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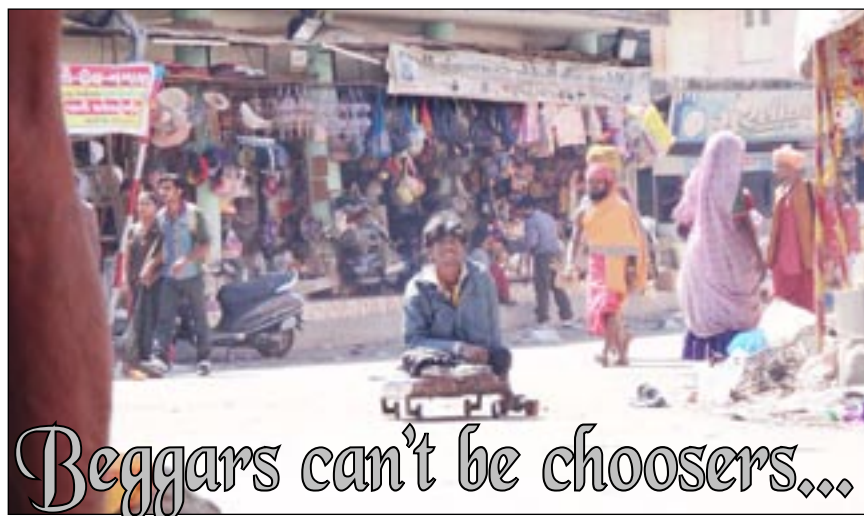
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## Beggars can't be choosers...

by Dionne May

Beggar-watching seems at once hideously insensitive, oddly compelling and grossly unavoidable in India. Each badly twisted or missing limb competing with the next for the not-so-lucrative tourist dollar.

In my section of the streets in the Main Bazaar of New Delhi there are three dominating rivals. The rattle of metal wheels on the rough road heralds the arrival of Beggar number one. It is a small boy. There are stumps where his legs used to be. A life now doomed to knee level perspective on his small metal trolley. His eyes are fixed on an elderly English woman. He swings his arms in unison, hands roughened and filthy from pushing himself along. He glides up to the woman's feet with practised precision and watches her discomfort as she tries to ignore him. One dollar would feed him well for the day but tourists have been warned not to give to beggars.

I suddenly feel the boy's gentle touch on my leg. Luminous brown eyes peek up at me. "Namaste" I say quietly to the boy. His face lights up. My Baba friend is already reaching into his bag for some money. "Dhanyabad Baba Gi," he says to Amrit, and rattles off to buy some food.

Amrit is looking at the English woman, puzzled by her behaviour.

Beggar number two is a group of sisters. With glittering tattered clothes and heavy kohl black eyes, the two older sisters keep time on a drum and sing while their baby sister launches into a series of back flips, rolls and dancing gig madess. Their collective eyes are darting around for any signs of appreciation. A group of three Europeans stop to watch. One focuses her large zoom lens on the small girl, who instantly whips off her hat and gestures for some payment. The woman is offended and after a quick discussion with her friends they move away. Photographs are free.

Beggar number three is a man walking on his hands. One leg protrudes at a disturbing angle from his hip, the other flops withered and useless on the ground. He tucks it self-consciously under his bottom and rests for a moment at the edge of the cafe turf. His over-developed arms and upper body are erect as he casts his eyes over the morning diners.

The Russian to my right avoids eye contact by studiously examining the menu. The beggar looks at me. "Chai?" I offer him. The Russian man's head snaps up and hastily adds, "You want toast?" The beggar looks at him. Looks at the



eggs on toast the Russian is eating and replies, "Same as you." The Russian is beside himself with indignation. "So you don't want toast then? No toast!" he calls to the waiter, curbing his generosity immediately.

Beggars must not be choosers. It is a golden rule apparently. Take what I give, not what you want and damn you for your impertinence. The Russian casts a guilty look in my direction. Like most tourists, he is caught in the web of compassion versus ego. While your heart may tell you to give, your mind rings dire warning bells about being scammed. Indoctrinated to believe that every beggar is scheming to get your dollar, it is easy to overlook the fact that here in India with its massive population and unemployment rate, any hindrance to work defines your employment: begging, scamming or starving. It's not pretty. It's survival in India.

Would you meekly accept the crumbs of the wealthy while they dine on caviar? Would you be humble in hunger or pissed off with the world's inequalities? Luckily for most Australians, with warm beds at home and food in our bellies, we have the freedom to choose to give chai or eggs on toast, or nothing to the beggars of India.



by Marilyn Scott

Jeez, what a month April has been! This whole year so far seems to have carried a new kind of energy, more challenging.

Many of us have had the great fortune of growing up in this 'Lucky Country'. That is, those of us who came here in boats and planes... to make a new life in this Ancient Sacred Land. The Original Australians, the local Indigenous population are said to be the oldest civilisation on Earth. The rest of us made our way here... for a better life.

A better life is what gave our ancestors the courage to get on those boats, young children in tow, for a long journey to the bottom of the Earth, not knowing what lay in store, but knowing that they could no longer stay where they were.

My Grandmother came, with her two young children, one and two years old, on the Aberdeen White Star liner, the 'Norseman', departing London on February 10th 1912, with a passenger list of 1131, of which 330 were children under twelve. The journey took 44 days, in which no deaths or accidents were recorded on board. The ship and its passengers had to endure very rough weather in the Bay of Biscay and

headwinds prevailed for the greater part of the voyage.

They arrived in Sydney... to a new life. The Land of many promises, they came looking for a better life for themselves and their family. My Grandparents were Irish but their parents, also looking for a better life, left Ireland most likely during the Irish potato famine.

When I glance through the records, the photos and the stories I see the struggle, the pain and suffering, the injustice, the lack of humanity. How long has it been going on? The wars, the fighting, the poverty, the greed... the inequality, has gone on again and again and again. And still it continues. Whenever are we going to wake up?

Our home, this magnificent Planet Earth abundantly resourced, plenty for all. Incredible natural beauty, we try to capture this beauty with our cameras, we travel to see it. The diversity of life is simply awesome, the sunrises and sunsets... the energy of kindness and care permeates the air, the essence of the 'Mother' everywhere.

Human Beings, that's us... people, our needs so similar: we need somewhere to be, we need food, water and shelter. We need a place to feel safe, to bring up our family; we need food to put on

the table. This is all provided naturally by our incredible Earth... and in such abundance.

But the temptation is always there... the 'devil' disguised in so many forms... lurking in the shadows, promising eternal life, wealth and riches, power and prestige, the list is endless. We become blinded by these visions of grandeur promising happiness, peace and fulfilment. Ahhh... we should have known not to believe the 'Devil'. The 'Faustian Bargain'... we always forget, the 'Devil' eventually comes for his payment.

Generation after generation, millennium after millennium... people in search of sustenance, something this Earth naturally provides in abundance.

Where did we get lost? We can go back for hundreds and thousands of years. The history we learnt at school... wars and more wars. A great deal of Australia was populated by 'convicts', people imprisoned, some for stealing food to feed their starving families.

So what do we do? Do we sit and watch as tyrants in power decide our future? What can we do as an individual?

Yes, April's been a very big month... the 'energy' has been extremely potent. Something has been pushing and something has to give. April brought the 'explosions' but the fallout from these seemingly endless releases of potent energies is still to come.

We have hope, we have faith, we have intelligence, we have intuition, we have experience, we have memories, we have gifts and talents, and we have a Heart. We are human beings... blessed with the greatest gift of all, Life. These are significant times... we need to be awake. We need to welcome in the Light.

# Minimal Mosquitoes and Majestic Views

by David Holston

At the end of March Judy Hales led a grade 2 walk in Mebbin National Park, ascending from Cadell Road through extensive palm groves to a wetland area containing lagoons and strangler figs in various stages of 'strangulation'.

Our first walk in April was at Wooyung Beach. Three members turned up at the meeting place with a number of apologies from other members who had commitments at Bentley. We did the walk at a brisk pace along the closed section of Jones Road to the quarry and through to the back lots of Ocean Shores. There we turned back to the quarry and through the central track to the beach for an early lunch. This section was dry due to a convenient piece of timber across Yelgun Creek, and the swampy section had been gravelled. While eating we noticed rain along the beach to the north, so a decision was taken to head back to the cars for an early finish while our luck held. It had been a nice day for walking, with a variety of fungi and minimal mosquitoes, and avoiding the rain that had been coming down all day ten kilometres to the north.

by Bill Potter

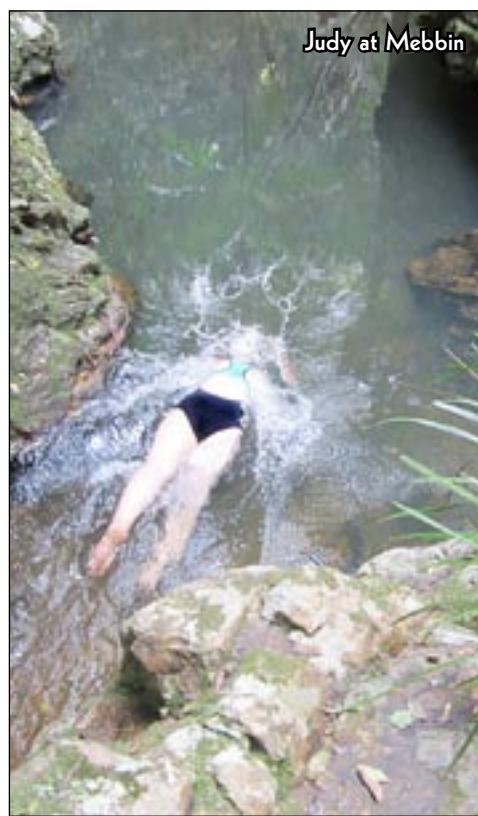
On 27th April a group of twelve, including four who took advantage of our special new members offer, set out for South Chowan in Mount Jerusalem National Park. As we started our descent to Chowan Creek we came upon a giant white mushroom with erupting spikes on its top surface and stalk (see photo), which was a portent of the special place we were entering. The first and second rock pools were pretty and easily negotiated. However, the third was quite large, being fed both by the creek and a side waterfall, which we crossed with difficulty to get around the pool. There was then a fourth pool with a lot of flat rock that we initially mistook for our destination.

A little further on the canopy opened up and we arrived at the sheer 80-metre drop of the promised falls. The initial drop was to a ledge pool about ten metres down and then it was not possible to see the rest of the drop without

going over the edge. However, the oblique view down the lower creek was quite majestic and we sat to take it in and have morning tea. The three veteran members of the club with us were motivated to recount other memorable walks but agreed that this one was special.

We returned to our vehicles seeing many grass trees and stag horn ferns perched on rocks. We travelled down to the lower creek, which had a large swimming waterhole. Our president, who is legendary for her affinity with nature, took advantage of this. Anyone who missed this walk should be sure to come on the Hell's Hole walk this month (see program), which is also in Mount Jerusalem.

It's always a good idea to phone the walk leader a day or so in advance, to check that the walk is still happening, and to let them know you'd like to join. Walk leaders' phone numbers appear the month before in the Walks Program, a regular feature of our monthly report in the NGT.



Judy at Mebbin



Chowan Creek walkers



Forest floor delights



In the heart of Mebbin

## May Walks Program

**Nimbin Bushwalkers Club Inc.**

### Weekend Camp 10-11 May

**Sheep station Creek – Border Ranges National Park**

**Leaders:** Michelle Alberth (6632 1214) Catherine Baker (6684 2160).

**Grade 2:** Saturday: one or two shorter walks.

**Grade 3:** Sunday: Rosewood Loop, 3-4 hours Walking is on tracks through World Heritage Rainforest.

**Meet:** 10am Kyogle Visitors Centre parking, or 10.30am Sheep Station Creek camping grounds.

**Bring:** Camping gear, food plus cutlery etc., water, rubbish bags, torch, wood National Park camping fees apply.

### Sunday 25th May

**Hell's Hole, Mount Jerusalem NP**

**Leader:** Bill West (0429 933 544).

**Grade 3:** 12km return on forest fire trails, can swim in rock pools..

**Meet:** 9.30am Murwillumbah/Kyogle Rd, 2km north of Kungur at Doon Doon turnoff.

**Bring:** lunch, water from creeks.



by Gill Jones

It was unseasonably hot, reaching the high 30's on an autumnal afternoon, for the visit of around 50 garden enthusiasts to Gondwana Nursery at Barkersvale. However, the nursery was set amongst shady terraces and dams, displaying the most fantastic array of native plants in neat ordered rows that many of us have ever seen.

Thousands of pots, colour-coded to reflect the colour of the flowering natives, in blocks of varieties, were neatly organised on wire racks out in the open with mulched pathways creating an enjoyable space to wander around in. There was a variety of other shadehouses and sheds which housed seedlings and other more fragile plants, including orchid varieties and more subtropical plants.

The nursery has been operational for 15 years, with a six-week turnaround of seedlings, raised from tissue culture, and

specializing in sun-hardened native plants for many Australian gardens.

Unfortunately it is not open to the public, as it is a wholesale production nursery, which sells plants from Cairns to Melbourne and into South Australia. Luckily we have the Mill Farm at Gungas Road Nimbin supplying these fantastic healthy native shrubs, grasses, trees, orchids, palms and other plants from Gondwana, at the same price to the public.



Even though the nursery itself covers only 2 acres, the property covers around 30 acres of an undulating westerly slope. The nursery includes four dams which provides enough water, 22,000 litres over 2 days, for recycling using a number of pumps tanks and drainage systems to ensure self-sufficiency. Much of the potting mix is purchased offsite, however piles of sand, gravel and mulch enable a healthy environment for the plants to flourish under.

There were a huge number of varieties of grevillias, banksias, melaleukas and many other native plants, great for mass plantings and garden design. With the increasing effects of a warming planet it makes sense to have gardens designed around low water usage and plants that survive a variety of weather extremes.

Joy manages sales and staff, in partnership with her husband, who is an experienced horticulturalist, employing around 12 local workers. Joy has created a reliable work team who are highly valued and treated well, working very hard around the clock to provide such healthy plants. Gondwana started selling to bulk stores last year due to the consistently high demand and low

number of reliable suppliers.

Their systems automatically monitor the temperatures and weather conditions to ensure a watering process which is largely self maintaining, however they have been lucky to avoid hail storms and other extreme weather events which have randomly effected our valleys.

The hard work and commercial focus of this business are a testament to the longevity of this business and should ensure a strong business model in the years ahead.

#### Next meeting

Our next visit is on Saturday 17th May to Denise Braidwood's garden at Koonorigan. It has many beautiful bromeliads and tropical plants amongst palms on the Koonorigan ridgeline. It is the third driveway past the Koonorigan Hall, watch out for the garden club signs.

We welcome all guests and members, please remember to bring a plate of food to share plus a cup and chair for our next visit, and visit us on facebook.

Thanks to Nimbin Service Station for kindly donating prizes for our raffles.  
[nimbingardens@gmail.com](mailto:nimbingardens@gmail.com)



# Mexican Easter and Magical Realism



Police preparing to intercept a teacher's demonstration near the Palacio de Bellas Artes (Palace of Fine Arts)

by Warwick Fry

Outside my room here in Esteli in Nicaragua the watchdogs are howling in three-part harmony. I am told that they do so in empathy with the ambulance sirens. I can hear them now, magically fading into the distance. It puts me in mind of Colombian Literature Nobel Prize-winning legitimiser of the term Magical Realism, author Gabriel Garcia Marquez.

Gabriel Garcia Marquez died in Mexico, when it was Easter time. But Magical Realism happens all the time in Latin America. I hear the dogs howl in Esteli, Nicaragua (it's a peculiarity of the watchdogs in this educational/health centre/women's shelter/music co-operative – other dogs in the region don't seem to be affected). But this time last year I was in Mexico, hoping to get to one of Gabriel Garcia Marquez' public lectures. 'Gaby' as he is fondly known, had been living in exile in Mexico for decades. (Mexico is culturally the Paris of Latin America.) His close friendship with Fidel Castro – there have been a number of books written on the subject – made life dangerous for him as a persona non grata in his native Colombia.

I didn't get to one of Gaby's public lectures. But I did get to have coffee with a Philosophy Professor of Marxist Aesthetics and mentor of the brilliant student who later became Subcomandante Marcos, protagonist of the Zapatista revolution in southern Mexico.

The dogs are howling, and the tributes flow. Perhaps the one that would have been appreciated most by Gaby would be this one: "He died on Easter Thursday. Don't dismiss the possibility that he will come back to life next Sunday. After all, he did write like a God."

Latin America oozes

with Magical Realism. It is occasionally confused with surrealism, but Gaby explained the difference. In his Nobel Prize winning novel *One Hundred Years of Solitude* there is an episode where a character (who had been chained to a tree for much of his life because of his odd behaviour) levitated. That would be surrealism, says Gaby. What makes it Magical Realism, is that he levitates while drinking a cup of hot chocolate.

The dogs have stopped howling, the ambulance has gone. There are probably a dozen or so cloned Mexican Cinderellas sweeping up after the Easter (Semana Santa) festivities in front of the Palacio de Bellas Artes near the Central Park of Mexico City, where a symphony orchestra plays every Sunday. Of course, Magical Realism goes beyond simple levitation and hot chocolate. Like the Christian humanist socialism of Liberation Theology, the 'magic' is rooted in realism – not the paranormal mystical realm of miracles, but the simple acts of ordinary people. The hot chocolate keeps the levitator firmly anchored to the realities (and pleasures) of the earth.

Isabel Allende, younger contemporary, Chilean writer-in-exile, part of the generation of Latin American writers called 'the Boom' teased interviewers with her

own explanation of Magical Realism. Isabel's tour de force was *The House of the Spirits*, a novel describing a Dickensian mansion in which the lives of three generations are traced. The house is replete with psychic phenomena and characters based on Isabel's own family. The most memorable of these is the grandmother who (in the novel) could move objects with her mind, including a grand piano, which she could play with the lid down.

When an interviewer asked her once if her grandmother really had psychic powers that enabled her to perform feats like this Isabel responded: "Of course not. She couldn't play a note of music, and she certainly couldn't move an object as large as a grand piano..." leaving the interviewer with the niggling doubt that perhaps her grandmother could move smaller objects, like teacups and salt shakers.

Both Gabi and Isabel were strongly entrenched in the revolutionary myth and reality of Latin America. Like Gabi, Isabel was forced to live and write in exile after her uncle, President Salvador Allende, was assassinated in the coup of 1973, and she began receiving death threats during the dictatorship of Augusto Pinochet that lasted until the late 1980s.

Gabi was so strongly affected by the Pinochet coup that he swore that he would never write another novel (he was a working journalist, like Isabel) until the Pinochet dictatorship was ended.

He finally relented and wrote a second prize-winning long novel called *The Autumn of the Patriarch* about the miserable old age of a dictator, based on the character of Pinochet.

Vale Gaby. Viva Isabel!



One of many buskers in front of the Palacio de Bellas Artes



Workers taking a break at the Museum of Memory and Tolerance, opposite the Palace of Fine Arts  
Photos: Warwick Fry

# Nimbin pool season ends



by Sue Edmonds

Our beautiful pool has closed for winter, and the Friends of the Pool gathered for their last breakfast (pictured). This year, thousands of folk enjoyed the facilities, some people even coming from Lismore since the pool at south Lismore was closed and no longer available.

The long hot summer and autumn meant that the pool was very popular. The "learn to swim" classes were booked out, and lots of kids got a good start to be "water safe".

This year John Anderson did a mighty job keeping the pool clean, not a leaf was allowed to linger, and testing the water four times a day to ensure the levels of chlorine were correct. He managed to sweep up the surface which erupted shortly after it was partially resurfaced and partially repaired.

The Friends of the Pool wanted to thank John with a bottle of 1959 Grange but there was none available, so we gave him a lowly 6-pack.



"The community appeal, started in 1964 to construct a free swimming pool, reflected the strength, determination and persistence of local residents. Official opening day was 19th November 1978." Photo and caption: The Northern Star. The white-haired gentleman is Barney Shearman, Mayor of Lismore.

We look forward to Spring when the pool re-opens and we start to prepare for the annual Olympics: the synchronised swimming teams are already discussing their themes and costumes.

# Nimbin team in Relay For Life

Lifestyle Real Estate partners and friends had the pleasure of joining in the Lismore Relay For Life at Southern Cross Uni on 5th April. This annual Australia-wide overnight relay is organised by the Cancer Council to raise money to help cancer patients.

TJ Reilly, a valued staff member, was the instigator of us enjoying some exercise.

The day was great fun, though very hot.

Peter Robinson took great pleasure in trying all the food stalls on the way



around, while his teammates wondered how he could fit it all in.

The team would like to say thank you also to Liz, Chris

and Murray and all those who made a donation.

The total raised in Lismore on the day by the 76 teams participating was \$118,844.

# The Green Bank

by Rebecca Ryall

We are happy to introduce a new practitioner to you, working from the GreenBank on Monday mornings. Wendy Thomson is a local neuro-trainer and kinesiologist, as well as an experienced and qualified massage therapist. Neuro-training is a way of integrating kinesiology and other modalities, into a complete resource for anyone who wants to add more options to their nervous system's ability to adapt and develop new abilities.

Essentially, this method of treatment recognises the complex neural patterning which governs our behaviours and responses, helps us to identify where and how this patterning may be restricting our forward motion, and goes about retraining our nervous system into new and more appropriate patterns of behaviour.

Wendy is really passionate



about the potential of this modality to bring about lasting change, and is excited to offer her services to you, through the GreenBank. Call the shop to book, or come on down on Monday morning and Wendy can answer all of your questions. Krishna, our KaHuna and remedial massage therapist is now in all day on Wednesdays. In the shop, we are adding to our range of healthy cleaning options, and introduce to you the Probiotic Solutions range of bathroom cleaning products. This range is simple and environmentally friendly, and will change the way you view your domestic responsibilities!

Our resident skincare range, Naturally Nourished, is running a competition in-store right now. Each purchase of a product from

the Naturally Nourished range of organic skincare entitles you to entry into the draw to win a pamper pack valued at over \$200. This competition will run until the end of May, so be sure to get your name in the draw to win.

Tea Medica has been running a trial of a new digestive blend through the GreenBank, and we are happy to now be stocking the new 'TUMMY TEA' on the shelves, and serving it hot and cold at our tea bar (see article on facing page).

On Saturday 17th May, an experienced pain relief therapist, Chetan, will be starting at The Green Bank, building on his successful practice on the Queensland coast. His massage therapies are sure to be of interest to people with active lifestyles.

So, there's always heaps happening down at the GreenBank, and you can count on your visit being a relaxing and revitalising moment out of your day. Please, do come on down and share a cup of tea with us soon.

facebook.com/  
TheGreenBankNimbin

# Youngest mountain climber?



On Saturday 26th April, five-year old Nimbin boy, Kai Taranto (pictured) may well have become the youngest person to conquer Mt Warning unassisted.

He ventured unassisted to the top of the mountain with his family in 1hour 50mins.

After taking in the views with a short stop, Kai made his way back down the mountain in 1hour 45mins!

Kai delighted in the scenery and magnificent fallen trees on both his way up and down the mountain.



# Talking Tea

by Rebecca Ryall

Happy MardiGrass Nimbin! I hope you all survived the festivities and are settling back into your normal routines.

MardiGrass weekend saw the official launch of the newest Tea Medica blend – Tummy Tea. Thank you to everyone who tested this tea for me, and provided feedback, during the testing phase. I gave away about 60 free 10g samples of this blend in the first few weeks of April, as well as using it prolifically on friends and family, and the feedback was resoundingly good.

**Tummy Tea** was created to capture the symptoms of digestive discomfort, nausea and heartburn, as well as the nervous system dysfunction which usually accompanies these symptoms. I had several testers comment that they found this to be a very calming blend, in addition to its effectiveness in treating digestive problems. So I'm proud and happy to release Tummy Tea for the benefit and enjoyment of the tea drinking public.

I am slowly building up my range of therapeutic blends, and remind you of the others in the range.

• **Cleansing Brew** – this is a blend of herbs used to cleanse the blood and detoxify the system, whilst also strengthening the entire body. This is surprisingly easy to drink, and works well as an iced tea, in which the delicate rose flavour is enhanced. I use a lot of nettles in this recipe, so

with regular use you should notice improved condition of hair, skin and nails. Nettles are also a traditional weight loss remedy, so this tea would be a great addition to your weight loss regime.

- **Cold & Flu Blend** – this is a traditional blend of yarrow, elder and peppermint, which aids resolution of fevers, and clears congestion in the upper respiratory tract, whilst opening the airways for easier breathing.
- **Focus** – this one is full of herbs that improve blood circulation to the brain, making it a great tonic for memory and concentration. This is a go-to blend for students, and the rest of us for those times when we really need to knuckle down and focus on paperwork, numbers, and more complex thought.
- **Hayfever Reliever** – this blend has some real fans and regular buyers, who swear by its efficacy in treating the symptoms of hayfever and sinusitis, without muddling the head. It's an easy drink to include several times per day, when particularly affected by pollens, moulds or other causes of allergy and hayfever. It aids clearing the head of excess mucous and itchy, irritated eyes, whilst addressing background immunity and general function. This is a safe remedy to use long term.
- **Nurture** – this blend of herbs was designed for a dear friend battling end stage cancer, to impart strength and vitality, fortitude for the road ahead. A blend of warming and stimulating tonics, it has also proven to be surprisingly effective in migraine, vertigo, and other issues caused by sluggish circulation.

• **Pregnancy Blend** – as the name suggests, this blend is for use whilst pregnant, to relieve digestive discomfort and nausea, anxiety and ensure a restful sleep, whilst strengthening the entire body and toning the uterus in preparation for labour. This tea may also be used whilst breastfeeding as it will improve the quantity and quality of milk production, and the lucky bub benefits from calm digestion and good quality sleep.

• **Rest 'n' Relax** – quite obviously, this is a relaxing blend, which if used regularly will help to regulate nervous system function making it the ideal blend for anxiety and depressive conditions, tension, and those times when we need improved quality of sleep.

Herbal teas are safe to use by most people, most of the time. Always check for contraindications, if you are using pharmaceutical agents such as blood thinners, or are pregnant, breastfeeding, or diabetic. All of these therapeutic blends, and many other tasty herbal teas, are available locally from the GreenBank, and online at [www.teamedica.com.au](http://www.teamedica.com.au)

It has been an unexpected joy for me to design custom therapeutic blends for friends and strangers alike. I enjoy hearing your feedback, and your medical issues drive me to more and better research into the therapeutic uses of herbs.

So, don't be shy! If there's something bothering you, and you'd like to change it, I am happy to work with you to design a herbal mix just for you. Drop by the GreenBank and see me on a Wednesday, or contact me by email at: [sales@teamedica.com.au](mailto:sales@teamedica.com.au)

# Knowing the delicate interflow of interconnection

I've known for decades that we are whole beings of body, mind and spirit, and I was, for a time, a member of the International Society for Integrative Psychotherapy, but, strangely, it is only now that this knowledge is dropping down deeper into my consciousness. What I've said before about the interconnectedness of each part of ourselves, is feeling to me more actual. Why should this be so, I wonder?

I suspect that it is only now that I am becoming more aware of how other therapeutic modalities take such knowledge for granted and use it in a beautifully subtle way, in contrast to the heavy handed manner of those promoting self help books on the so-called "mind-body connection". The clinical hypnotherapy aspect of my work is also allowing me to see this relationship more clearly.

What I write of here is more a delicate inter-flow through what we subjectively experience of ourselves in our bodies, our emotions, our thoughts, our stories, and our intentions, as well as the objective manifestations of those things. In other words, we are whole beings, even when we are feeling out of sorts.

Every psychological state has a resonance and connectedness to how it affects the body, and every physiological state shapes our emotions and thought patterns, and all may be

observed by others in some form or another. A heart attack may be felt as gripping pain, and a sense of impending doom. The darkness of depression may be felt not only as intense indefinable sadness, but also sluggishness, a profound difficulty getting moving, vertigo and a lowered blood pressure. A nicotine addiction may be felt as a craving for more of that chemical, a pleasure in rolling the cigarette and lighting it, and as desire to avoid anxiety, and a hope to fit in with one's peers.

Anxiety may be felt in relation to certain incidences in one's social and environmental field, and as tightness in the chest, rapid breathing and the sensation of a racing heart. In anger, blood rushes to the face, and there is an intense surge of energy to the voice and one's thoughts go over and over the object of one's rage. So, there is nothing in the human, and animal condition, that isn't expressed throughout the whole organism.

Therapeutic modalities tackle the matter of healing in many different ways, but the most successful, in my view, of these are those for whom matters of the mind, the body and spirit are not separated.

Traditional Chinese Medicine (TCM), that subtle craft and philosophy, through its practices of acupuncture, herbs, moxibustion, and qi gong, realises that every disorder has a mind, body, and spiritual dimension.



by Dr Elizabeth McCardell  
M Counselling, PhD

The spirit, I am defining as intention, will, and a sense of self in relation to others and the greater environment.

Western medicine, is increasingly acknowledging this interconnection in many of its branches, though much of it as practised is still mechanistic in orientation. In some circles within medicine, indeed, the mind-body connection is seen as a fluffy mystical idea. General practitioners, though, deal with the whole person and are more interested in treating the whole person. Some of my doctor friends belong to the movement known as "integrated medicine". Such medicine is actively interested in whole self medicine.

In the field of cardiology, for instance, there is an emerging discipline called "neurocardiology" or "behavioural cardiology", in other words a recognition that what is felt and what is done by a person changes matters of the heart and impacts the whole person.

Why I've chosen cardiology as my example is because it is now well established how stress and belief changes heart function, a useful illustration of mind-body entwining. There are numerous examples of how a psychological state affects the heart. This has been studied extensively since about 1942 when Walter Cannon researched what he called "Voodoo Death". Cannon suggested that episodes of sudden death were secondary to profound fear or emotion, inspired by superstitious belief. Cannon speculated that death resulted from enhanced sympathetic nervous system and adrenal responses to intense emotional stress and a belief in a power over which the victim had no control.

This phenomenon is also found in what is popularly called "the broken heart". Stress and distress are correlated with abnormalities in the autonomic nervous system. Medicine even has a name for the broken heart syndrome: Takotsubo cardiomyopathy. Effectively stress and distress tighten the muscles of the heart, leading to congestive heart failure and sudden death.

Clinical hypnotherapy is a field I work in, apart from my related practice as a psychotherapist. It is here that I notice profound healing in others at a whole self level which is contributing to my own better understanding of what it is to be human. Contrary to popular belief, hypnosis isn't a parlour trick

in which someone waves a watch in your face and puts you into a trance so that they can control you. It is, instead, a powerful way to access the mind-body-spirit connection, as it allows one to focus on specific physical, mental, and emotional issues that you may not be able to tackle in an ordinary conscious state.

Hypnotherapy is beneficial for your overall health as it allows you to deal with physical, mental, and emotional problems such as stress, anxiety, depression, fear, guilt, pain, weight management, and addiction. It can also lower blood pressure and stress levels, and encourage you to make positive changes for a healthier lifestyle. It is beautiful work and it's effective.

We are more than merely

a mind, a body, and a spirit in an interconnected state; we are whole selves in which levels of consciousness, awareness, and physiological manifestation is entwined in a delicate interflow, and we live together, work together, and hope together. This is connectedness.

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## Crossword Solution

From Page 26





### LISMORE – NIMBIN NIMBIN – LISMORE BUS SERVICE

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Normal Mon-Fri Week		School Holidays	
Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
Leaving	Arriving	Leaving	Arriving
Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre
7.52am	8.50am	9.00am	9.35am
9.00am	9.35am	12.45pm	1.15pm *
12.45pm	1.15pm *	3.25pm	4.10pm
3.25pm	4.10pm	6.05pm	6.35pm
4.30pm	5.15pm		
6.05pm	6.35pm		

\* Mondays & Thursdays Only

No Public Holiday Service  
 Town Service - Wheelchair access available upon request, 24 Hour notice required  
 Some Buses connect in Nimbin for Operators to Murwillumbah



## Two Nimbin Headers teams take top spot



Headers No. 14 Phil Courtney scores against Lennox Head at home

Match reports by PAC

Nimbin Headers 3rd division teams are top of the table. I do not have a report for the Women's 3rd's win at Dunoon with Ruby Grabovski scoring 4 and Rainbow Lacher getting two goals. For a convincing 6-0.

### 5th Division Round 2 Saturday 5th April Ballina Seahorses V Nimbin Headers

The Headers started this game with only one on the bench and if this is going to be the order of the day in the other away games this season they will not win to many, hopefully I'm wrong.

It was all Ballina throughout the game. The Headers did have a few shining moments and one of them was a free kick which was taken by Headers stalwart Nigel Hayes who curled the ball in to score his first goal for the Headers in 28 years of playing for the club, but at full back (and he has probably saved at least a hundred from going in) the opportunities are few and far between, so well deserved Nigel.

Oh and by the way one Ballina player scored all of their goals.

So it ended Ballina 4 Nimbin Headers 1.

### 5th Division Round 3 Saturday 12th April Nimbin Headers V Lennox Head Sharks

After 15 minutes, the Headers are holding the top-of-the-table team from having their usual start, as the Sharks have had two convincing wins to date, winning 7-2 and 6-1.

Lennox had two shots on goal early, and the Headers had a great shot which the keeper had to palm away.

20 minutes down, Lennox have a shot, but just wide. Seven minutes later a cross came from the Lennox winger into the penalty box with a forward to pick up the ball, and with a nice flick past the Headers keeper, it's 1:0 to Lennox Head.

Three minutes on, a dubious penalty is awarded to the away team. Mark Wright in goals for the Headers dives the right way, but it's too quick and it's 2:0 to Lennox Head.

With five minutes left in the first half, a Lennox forward picks up a ball passed in, and he's through the Headers defence and just as he's about

to pull the trigger, young Jake Charles (who's been playing in the forward line for the Headers) puts in a tremendous tackle, probably saving another goal and the ball goes out for a corner but nothing comes of it.

With time running out, Lennox have another shot that just whistles past the right hand post of the Headers goal. So at half time it's Nimbin Headers 0 Lennox Head 2.

The opening salvo of the second half comes from Lennox with a shot on target, which is saved by the Headers keeper.

With eight minutes down, the Headers are awarded a free kick outside the penalty box at the southern end of the field and Steve Waddington steps up to take it (Steve got elbowed on the cheek bone in the first half, and had only just come on after 20 minutes on the sideline) and with a tremendous shot, low and hard, squeezes the ball just millimetres inside the right hand post, with the Lennox keeper desperately trying to get to it, but it was too good for him. Nimbin Headers 1, Lennox Head 2.

A little while later, Headers forward Jake puts in a cross, but nobody could get on the end of it. 16 minutes into the second half, some great defensive grit by the Headers as two player are attacking one defender and as the pass is made, Dean Huff (Headers) blocks the pass and kicks the ball onto the other attackers legs and it runs out for a goal kick.

After all that, the Headers break down the left hand wing with some lovely passing, left wing Jake slips the ball past a Lennox defender and runs to the goal line, putting in a stinging low cross which the Lennox keeper just got his fingers to, but could not stop it, and the ball is volleyed into the net by young Harry Waddington ghosting in behind the defence, to make it Nimbin Headers 2 Lennox Head 2.

With 31 minutes down, Steve Waddington gets a bad tackle, gets injured and has to come off again.

A little while later, the Lennox keeper ran out for a ball that a Headers forward was also running in for, and a collision occurred, and after a long stoppage the Lennox keeper had to come off and that was his last duty for Lennox.

After the play restarts Lennox Head are threatening the Headers' goal when that lovely sound rings out: the referee blows his whistle for full time. With the father and son combination scoring for the Headers, they ended up with a well-earned two-all draw.

### 3rd Division Round 2 Friday 4th April Goonellabah Hornets V Nimbin Headers

At the start of this game it

Santos, who broke through the defence with a superb pass and smashed the ball passed the Goonellabah keeper high to his left.

Up to this point the Hornets keeper had already made a few lovely saves to keep his team in it. One time he saved twice as the ball bobbed around like a pinball in the goal area. Another save he tipped one shot over the bar and landed on his shoulder. Yet after that save a shot came in from



Headers' Steve Waddington holds up the ball against Lennox

looked like it was going to be par for these games against the Hornets, a hard grind and possibly a draw, or a goal either way, win or lose. But as it turned out it was light years away from that.

The opening goal came from the Headers about 20 minutes in, from a new signing Igor

Headers centre forward Phil Courtney that the keeper palmed around the goal for a corner but it stung his hand. And after that was dealt with he was holding his shoulder then feeling his hand.

Goonellabah in one of only a few threatening raids on the Headers goal broke down the

left and with some nice passing to the middle a striker slots in a goal with their first shot on target, so at the end of the first half the score is one all.

At the start of the second half the Headers took the fight up to Goonellabah straight from the off. The Hornets keeper made some more brilliant saves. But the Headers took the lead at last with a goal from front man Phil, beating the keeper for only the second time. Goonellabah 1 Nimbin Headers 2.

The Headers were getting their range and keeping the ball away from the Hornets keeper. And a third goal came from some lovely passing between the left wing and the centre forward and Phil got his brace to make it Goonellabah 1 Nimbin Headers 3.

The Hornets were now trying hard to string some passing moves together. A defensive blunder gave them the chance they were looking for and slotted the ball past the Headers keeper who really had little to do so far but make the odd save and clean up. So the score was now Hornets 2 Headers 3.

With about 10 minutes to go, and already the Hornets keeper making a few more fine saves, the Headers put the seal on the game, with some wonderful play between left wing Gary Whisker (who already had a couple of great shots saved) and centre forward Phil Courtney who stroked the ball past a dejected Hornets keeper (who was my man of the match) into the net to make the score Goonellabah 2 Nimbin Headers 4. Without the Hornets keeper, the Headers could have won 10-2.

### 3rd Division Round 3 Saturday 12th April Nimbin Headers V Lennox Head Sharks

This game starts at a frenetic pace, and 11 minutes in, Headers right forward Ruben Mack has a shot, but it's wide of the far post.

The game swings from one end to the other, and out of the blue comes a great pass by the Headers to find Ruben Mack who hits a thunderous shot that goes across the Lennox keeper and into the net: 1-0 to the Headers.

Just under the half hour mark, midfield Headers

player Rubin Garcia gets a yellow card. Seven minutes later, Rubin Garcia wins a challenging Header that finds frontman Phil Courtney who's through the defence and slots it coolly past the keeper to make it Headers 2 Lennox 0.

With around five minutes left in the first half, Lennox get two players booked within a couple of minutes. Then the Headers get a free kick, and Gary Whisker takes it and the ball flies just over the bar. So the first half ends Headers 2 Lennox 0.

A great start to the second half by the Headers, as defender Dean Chauvisert runs down the left wing and delivers a lovely cross, which forward Ruben Mack just fails to make contact with, and the ball is cleared.

Headers right wing player, Igor Santos receives a great pass and cuts inside a Lennox defender and smacks a shot just inside of the right-hand post and comes out from under the back of the net which some people thought was not a goal (as the net on the right hand post had come loose from the peg). Anyway it was a goal, and the Headers were now leading 3-0.

With Lennox now getting more and more frustrated, one of their players gets booked for the second time, and most of us know what that means yes the dreaded red card.

After that, the Headers keeper makes an important save to keep his clean sheet going. A minute later, Headers forward Ruben Mack is through the defence again, and a great shot on goal is equalled by a great save by the Lennox keeper.

Then the Headers right-wing forward is one-on-one with the keeper, who comes out to narrow the angle. Igor chips over his head and all the keeper could do was turn around and watch the ball bounce over the line, Headers 4 Lennox 0.

With about ten minutes left in the game, after some great play by the Headers midfield to forwards, a cross comes in and right in the middle of the goal area, back defensive player Dean Chauvisert scores another for the Headers.

A couple of more attacking raids by the Headers, and the ref calls an end to the carnage. Nimbin Headers 5 Lennox Head 0.



Steve Waddington's (not in view) free-kick goal against Lennox