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**DOLPHIN FUNERALS**

# I see red

## Food matters

by Neil Amor

Capsicum is native to South and Central America.

These plants have been evolving for 17 million years. It was domesticated and cultivated at least since 3000 BC, as evidenced by remains of chili peppers found in pottery.

The fruit (botanically a berry) of capsicum plants has a variety of names depending on place and type. The more piquant varieties are called chilli peppers. The large, mild form is called bell pepper. The name capsicum is used in Australia, India, Malaysia and New Zealand.

"Chili is used as an amulet, probably because of its well-known protective pharmacological properties, and in religious ceremonies, witchcraft, and conjuring; its fiery potency is considered a powerful means to any end," observed Beatrice Roeder, author of *Chicano Folk Medicine from Los Angeles, California*.

In a ritual from Coahuila,

Mexico, chiles are instrumental in countering the effects of 'salting,' a ritual to cast a spell on a person to cause them harm, particularly mental problems. Such witchcraft is called 'maleficio' in Mexico.

The amount of capsaicin is measured in 'Scoville' heat units (SHU), developed in 1912 by Wilbur Scoville, a pharmacologist, and this value varies significantly among capsicum varieties. For example, the jalapeno pepper is measured at 2,000-8,000 SHUs.

The Guinness Book of World Records listed the Carolina Reaper as the world's hottest pepper at 1,641,183 SHU, according to tests conducted by Winthrop University in South Carolina, United States.

## Roast veggie sauce

This is one of the most delicious basic sauces, and it comes together in one tray.

Roasting enhances and deepens the flavour that you can't replicate by cooking ingredients in a pot. Goes



Capsicum annum

well with all pastas and gnocchi.

## Ingredients

10 ripe roma tomatoes, cores removed, halved  
3 red capsicums, cores removed, quartered  
6 eschalots (French shallots), sliced into 3mm-thick rounds, or 1 white onion, finely diced  
6 garlic cloves, sliced  
1 long red chilli, cut in rounds  
2 thyme sprigs, leaves stripped  
½ tsp dried Greek oregano salt flakes and freshly ground black pepper  
200ml extra virgin olive oil  
1 tbsp red wine vinegar.

## Method

Preheat the oven to 150°C fan-forced (170°C conventional).

Arrange the tomato and capsicum snugly in a deep baking dish. Scatter the shallot, garlic, chilli, thyme and oregano over the top and season generously with salt and pepper before pouring over the olive oil.

Roast for about 1½ hours, until the tomatoes have softened and the skins are papery. Set aside to cool a little.

Pick off any loose skin from the tomato and capsicum, but don't be too fussy about it. Mash the flesh with a kitchen spoon or use your hands, then blend with a stick blender until semi-smooth. Stir in the vinegar.

Refrigerate in a jar or airtight container and use within the week, or freeze. Until next month, eat well.

# Flourish Sanctuary appears on Sunrise

by Jagad Samuel

It's been a joyful and resonant month at Flourish Sanctuary, filled with special visits, deep sharing, physical transformation, and powerful spiritual work.

Each season here brings its own flavour, and May was rich with the sounds of healing, the laughter of community, and the quiet movement of plants pushing roots deeper into the soil.

As the misty mornings give way to crisp winter sunlight, we pause to reflect on what's just been – and look ahead to what's coming.

One of the unexpected highlights this month was some of the Flourish team being featured on Channel Seven's *Sunrise* TV program. The national breakfast show featured a live cross exploring the benefits of sound healing.

Jagad briefly shared insights into how sound can shift states of consciousness, ease nervous system overload, while Michael did his best to give a sound healing to TV presenter Katie Brown.

It was a beautiful chance to showcase something different and profound on mainstream media, and we were touched by the interest and support it generated.

The garden, too, is flourishing. Under Bodhi's steady guidance, the garden has become a place of grounding and growth – for both plants and people. There's something deeply satisfying about working with the soil, harvesting kale or turmeric, and then pausing to share tea and stories under the trees.

Our beds are thriving, our compost is alive, and the scent of new coriander is strong in the air.

## Helping hands

An increase in momentum always comes from the helping hands of WWOOFers. A special shout-out to Francesca and Carlo, who visited us this month from Italy bringing with them a zest for life and a love of the



Visit by the Sunrise program

land.

From garden care to flood repairs and cleaning, their contribution was immense, and their company also. Thank you both, you are welcome here.

Among our many visitors this month was Jenny, whose support behind the scenes was immensely appreciated. She brings a loving, can-do attitude and an intuitive understanding of what it takes to keep the wheels turning in a place like this. Thank you, Jenny.

We also hosted a successful working bee this month – thank you to the many beautiful people who came out to lend a hand. Whether it was clearing lantana, painting the temple, making lunch for the crew, or any of the other jobs, each act added to the sense that this place is held not just by a few, but by many.

It was a reminder of what community really means – a circle of care, effort, and shared purpose.

## Grail Rite of Passage

Another powerful milestone was the completion of another Grail Rite of Passage. These journeys, unseen by the wider world, are an important journey for inner transformation.

The Grail work offers men a structure to release old patterns, stand more fully in their essence, and return to their communities renewed. To those who participated, we honour your courage and your presence.

## Events in June

As we move into June, we're excited

to host a weekend of two beautiful offerings:

- Saturday, 28th June, Sattwa's Beyond Asana Day invites you to a full-day immersion that weaves together the six classical branches of yoga – Hatha (physical), Raja (meditative), Japa (mantra), Karma (action), Bhakti (devotion), and Jnana (wisdom). This is a day not just with exercise, but as a path toward inner alignment and sacred action.

- Sunday, 29th June, we welcome Awareness Play, a unique day of meaningful communication and creative role-play. Think Family Constellations. This work invites participants to step out of habitual patterns, experiment with new ways of relating, and open to the mystery that lives just beneath the surface of everyday life.

It's often surprising, always insightful, and deeply connective. We are also planning a retreat on a similar line so if you are interested please email Jagad.

Check our website for full details of these special events that are being offered on a by donation basis.

On-going weekly activities continue to anchor our rhythm:

- Wednesdays, 8am-12pm: Morning in the Garden with Bodhi. No experience needed, just a willingness to get your hands dirty and your heart full.

- Thursdays, 9.30-10.30am: Sound healing with Michael. As seen on the *Sunrise* TV program, come lie down, close your eyes, and let the vibrations take you home.

And finally, we are delighted to welcome GuruDev back from Aotearoa. His return brings warmth, clarity, and spiritual depth to the coming months.

As always, you are welcome here.

For more information on what we are up to, check out: [www.FlourishSanctuary.com.au](http://www.FlourishSanctuary.com.au) or phone Jagad on 0433-173-508.

# Mental stability in a changing climate



by Antionette Ensbey

Through the power of the mind you can cultivate active hope and restore confidence in solutions that benefit both the mental and the climate crisis. An engaged response to the climate trials will shift the mindset and adjust your perspective. Here are continued coping strategies:

**Fear**  
Purposeful social connections help the individual to be less fearful. Exchange information and work collaboratively with like-minded people on the subject of the climate crisis and its implications. That's how you promote courage in yourself and others. We hold up the sky together. But not all of us have the same strength. We can come together in diversity and build teams and support groups within our communities. If you have an idea, bring it forward. By sharing experience and partaking in the concern for the survival of earth you contribute to the common

good. Switch to a different mental filter and see what opportunities present themselves within the issue of concern. Examine the issue together with others who share a common concern. Work on strategy corrections and look to see what makes you feel more secure and unafraid.

**Resilience**  
This is a spring-loaded bounce of the mind to act wisely in the face of adversity and not defined by heroism. Resilience is the ability to bounce back by a rational, realistic take on life. Your measures need to be pragmatic to be effective. You want to come out stronger. Resilience is the ability to weather a storm so that you are available to assist others (humans and animals). That requires a certain foresight, knowledge about what can go wrong. Natural disasters do not gently knock at your door.

**Resources**  
Your mental stability depends on emotional resources. You may want to take stock of your emotional strong points, they are your capital that needs to be available to you. It's a good idea to groom these resources and look for what strengthens optimism and purpose, and what promotes your stability and vitality. Devise a method of keeping your emotional resources close at hand, they are your mind muscle to keep you on

course. When you get angry or frightened pull out one of your strengthening resources.

**Resolution**  
To be solution driven in both the climate crisis and the mental health crisis is watering two plants with one hose. Work on resolving the problem no matter how daunting the task. Be solution minded. Take steps into the right direction. You never know what might transpire. Resolve mitigates eco-anxiety.

**Agency**  
Problem solving needs agency. If we define agency as the skill to pulling strings to make things happen, agency is the sturdy bridge to resolution. The turning point is the realisation that you can develop a strategy to turn negative feelings of despair and hopelessness into feelings of active hope and purpose. Don't underestimate the probabilities you create for change and growth. The importance of being active can't be overemphasised. We all contribute to climate change. It is our biggest challenge and you are not isolated with your fears and worries.

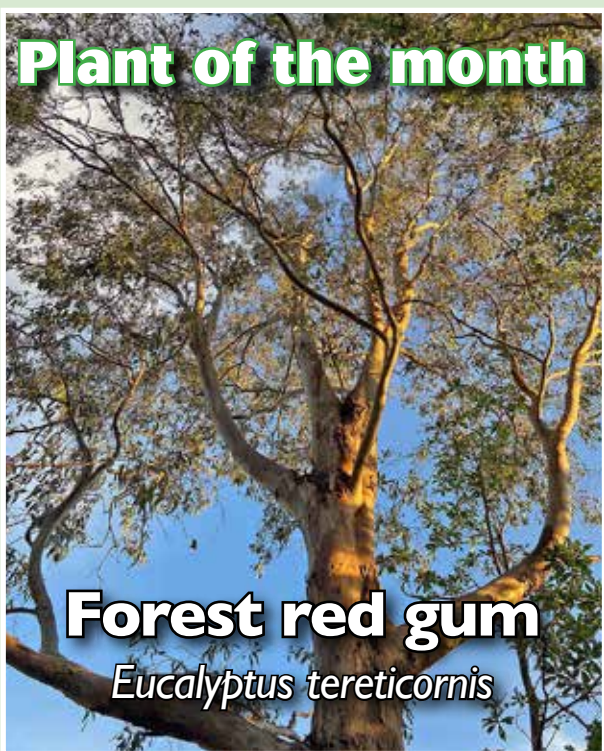
**Find your tribe**  
Being actively involved with an environmental group creates hope. Saving the earth's ecology is by nature a never ending job that on top of the rewarding work you do feeds nurturing earth love back to

*"I am still embedded, at least partly because I can't work out where to jump, or what to land on, or whether you can ever get away by jumping, or simply because I'm frightened to close my eyes and walk over the edge."*  
– Paul Kingsnorth, Orion, Jan-Feb, 2013

you. Belonging to a group of like-minded people is a form of personal climate crisis mitigation.

**Healthy planet, healthy mind**  
As long as you work with, and not against the guidelines of nature, you are thriving. The cast-iron formula of exploiting nature's resources isn't working anymore and it's time to look for a new take on life. The sooner we begin the better for the planet, life on earth, for our mental health. It is a long way to a pure and nourishing connection. Modern life holds humanity firmly in its grip. It's hard to escape the deep entrenchment and takes courage to loosen the ties and ultimately walk away from the industrial comforts that so deeply scar the earth. As the crisis deepens hold on to the formula of connectivity by linking your emotional optimal well being to the health of the natural world. Give climate a chance.

For parent and relationship counselling, email: [newpacificpublishing@gmail.com](mailto:newpacificpublishing@gmail.com)



by Richard Burer

I know we have often featured this local tree over the last couple of decades; it's a fave, but it's also a likely flowering tree in this winter month of June where local trees in our valleys are quiet flowering-wise. However, that unusual windy weather in late May did cause a bit of havoc on the flowering buds which were looking good after decent rain late summer and autumn. When flowering, Forest red gum is a favourite nectar producing plant in winter for parrots, other birds, gliders, possums and domestic bees. This smooth bark tree is also a favourite food tree of koalas and its habitat has increased in its presence in the local area through koala habitat restoration projects, with thousands of this species planted in the last years, especially in the last decade including old trees which have also been recognised and protected. Common on alluvial flats and at altitude on basaltic soils, Forest redgum is highly regarded by First Nations peoples (where down south it was known as Burringoa), traditional farmers, apiarists and conservationists. Forest red

gum is a valued hard wood that's excellent for poles, posts railways sleepers and construction but old trees need to be retained for habitat as hollows are common and crucial for birds and parrots. Easy to grow, collect woody fruits in early summer, let them open and sow in well drained potting mix. Easy to grow on the farm and in the large garden but perhaps slower or sometimes slightly more temperamental than other local eucalyptus species. Timber plantation-wise, a little slow or hard to get good form but it's nice to have success when it gets a go on. At home in Nimbin we have found 30 year old planted trees become favourites of wild life including koala and other endemic trees happily getting older but not really changing in shape or height that much, thus making even young looking trees possibly quite old around the place. My favourites in Nimbin include the group of old growth trees south of Goolmangar shop heading to Lismore and west of Nimbin town has plenty of great specimens in paddocks and hidden corners.

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

## On-line therapy

As most of you already know, I moved to Western Australia a couple of years ago and yet I continue writing for *The Nimbin GoodTimes*, as I've done since March 2009. Why, you may ask? The reason is that as I'm mostly working on-line these days, it doesn't matter where I live. I'm also still very much connected to the people of the Northern Rivers and consider your part of the world my second home. I lived there, after all, in Lismore for 14 years. I returned to my home town of Perth for a few reasons, including the realisation that I was missing my beloved Indian Ocean too much and I was getting homesick. As the covid pandemic taught us therapists, counselling and doing hypnotherapy on-line works. In the case of the latter, after all, the hypno is done with the client lying down with their eyes shut and my voice drifting across the ether wherever you or I am. Computer technology is so sophisticated these days that we are generally very comfortable talking to the

person at the other end as if we were all in the same room. There are many therapists working exclusively on-line nowadays. I do see people in person here in Fremantle, where I'm living, as well as on-line. This is obviously only an option if you're here in the West. For everybody else, it's on-line therapy that I'm offering. I have clients, these days, spread across the whole of Australia, which is really quite nice. I advertise in *Psychology Today*, which, like most things these days, is predominantly an on-line journal. I follow the lives and politics of what's happening around Nimbin and surrounding areas as closely as I do back here. You matter to me. If you wish to contact me, the best way is by emailing: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com) It's interesting how readily we humans have taken to on-line communication. It doesn't generally feel very odd at all. On-line therapy, also called teletherapy, has been found to be just as effective as in-person therapy. It's better than doing sessions on the telephone, as

we are very visual creatures. We connect better with each other when we can see the other person. On-line therapy, and I use WhatsApp and Messenger usually, allows for great flexibility as clients don't have to drive to a designated place. We can do it from the comfort of our own homes. This opens the way to good therapy for clients living outside towns and those who are disabled in some way. Time constraints are also more easily managed for on-line sessions. There are downsides to on-line therapy and these include dodgy internet connections, difficulty making sure the sessions are private (you need, ideally, to have your living space to yourself for your sessions), incomplete visual clues (we therapists learn a lot about our clients through careful observation), and some psychological issues are not well cared for by this mode of communication. Severe psychiatric crises are best treated by somebody in person. One thing that is as true for on-line therapy as in-person therapy is the need



by Dr Elizabeth McCardell

for quiet contemplation before and after each session. Such time allows the person to reflect and prepare for what is to come and to make notes as felt necessary. You might follow up a session with a hot bath and lovely essential oils or sit down to a delicious meal or just head off to the garden. Prospects that don't include car travel. Not bad, really. The important thing is that you don't throw yourself into the rigors of work and stress straight away but give yourself a bit of space around your therapeutic sessions. On-line therapy is a matter of personal choice. If you prefer in-person sessions, then find a therapist for that; if on-line suits you best, and you're interested in my work, contact me please at: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)

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**Revenge of the Loon**  
by Laurie Axtens

# Fear of demagogues stultifies inclusivism

Fear of fascism is completely understandable. There seems to be a lot of it about. The emergence of demagogues hell-bent on the abolition of the rule of law and the installation of corrupt elites by promoting policies of bigotry are all around. Populists leaders winning support by vilifying 'the

other' on the basis of race or health status or sexual status or class or political persuasion or whatever fear campaign is current. And our fear of these fear-mongers is stultifying. Instead of progressing toward a more just and inclusive society, we spend our time fending off these Trumpians as they spring up like weeds

in the growing crises. Crises are driven by the injustices already present in our society. Crises are driven by the corporate manipulation of our parliament, privatisation of our resources, where young families' homes are stolen away as investment properties, where the gap between rich and poor has

become an unassailable chasm filling with the working poor. Everywhere there is injustice, but instead of addressing this we're busy fending off bigoted demagogues offering fake solutions by attacking fake enemies, leaving us grateful to be in the hands of the injustice we have, rather than

in the hands of these crime bosses of bigotry. We accept these injustices at great risk though, because these are the very crises that feed the demagogues' popularity. The middle path we think we are treading is nowhere near the middle path; it is the road to ruin because it is the road of injustice.

## What if there was an easy way to get happy?

What if there was an easy way to let go of all the thoughts, feelings and emotions that keep you stuck in your head? I'd like to tell you about a process called Access Consciousness. I learned this process about 20 years ago when I was 'waking up' and becoming more spiritually aware of what I was doing here on planet earth. At that time I was learning that everything I was told or taught wasn't necessarily my truth. I also learned that my thoughts created my reality. I was learning that we are programmed to behave in a particular way to 'fit in', and thank goodness I came across Access Consciousness. Obviously I was ready to choose to change who I was at that time. It is a process called the Bars, and the practitioner

touches certain points on the head, while you relax and de-stress, for an hour. Each point relates to things like creativity, creating connections, money, control, hopes and dreams and awareness. Electrical impulses build up in these points and sometimes you feel like you don't know what to do with all this energy build up in your head. By the practitioner holding these points until the energy is dispersed you feel so much lighter afterwards, you feel like a weight has been lifted off your shoulders. But not only that, apparently it clears all the energies from all your lifetimes. Because we are all connected, a couple of hundred thousand people are also able to clear that energy in the process. We are affecting so many humans positively when we lie down



by Sonia Barton

and receive this process. The target of Access is to get us to the point where we are conscious enough to create change in ourselves so that we can increase the possibility of changing the trauma, drama and insanities that are present in life. Consciousness is the possibility to eliminate all the created walls of separation. What will it take for this to become a reality here on planet earth? We use tools that can

create big changes in your life by you choosing to change. One of the tools is asking questions. For example: how does it get any better than this? That's a great question to ask always whenever something good happens, or whenever something bad happens. When you ask it when something bad happens, it gets better because you asked. 'Ask and you shall receive' is one of the laws of the universe. It's one of the ways things work around here. But you have to ask in

order to receive. I feel that we need this work right now, we need to release that build up that is going on in our minds, and to focus more on the future that WE want to create. We are so powerful, and we can choose to create change in ourselves, which in turn creates change in the world. A phrase, which is so powerful that you can use every day. Say it ten times in the morning and ten times in the evening to create change: "All of life comes to me with ease, joy, glory and magic."

If you are ready to start making some changes in your world and would like to experience a session of Access, I have a clinic in Nimbin on Saturdays and in Murwillumbah on Tuesday, Wednesday and Thursday. You are the source for creating the change you desire. But you have to be willing to be it. All it takes is for you to choose.

Contact Sonia on 0431-911-329 or at [bowenenergywork.com.au](mailto:bowenenergywork.com.au)

## Muscles and electromagnetic energy

Many people think that we are only made of flesh and blood – even vegetarians. And we've been told for years now that we are what we eat. A bit of a minefield, that theory. Because what may suit one, may not suit another. As the Buddhist guru, the Dalai Lama discovered when instructed by his doctor to begin eating meat for his health. So, we are all different, and I guess genetics have a large part to play in that theory. But, beyond that, as George D'angel, the master of pranic healing stated, "We are not just our bodies. We are miracles of energy." The philosophies of acupuncture, kinesiology, pranic healing, reiki and Bowen therapy, to name a few, would all agree. In fact, kinesiology maintains that every cell in the body has a mind of its own. And throughout my years as a body therapist, this theory has been proven many times. Unfortunately, the TGA does not agree with, what they consider to be, an outrageous belief, so most of the above are no longer covered by health insurance. This is because showing that



by Tonia Haynes

we are energy, which can be changed, is not scientifically proven. Cheers to the research of quantum physics in their efforts to prove differently. In my experience every cell is surrounded by an electromagnetic field that is influenced by thought and the environment. Water laced with minerals etc is a great conductor of the EMF, and we are largely made of such water. The Japanese scientist Masaru Emoto published several volumes of work in 1999, which put forward the theory that thoughts and spoken words change the crystalline structure of water.

This was never fully accepted by Them that Knows, but backed by the theories of a chiropractor from the sixties, George J Goodheart Jr who created kinesiology and thoughtfield therapy, I believe this to be true, particularly when it comes to my field, where the balance and unity of muscles is paramount, each of which, in the beliefs of Chinese medicine, has a relationship to a particular electromagnetic field, influenced by injury, thought and emotions. What this means is that chiropractic treatment and massage do not always target alone, a muscle that is still quietly causing havoc and pain, due to physical, mental or emotional trauma. I use a mix of kinesiology, Bowen therapy, massage and pranic healing to encourage muscles to once again behave and work in unison and balance with the rest of the body. These days I work from my cabin 12km out of Nimbin, but if you are still having problems with muscle pain that just won't leave, call me on 0439-794-420. I may be able to assist you. It's worth the trip. Love and light.

## The power of healing at the root

by Lisa Camilleri

We often speak about emotional healing in terms of symptoms: stress, anxiety, overwhelm, overthinking, or burnout. But underneath these experiences is something much deeper – an energetic imprint that the body still holds, even when the mind has moved on. The human energy body – subtle, intelligent, and deeply responsive – records more than we realise. Every moment of unprocessed emotion, shock, or suppression can settle into the energetic field. Over time, these unresolved layers begin to influence our thoughts, our behaviour, and even our physical health.

This is why true healing doesn't begin at the surface. It begins at the root – at the very moment the soul first veered off course. When we trace our way back to the origin of a struggle – not just through memory, but through energy – we begin to uncover the emotional imprint that was never fully felt or understood. This could be a childhood moment, a painful event, or an inherited pattern passed through generations. Healing happens when that imprint is brought into remembrance. Not to relive the pain, but to acknowledge the truth of what was felt. When the emotional charge is finally seen,



honoured, and felt safely within the body, something shifts. The pattern loosens. The energy softens. The nervous system relaxes. Insight arrives. This is not about fixing what is broken, it's about reclaiming what was forgotten. Through remembrance, we find meaning. Through feeling, we find truth. Through release, we create space for something new. This is the journey of energetic healing: to remember the moment we began to carry what was never ours. To feel and release the emotional story stored in the body. To return to our natural state of clarity, trust, and inner

alignment. In a world that prioritises doing, this is a sacred return to being. A return to the self before the wound. A rebirth into deeper awareness and peace. If life keeps circling you back to an emotion, a fear, or a story it's not because you're stuck. It's because your soul is offering you a doorway. And when you're ready to walk through it, healing begins at the root. Lisa Camilleri is an Intuitive Energy Healer practicing Lismore and Nimbin. Phone 0420-943-887; email: [lisa.camilleri1@gmail.com](mailto:lisa.camilleri1@gmail.com) Web: [lisaenergyhealer.com](http://lisaenergyhealer.com)

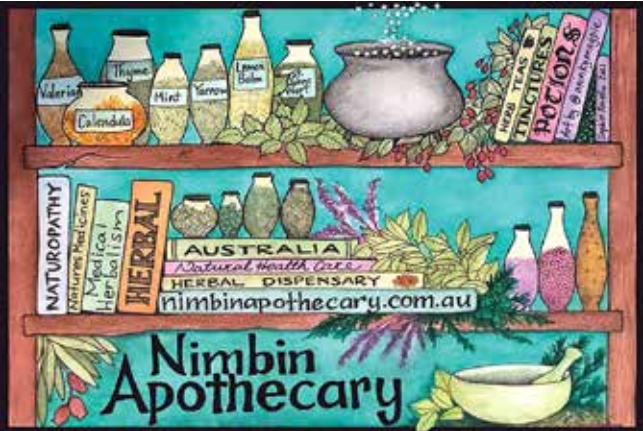
A moment

by S Sorrensen

An older woman steps out from the darkness under the thatched roof and into the slightly lesser darkness under the tree. She places four mugs on a wooden table in front of Fernand. She says nothing; Fernand says nothing in reply. She drifts back into the dark. From a dwelling next door, behind a fence whose wooden posts are sprouting new leaves, a single bulb spills a faint light through an un-glassed window and onto us gathered under the tree. Fernand and I sit near the table which is the centre of this gathering. Further out are ten village men. “Kava?” asks John. “Yep,” I say. He fills three mugs with grey goop from a plastic Coke bottle that his wife Mary had brought. Mary had invited my travel companion and me here and walked us from the accomodation she runs and she and Fernand own, and where we are staying. My companion and I are the only white people. Port Olry is a Ni-Van (Vanuatu native) village as far north as you can go by road on Espiritu Santo island in northern Vanuatu. Old ways are still strong, but they struggle against the rising tide of modernity. Mary comes over to the table from where she’s been sitting with my female travel companion on the gathering’s periphery. The other women are nowhere to be seen. It’s a man’s world. The old ways. Fernand hands a mug to me and then to her. He is kava master. Kava is men’s business. Doing everything else is women’s business. Fernand and Mary stand to drink their kava, so I do too. First, they splash a little to the ground, mumbling something. So I do too, mumbling,



“When in Olry...” Then they down the kava in one go and spit, so... well, you know. I sit back in my plastic chair. A puppy noses a torn chip bag lying beside a root that snakes across the yard lifting the house’s corner. A quick lick and the puppy moves to a lolly wrapper. There is no government rubbish collection here, so there’s plenty to sniff. The women sometimes collect the plastic debris of the modern unsustainability, build a pyre and burn it. Kava doesn’t affect me, so I accept Fernand’s offer of a second mug. Unseen kids laugh. A torch beam lasers through trees, spotlighting tangled power lines and a snagged plastic shopping bag, then drops to show unpainted concrete walls here, bamboo and thatched walls there. An untethered cow gazes, unblinking, into the light. A pig squeals when the small wooden cage on stilts, in which the pig barely fits, is illuminated. Water splashes, kids squeal. A woman’s voice cracks the night in shrill Bislama (the Vanuatu creole understood by all of the more than 100 language groups). Silence. The torch beam returns to, and stays dutifully on, the path. Whoa! The sea is singing. Local language I reckon. I hum along. Brilliant white smiles flash from where men, dark in the darkness, were. Like stars. Like reef surf. I get to my feet, but I didn’t. I am not dancing. A woman, Mary I think, laughs loudly. Other voices giggle. Mary enters the circle. She smiles at me. I love her smile. “Ess,” she says, looking briefly at Fernand, “let’s go.” She’s the boss. Times are changing, I’m standing, not dancing. “Tangkyu tumas, Fernand,” I say in Bislama. “Me lukim yu nekis taem.” I know Bislama? Exploitation of Vanuatu, pioneered by ignorant missionaries, expanded by corporate self-interest, and nurtured by a Western sense of cultural superiority, has reached even this village at the end of the road, creating poverty and plastic. But the old ways are strong, and the women are getting stronger.



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**Legal writes**  
by John 'Sindhu' Adams

Once upon a time it was improper for a legal professional to mention money. The girls’ looked after that. Now lawyers run businesses and it’s all about costs. Fifteen years ago, working in an old established country firm, there was no computer in my office. My secretary did shorthand and the boss’s wife managed the finances. At the Local Court I was paid cash. Back in the boss’s office, I’d close the door and hand him the money. He’d divide it, “One for you, two for me, one for you,” and so on, his ‘walking-around money’.

I wake in dread again. It’s ‘too close’ to ‘too late’. It’s

Friday in the office

been like this for weeks, the office account just covering wages. I don’t get paid. I live on the pension and should be retired, now I’ve moved from the trombone year to Sunset Strip. Ask an old person. They might sing it to you.

I’m a bad businessman, have procrastinated far too long. I search for the page I scribbled on last time my bookkeeper called and find it; numbers and an acronym – PAYG. Due on Monday. I call him again. He suggests I visit the accountant. There are too many files on Rose’s desk, clients coming in, draft emails to check and send, documents to read, documents to sign, but I’m determined to cross the bridge.

Then a ‘costs agreement’ arrives from a top lawyer in her field. I’ve emailed her and after a brief chat asked her to act. A lawyer who acts for himself has a fool for a client, smart then to get a really good one.

The job is drafting submissions to the Legal Services Commission in response to a complaint. Section 114Q of the *Family Law Act 1975* forbids me to say more. Alienated parents call it state censorship. But it protects kids’ privacy.

On another but not completely unrelated topic, long ago I read *Battered Wives* and remain horrified by the number of women murdered by their violent, drunken partners. Now I discover the BOCSAR statistics for domestic violence murders in NSW for the last 20 years and am surprised.

In 2005 there were 33 victims, 50 in 2011 and 39 last year, 2024, when the dead included 16 adult females, 13 adult males and 10 children. In 2021, the best year, it was only six adult females, 12 adult males and five children. Males?

The office is busier than usual. On Wednesday we’re in three different courts, two on-line parenting battles and a sentencing in the Local. That’s busy enough, but Thursday is an on-line mediation starting at 9am, parents fighting over one small child.

I’ve been in trouble for taking it on; it’s been in court for too long and there are too many documents on the Comcourts Portal to print, and we only have a week to prepare. Then a 90-page psychiatrist’s report arrives, taking up seven hours of my weekend.

With a Senior Judicial Registrar mediating, we two lawyers with our clients, a powerful Independent Childrens Lawyer with an actual psychology degree, and a wonderfully empathetic Court Child Expert, all on the screen together, we struggle with an 11-page set of draft Final Orders and, at 5pm, amazingly, settle, avoiding a hugely expensive trial. Then Rose drafts a begging letter to Legal Aid grants division.

Friday is wonderful. The costs agreement says \$6,000 into her trust account. PAYG is over \$9,000. There’s only \$5,000 in the office account. I don’t need her. The accountant shows me how to arrange a payment plan. And Grants says yes.

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# Cry baby cry

Breathing is a fundamental biological function that keeps our bodies alive; it begins at birth and continues until the end of life.

In Chinese medicine, the lung organs are responsible for breathing and play an important role in taking in pure air Qi, which forms the basis for all other Qi in the body. Because of this, the lungs are said to ‘govern’ Qi.

The lungs are associated with the metal element, which corresponds to the season of autumn and the emotion of grief. The lungs act as our main defence against external pathogens, and their primary role is to distribute and circulate Qi throughout the body.

In Chinese medicine, excessive worry, grief, and sadness can directly affect lung function. Worry tends to ‘knot’ Qi, while excessive grief and sadness can lead to a depletion of Qi.

The ‘knotting’ effect of worry on Qi may manifest as tension in the shoulders and chest. Crying is associated with the metal element and often indicates a deficiency in the lungs, whose related

emotion is grief. Additionally, a very thin, weak and often ‘weepy’ voice can signify a weakness in lung Qi.

Chinese medicine encourages the healthy expression of emotions such as worry, grief, or sadness; any suppression of these emotions is considered detrimental to one’s wellbeing.

In Japan, rui-katsu, which translates to ‘tear-seeking’ or ‘tear activity,’ is a therapeutic practice where individuals gather to cry, aiming for emotional release and stress relief. Participants engage in activities that encourage crying, such as watching poignant films or listening to music.

The underlying concept is that crying can positively impact mental and emotional health, particularly in a culture where traditional norms often discourage overt emotional expression.

The first breath of a healthy newborn is often accompanied by a cry, typically occurring within the first 20 seconds to a few minutes after birth. This cry marks the baby’s entry into the world and signals the beginning of independent breathing.

It is an essential response that helps clear the airways and alerts caregivers that the baby is alive and in need of attention. Crying is the most prominent form of communication for newborns and young children, as different types of cries can indicate various needs, such as hunger, discomfort, tiredness, or the need for attention.

Dr Gabor Maté, a Canadian physician, author, and speaker known for his work in addiction, mental health, and childhood development, strongly suggests that ignoring a child’s cries and failing to hold them can have detrimental consequences for their development.

Unconsciously, children may come to believe that something is wrong with them, that they are unlovable, and that the world is an unsafe place, as they learn about their environment through interactions with caregivers.

In Chinese medicine, crying can help alleviate stagnant Qi in the body; however, excessive crying may indicate underlying patterns of disharmony. Socially constructed beliefs, such as “boys don’t cry” and



by Chi Fung Lee

“showing vulnerability is a sign of weakness,” are harmful and likely contribute to the elevated rates of suicide among men.

Many men internalise these beliefs unconsciously and may be unaware of the adverse effects they can have on their mental and physical wellbeing.

Finding balance in daily life is essential for supporting lung Qi and overall health. Embracing vulnerability, as the song *Cry Baby Cry* suggests, and practising self-regulation can enhance emotional expression and resilience.

Mindfulness activities, such as meditation and exercise, help individuals process their emotions in a healthy and constructive way, fostering deeper self-awareness and emotional wellbeing over time.

*Chi Fung Lee is an AHPRA-registered acupuncturist. Phone 0478-239-298.*

## So they say...

### Grunt

When I tell my husband something important, or even unimportant, he just grunts. If I told the same thing to my girlfriend, she would respond with interest and ask questions. It makes me feel like he doesn’t care about me. Please help!

– Gloria Runt, Protesters Falls

### Magenta says...

Dear Gloria, you’re not alone with this problem. My fights with Norm are mainly about this very issue. One day we were driving along and I said, “I’ve had an epiphany. I know what to do with the rest of my life!”

Response: “Grunt.”

From previous fights, Norm has explained that he is like the QM2, he takes a long time to turn around, so I have learnt to count to 30 before expecting a reply. But nothing further ensued. When I exploded he said, “I can’t talk and drive.”

I know men’s brains or, to be fair, maybe just Norm’s brain, is compartmentalised and can only do one thing at a time, but what about when he answers a business call in the car (hands-free, of course) and manages to talk to them? It does leave you feeling like they’re not interested and don’t care.

But actions speak louder than words and, over the years I’ve learnt that he does care, he just shows it in different ways.

However it would serve some men to learn to communicate better. The difference between a night of fighting and a pleasant night, possibly with sex, often boils down to a good response.

Be warned, the men I’ve met who listen and actually ask questions have often learnt this skill to get women into bed. And it works!

Men’s minimal facial expressions and vocal responses have developed over millennia from being the silent hunter: the less movement and noise, the greater chance of feeding the family.

Women didn’t need the men to talk with; they had each other. They needed to develop superior language skills for their survival.

Often he is listening, it just doesn’t look like it and, if it is an important issue, he might need to go away and think about a response.

Remember Gloria, real men grunt.



with Uncle Norm & Auntie Maj

### Norm says...

Here we go, another sin we men commit without having a clue that we’re doing it. My little magpie reckons I do it and that her girlfriends’ partners do it too.

Just because we are allegedly of the same species doesn’t mean we speak the same language. Many species in the animal kingdom have differences in the vocalisations between genders. Dogs woof, cats meow, husbands and pigs grunt. I feel ‘grunt’ is such an unkind description. It’s more of a considered ‘hmmm.’ There are many nuances: knowing, puzzled, compassionate, spiritual, to name a few. Try to learn them, Mrs Runt.

When men talk to each other, a grunt means that information has been both conveyed, received, and possibly processed.

There are men out there who know how to ask questions and not grunt. They’re usually policemen and lawyers who train for years. The others are usually around 50, live in Byron Bay, have been through three marriages and know how to talk prospective young conquests into the sack.

Recently, whilst seeking peace and serenity in the bog, after realising I’d read all the car mags in there, I pondered a dream my beloved had just shared with me. Upon re-emerging I engaged her about it, which made her most pleased. You see, we’re not animals after all, just different. You don’t turn the radio on to watch TV, so don’t think of your husband as your girlfriend and you’ll soon see the lights actually are on, just wired differently.

*If a man says something in the middle of the forest and there is no woman around to hear him... is he still wrong?*

Send your relationship problems to:  
**magentaappelpye@gmail.com**

# THE TIMES, THEY ARE A CHANGIN'

Contrary to popular belief, our ancestors grew up herbivore. See: <https://studyfinds.org/dietary-fingerprints-early-ancestors-plant-based-foods> Chemical deposits in teeth enamel show it.

Later hunting was added to foraging, and as populations grew, millennia ago farming. Towns formed as trading centres for rural areas.

Now population x consumption exceeds Earth gifts: old methods, OK before, now abuse environments we depend on; humanity needs to be more eco-friendly to be sustainable.

Soon products will be measured for ecological footprint. Result: meat surcharges. See: <https://theconversation.com/a-meat-tax-is-probably-inevitable-heres-how-it-could-work-188023>

Even tough animal farming greatly accelerates global warming, pollution and land clearing, it is insufficient to focus only on it: tree logging harms wilderness, the Great Barrier Reef is hurt by sugar cane farming runoff, people

are diseased by bad plastics or air quality.

In Australia, the Wentworth Group of Concerned Scientists estimate the cost to repair environments. See: <https://wentworthgroup.org/2024/07/blueprint-repair-australias-landscapes>

People making a living harming nature may not like the work of regenerating it, yet it is not new: Landcare has long existed.

The shift to sustainability is not dissimilar to Nimbin's rebirth 50 years ago as livelihoods failed, businesses closed, kids left. Shops and schools emptied; families fled the straightjacket of a no-hope future. Aquarius revived the economy.

Back then, students from Sydney brought new values, adding to lifestyles and jobs in the region. Nimbin is now a tourism hub and 'the composting toilet capital of Australia'.

Yet the majority of its council still seems loath to admit bad agriculture and food habits hurt ecology, Earth, community,

## Shapeshifting

by Anand Gandharva

government, budgets and health. Regardless of scientific findings, they sadly feel animals lack consciousness, so their slavery must be OK. See: <https://sites.google.com/nyu.edu/nydeclaration/declaration>

Many town leaders seem to lack basic knowledge and vision: eg try to get a plant-based meal in this city's restaurants. See: <https://plantbasedtreaty.org/100cafescampaign>

LCC seems to have vested interests in 'eating its own future', propping up old hat industries. A third of economy, the bulk of environmental destruction, is animal agriculture.

It is myopic: with Terania, Lennox and Byron on its doorstep, the area should grasp the economic benefits of popular lifestyles.

Lismore and Byron shires both want more 'regenerative farming'. This is excellent for the environment and

supplying niche flexitarian markets, but farmers may require more land to make a living. Councils may not reach Net Zero objectives.

Farmers shouldn't be blamed. They fill market demand consumers help drive. Half a century ago, Terania shire existed. It is part of LCC now, but divisions linger.

Lismore area can boost a sustainable future, adding industry to grow alternative protein. See: <https://solarfoods.com> and <https://www.onego.bio/bioalbumen> Smart farmers are adding to farm income: <https://gfi.org/resource/alternative-proteins-for-farmers-and-agriculture>

It sounds far out, but is not. Cheese, alcohol and tofu are fermentation products. Crops grown, cows treated humanely at greater profit to create milkshakes, crackers and new cheese.

Consuming animal tissue is still perceived by many as masculine and strength-giving.

But the region has a special gift to ward off poverty; balancing rural



'Francis of Assisi hitching on the Road To Damascus'

smarts with counterculture, as documented in an SCU overview: <https://researchportal.scu.edu.au/esploro/outputs/>

[journalArticle/Aquarius-and-beyond-thinking-through-the/991012821039502368](https://journalArticle/Aquarius-and-beyond-thinking-through-the/991012821039502368) Let the sun shine in. You didn't hear it here first.

## Hooked by online News

by Michael Brooke

I'm told 'online' is the only place to be, but I don't believe it. But damn it! Damn it, I'm hooked.

Very first thing in the morning there's toast and cups of coffee and a skimming of multiple web sites for all the good and the mostly bad news – *Aljazeera*, *The Guardian*, the *BBC*, whatever other takes my fancy.

I think *The Conversation* is the best: a news site that boasts 'academic rigour, journalistic flair,' sometimes true.

I don't bother reading made-of-paper newsprints, and I find radio just as vapid. I glance from my computer screen to the window and to the world outside. Kyogle out there and it's raining again, and I thank the God of Chance that I'm here and not there.

Being here where it's raining is good. Being there where news is being made is bad. Seriously bad! My little universe is Kyogle, Nimbin and Lismore and the green forests and fields between them.

It's peaceful here, and I like the people because mostly they're not fighting and killing each other. The best thing about living here – Donald, Vladimir and Benjamin Netanyahu are a hell of a long way away.

Thinking of Benjamin bloody Netanyahu and happenings in the Holy Land lead to various reflections. Like the Pope is dead. Long live the Pope. Yes, we have another and he's also placid and white-robed and holy. Church leaders in all three Abrahamic religions always look so very strangely hallowed. And political.

Pope Leo XIV is no exception. I'm not fooled by his gentle manner. Christianity, creed of the pillaging Crusaders, was inflicted on me when I was a child. I found it a harsh and unforgiving discipline.

Netanyahu's Judaism flaunts black hats and black suits and it's also demonstrably a killer creed; sadly Palestinians will verify that. Islam is more regal and imperial in style and, the word of God is its sword with which it might keenly behead you.

Oh, goodness me, where would humanity



be without its religions? We would be savages.

When I think of religion, I am firmed in my belief that the stars are not our destination. Heaven is not for us. We are Earthbound, evolved by a set of environmental challenges which remain dangerous, probably terminally perilous.

It appears we are altogether inextricably bound to the whims of Mother Nature. It seems to me that despite our wondrous technologies and all the soulful aspirations of our priests we remain earthbound apes with our ape hands and ape's eyes and our ape's brains and our chimpanzee tendency to violence.

We remain, despite our cleverness, exactly as Mother Nature made us. We are possessed by that wild savage Africa where everything was born.

Yet, surprise, surprise, I'm not entirely a pessimist. I know planet Earth is strong, she can still surprise us. And, you know, there's music. It's a saving grace that humans can make beautiful music.

When I'm really down, I listen to Beethoven's Ninth, to the words and the affirmation of life in his music:

*'All creatures drink of joy  
At nature's breasts...'*

## Card play

by Magenta Appel-Pye

Sometimes we forget the importance of simple, carefree play.

Sure, we compete in organised sports, or more-so these days watch them, and we take them very seriously indeed.

But everyday free-flow play is different and an important part of keeping us healthy and happy.

Recently Norm and I realised that we had lost our spark of playfulness. We had been playing ping pong daily for many years and relished the great tonic this was for the mind, body and soul.

However, recently certain physical problems precluded that for a while, so we looked around for something else. We both like playing cards but haven't played since we were children.

It is amazing that a simple pack of cards costing \$4.50 holds such a wealth of entertainment and fun.

Playing cards were invented by the Chinese before AD1000; they reached Europe around 1360, not directly from China but from the Mameluke empire of Egypt.

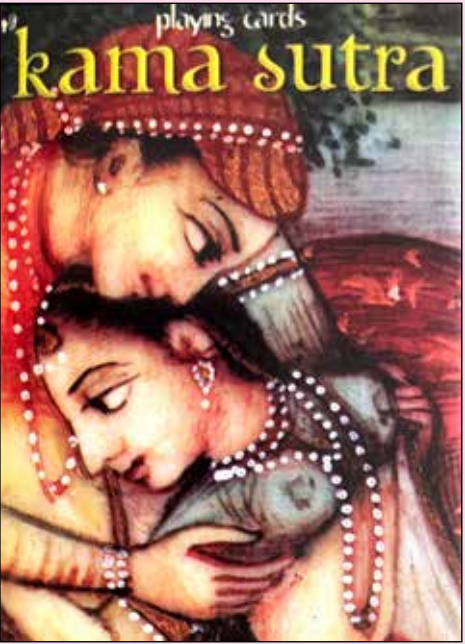
The history of suit-marks demonstrates a fascinating interplay between words, shapes and concepts.

The most common theory is that the 52 cards represent 52 weeks in a year and the four suits represent the four seasons. Now why didn't I think of that before?

The problem was that we didn't know a really engaging card game for just two people. Then our friends, Lizi and Nick, taught us Spite and Malice.

It is a tremendous game and we play it daily, sometimes twice. In fact we are a bit addicted. It demands the use of cunning strategy as well as plain old good luck.

Occasionally, if we don't have much time, we play it as Love and Compassion and give



the other person the cards they need instead of blocking them. Of course, this version is nowhere near as much fun as Spite and Malice, which we think is well named.

You need two packs of cards to play this game and we only had one normal pack but we remembered that someone had given us a pack of Kama Sutra playing cards for a joke one birthday, so we got them out.

While waiting for your turn we often muttered phrases such as 'fixing of a nail, mixture of sesamum seed and rice, nail scratching-leaf of blue lotus, congress of a herd of cows' (an extremely interesting one), while turning the cards upside down trying to figure out how on earth that was possible and what, exactly were they doing?

Funnily enough, none of the partners look like they are particularly enjoying themselves.

The instructions for Spite and Malice can be found on-line and I thoroughly recommend it.

*"Play presents itself to us as an intermezzo, an interlude in our daily lives. As a regularly recurring relaxation, it becomes an integral part of life."*

*"Play is that vital combination of clarity, wild enthusiasm, saturation in the moment, and wonder that makes life more alive."*

– Johan Huizinga (1872-1945)