist who once upon a time roamed the forest.

Offspring of bird, generation after generation, learnt these tunes until the virgin jungle seemed enchanted, birds pouring forth a classical threnody

music written in forgotten European towns, Where less often a sadder deeper warbling

drenched in ancient tones is heard at dawn



Jennifer Rinebarger

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