

# DIANBUNG GARDENS

## UPCOMING EVENTS

**November 1-17** Permaculture Design Course

**December 1-7** Sustainable Aid for Permaculture Development

**Date TBC** Natural Dye Workshop

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# Jug's story – life given and life taken

by Maria Matthes, Koala Watch Project Co-ordinator

Part one of Jug's story was printed in the February 2019 issue of the *Nimbin GoodTimes*.

It was an article to highlight the plight of our koalas when their habitat is cleared without adequate and appropriate consideration, and to celebrate the huge effort by all the carers at Friends of the Koala who bring our koalas from near death back to the wild, and who fought and cared for Jug.

It was what koala rescuers and carers have to deal with on a regular basis, but was an article of hope – for other koalas in the same situation, for rescuers and carers who easily lose hope and faith, and for Jug's future.

## We gave her the best chance

Unfortunately, Jug's 'leap to freedom' was short-lived. Due to the ongoing drought and the resulting poor leaf quality in the wild, I went out every week looking for her to make sure she was okay, but despite looking at all the trees around her release area I didn't see her.

I hoped she was alright, but I was worried as it was so dry and the leaves on the trees almost crunched in your hands.

Prolonged dry periods have a significant impact on the quality of the leaf available for koalas. They get most of their moisture from the leaf and the dew that forms on the leaf overnight.

Research by Dr Ben Moore found the toxicity in the leaves and carbon are also increased in dry periods, as well as the leaves being tougher and more fibrous.

At the end of February, just six weeks after her release, Jug was spotted by Gwen, the landholder where Jug was



## Koala Kolumn

released about 70 metres from her release enclosure.

My heart broke when she looked at me, much the same as when I rescued her from Law's Point, only this time I feared the worst.

Jug was so skinny – her spine pushed out beside the branch she was leaning on because her muscle just wasn't there; her rump was stained suggesting she now had cystitis; and her lazy, really weak feeding, just sitting and grabbing at leaf around her, rarely moving to a new patch of food, was typical of the behaviour of an unhealthy koala.

I put up the trap and some supplementary feed, but Jug wouldn't go into the trap. She came down to the feed I had put out and I could easily pick her up.

As I picked her up, I could feel every bone in her small body, her breath smelt off, and small bits of chewed-up leaf drooled from her mouth. I took her home, made her comfortable and gave her some leaf. I went inside and called

FOK's vet nurse Marley to say I was bringing Jug back.

Jug ate all the way to the Care Centre, where I weighed her. She had lost more than 1 kg in weight in those six weeks, weighing about just over half of what a koala her age should weigh.

Marley gave her a continual drip of Hartmann's solution to begin rehydrating her and to provide some nutrients.

In the morning Marley took Jug to see our koala vet, Dr Ray Austin at the Keen Street Vets. Jug had all the problems I had identified and more, and Ray said the kindest thing was to relieve her suffering. While I feel as

though I failed Jug, I also know we all did our best to give her the best chance of living a normal koala life. I thank you for all the joy and all the lessons, little Jug.

The continuing dry has been taking its toll on our koalas and will continue to do so over the coming months. You can help us reduce the number of Jugs by putting out water at the base of known koala trees, and ringing the Koala Rescue Hotline (02) 6622-1233 if you see a koala looking dehydrated or heat stressed – panting, brown fur, wasted, saggy skin, visible bones, on ground hugging a tree, or just on the ground.

Do call our Rescue Hotline as soon as possible, because the sooner we rescue a koala, the greater the chance of releasing it to the wild where they belong.

People can become members online at: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) and if they wish to volunteer, they need to contact our volunteer co-ordinator Lola on 0412-753-739.

## Protect koala habitat in a national park

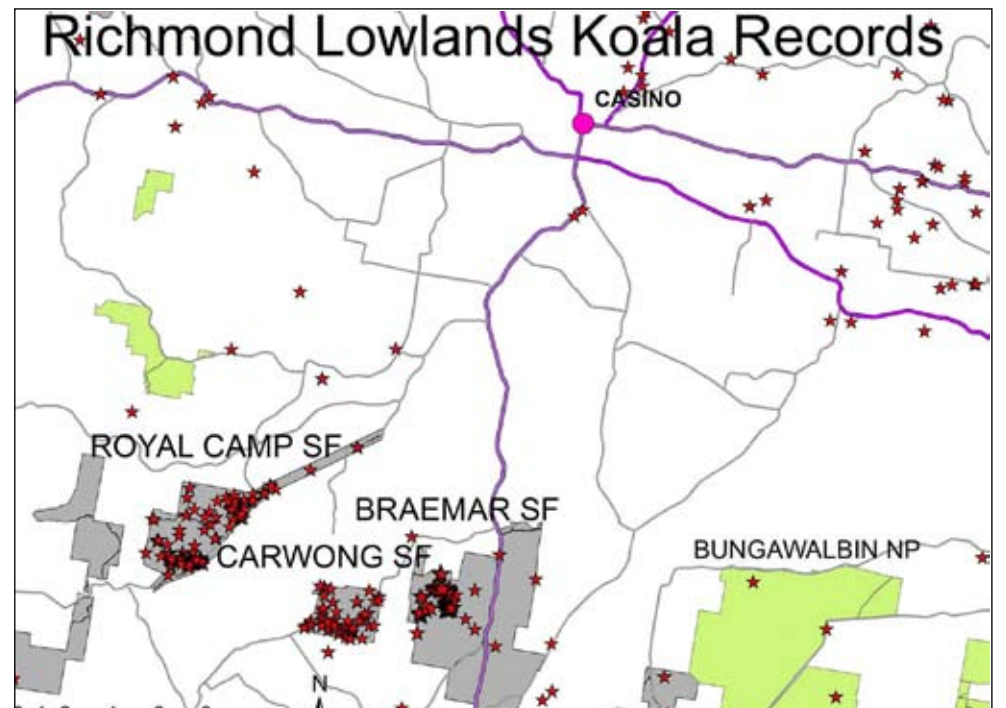


by Dailan Pugh, North East Forest Alliance

NEFA is calling on the NSW Government to comply with their own Koala Strategy by creating a Koala national park covering exceptional Koala habitat in Braemar, Carwong and Royal Camp State Forests, south of Casino.

NEFA's searches have proven that these public forests contain exceptional densities of Koalas, unparalleled in any of the Forestry Corporation's searches over the past 20 years, according to NEFA spokesperson Dailan Pugh.

When announcing the NSW Government's Koala Strategy on 7th May 2018, their press release stated: "The centerpiece of the NSW Koala Strategy is setting aside large swathes of



land where koalas can thrive and new habitats can be created."

Environment Minister Gabrielle Upton said, "It is absolutely vital that we protect land where koalas currently live - and secure land where new koala colonies may exist in the future."

In 2014 NEFA proposed the Sandy Creek National Park covering Carwong and Royal Camp State Forests after EPA investigations confirmed they contain a Koala population of regional

and national significance.

Now it is evident that Braemar is a key part of this population. The evidence of the outstanding importance of these forests for Koalas is beyond doubt.

If the NSW Government wants to give the Koalas of the Richmond lowlands a future, it is absolutely vital that they fully protect all identified core Koala habitat in Braemar, Carwong and Royal Camp State Forests from further degradation.

As these forests recover from past logging, so too will

Koalas. With Koalas coming under increasing threat from droughts, heatwaves and bushfires it is essential that we give them the best chance we can to withstand climate heating.

We challenge the Forestry Corporation to identify any area they have found in their past 20 years of undertaking Koala scat searches across NSW that has a higher density or more extensive scats than we have so far found in Braemar.

For further information, see: [www.nefa.org.au/audits](http://www.nefa.org.au/audits)





by Pauline Ahern

On a glorious spring Saturday afternoon in September, Cherie and Russell Pugh hosted the Nimbin Garden club at their recently purchased (10 months ago) half-acre lot on Jarlanbah.

Buying an existing house with a garden that has had a variety of owners over a 23-year span brings a set of challenges that can be daunting. Add to that a prolonged dry period that has inhibited new plantings and tested the existing vegetation.

Despite this Cherie and Russell have faced the challenge and established a very productive vegetable garden and given new life to the large variety of fruit trees. Given time and rain, they will create an oasis of

green, combining food and native vegetation with the existing trees.

Part of the delicious afternoon tea included a salad plucked fresh from the garden. Thank you Cherie and Russell.

The October visit on Saturday 19th at 2pm will be at Sue Boardman and Michael Hannan's property at 46 Basil Road.

They started planting in 1990, built a house and moved in 1993, and since then have transformed a three-acre paddock into a 'mixed bag' of vegetation, complete with a seasonal creek. Unless you have no trouble negotiating a steep drive, please park on Basil Road and walk down the driveway.

Bring a cup and a plate to share for afternoon tea. Visitors and guests always welcome.

## Plant of the month



### Creek Bottle Brush *Callistemon viminalis*

by Richard Burer,  
Bush regenerator

We haven't featured this small tree or large shrub for a few years but I just can't go past this glorious show of stunning red flowers this Spring.

Creek bottle brush features always in my restoration plantings, its fibrous roots holding the soil in the riparian zone, slowing the water flow and improving water quality.

*Callistemon viminalis* or more recently known as *Melaleuca viminalis* is perhaps the most widespread planted Australian

native tree in the world, with numerous cultivars brightening up many a public space and private gardens with the stunning exotic flier display.

I recently planted small tube stock (November 2018) and I was pleased to measure growth rates of 1.5 m with a great flower display in several months.

An all-round great small tree or large shrub for the farm or the garden and endemic to some of our waterways in the valleys of Nimbin including Goolmangar, Websters and I think Tunttable Creeks, at least the lower reaches.

## The bush is thin, the paddocks are bare

### Weed Words

by Triny Roe BA3Sc

Little rain around last month. The bush is thin, the paddocks are bare.

Gardens too are suffering if there's not enough water to spare. The creeks are low, barely trickling. Praying we got more than just a drop in the recent rain promised.

What about the weeds? Go the weeds! Some pest plant species become problematic because they can survive extensive dry periods.

Crofton weed, *Ageratina adenophora*, continues to flower robustly this year even though we are in record drought times.

Some species die back, look dead but will bounce back when decent rain finally falls. Lantana can throw most of its leaves and lay dormant until the weather improves. Others growing in or along the creeks are not suffering from drought stress at all.

Managing weeds is a vast topic. Every weed is different and may require a different approach. No one size fits all. Different people have different methods. Some plants are considered weeds to one, are not to another.

Others of this many and varied group of plants are not as impactful as others and may not need as high a level of management.

What to do about ones considered serious threats to the environment, agriculture and our lifestyles?

Concerns about introducing toxins to the environment lead many to choose non-chemical methods to control a variety of weeds. Hand weeding is the way to go for small herbaceous pest species. Get them before they flower and set seed.

Larger woody weeds in the seedling stage can also be dealt with by hand. Get them while they are young. Use a weeding tool to loosen soil and make it easy.



Giant Devil's Fig can germinate in cracks in rock

Tree poppers, mattocks and garden forks are useful for digging out medium size woody weeds.

Take care not to break roots as some species will regrow from pieces left behind. Giant devil fig, *Solanum chrysotrichum*, is prone to this. A large specimen can have an extensive root system spreading as wide and deep as it is high.

Partially cutting mature GDF (pictured) and dropping the crown to the ground does not impact on the health of the plant. They do not die. GDF continues to flourish and flower. Where branches touch the ground roots can develop in moist conditions. GDF is very tough. It can germinate in cracks in the rocks.

Sheets of UV-stabilised black plastic can be placed over areas slashed or mown close to the ground or bags placed over individual stumps of large woody weeds. Occluding light starves the plant of its energy source.

The black plastic will also raise the temperature underneath making conditions unsuitable for plant life. Kill is effected in two to three

months.

Paddock weeds can be slashed before they flower. Some beef farmers in SE NSW are using sheep to graze paddocks infested with fireweed, *Senecio madagascariensis*, instead of regular spraying.

Fireweed is problematic if land is used for grazing stock. This pretty yellow flowering herb contains a liver toxin which can cause death and disability in cattle and horses.

However, sheep and goats happily eat it and preferentially seek it out. A long term diet of fireweed, though, can lead to sudden death for some individual animals so use care.

Sometimes herbicide is expedient for bush regeneration which is a different situation from regular and continued applications on farm land and food crops. A one-off drilling and injecting trunks of established tree weeds, like camphor, allows natives to establish and get ahead with no measurable contamination of the environment.

It is quicker than ring-barking which requires vigilant follow up to manage suckers.



Archetypes of the Five Elements

by Christobelle

So, once the creative impulse has given rise to the three gunas (source: Yin – Yang), this expression of movement is able to establish basic patterns of activity – called the five elements.

This is the next phase in the step-down process, as energy transforms itself to take form.

Polarity gives rise to movement and the five elements of Ether (space), Air, Fire, Water, Earth delineate that movement. These elements represent particular frequencies and states of consciousness and are the building blocks of creation.

They are the original archetypes (types of arcs) and wherever there is life, the five elements flow from and through each other. The elements interact to give rise to all manifested shapes and forms, the ‘ten thousand things’ of the Chinese Taoist scheme.

Within the Source, there is both the potential for consciousness and the potential for manifested forms – for Spirit and for the ground of creation. Actually, there cannot be form without intelligence. Each specific form is characterised by its own particular quality of intelligence. All thoughts, emotions and physical actions and processes arise due to polarity action and the interplay of the five elements.

The Ether element of stillness and space gives rise to the Air element which enables movement which arises and expands outwards and gives rise to the Fire element which directs energy outward and downward. This gives rise to the Water element, reflecting and bringing fluidity, contracting downward and inward which gives rise to the Earth element, shaping and defining, contracting inwards and upwards.

These are the five phases which energy passes through to complete itself. Energy



merely transforms itself – intelligently, when left unobstructed. A perfect example is seen in the breath, with the pause or stillness between each breath contained in the stillness of Ether, the in-breath being expressed through Air and Fire and the out-breath being eliminated through Water and Earth.

It is easy to think of the elements as distinct and separate forces of nature. It is here on the surface of manifested shapes and forms that we know of the Ether element as the space which supports the universe, the Air element to be the wind which howls or gently fans, the Fire element to be the actual burning we see, the Water element to be that flowing in our rivers and oceans, and the Earth to be the solid ground we walk upon.

These are just their outer forms and if we take a deeper look we discover that in fact they are the forces of nature that make every breath, atom, molecule, cell, plant, animal, person, planet, star, galaxy and universe possible. They not only make them possible, they actually comprise them in perfect symmetry and interactive harmony.

It is when energy spins into orbit and crystallises a form that we see the elements, as we do ourselves, separate. We say, “I am this” and “the wind is that”.

We say this from the sense of separated consciousness that is our human mind here in the density of matter’s slow vibratory rate, farthest from Source and forgetful of the reality of the oneness of everything.

You do what?

Animal talk  
by Donna Connolly

Being an Animal Communicator makes for some interesting interactions with humans. I admit it is an unusual career choice or vocation really.

Usually it begins with: “You do what?” “Are you joking?” “What does that mean?” For a start, I do run into many misconceptions, such as: I am in constant conversation with any and every animal around me and because I can talk to them, they will do whatever I tell them to.

I am not in constant conversation with any and all animals around me (just like I am not connecting with everyone’s dead relatives when I am going about my day).

In fact, I pretty much never initiate a conversation with an animal unless their human companion has asked me to, except when I do it for practical reasons or for my own pleasure of talking (usually just to tell them how beautiful they are, and ask if I may pat them).

Just because I can talk to an animal and hear them, does not mean that they will necessarily do what I or their human companion wants them to. It really is like talking with humans: just because I can understand you, and you understand me, does not mean you will do what I tell you to. Animals are all unique individuals, with their own personalities, desires and needs.

An Animal Communication session is really about understanding why an animal does a certain thing, and then working together to find some alternatives or ways to approach to shift the situation in a way that honors all participants. An animal does a behavior because it meets a certain need in them. If that need isn’t met in a different way, they will usually continue that behaviour.

Sometimes behaviors are deeply rooted in anxiety or fear, which usually goes deeper than any kind of logical thinking on anyone’s part, especially if there is a miscommunication issue between the guardians and the animal.

That being said, animals do understand us when we talk to them, and often even if you’re talking to them out loud. I have had animals reference specific conversations their human has had with them, in order to prove that they do understand.

When you’re talking out loud to your animal companion, you are also sending them the energy of what you want to communicate. The more intentionally you do this, the



stronger it is sent, and the clearer it is.

Where we sometimes trip ourselves up is when what we intend to communicate doesn’t quite match up with what we’re saying. Miscommunication happens, in particular around behavioral challenges. We want the animal to stop doing something so we tell them “Don’t \_\_\_\_\_”, and when we do that we’re sending them an image or the energy of them doing the thing we don’t want them to do.

It’s like asking someone to not think of an elephant: they’re going to think of an elephant. It becomes very confusing, and sends mixed messages. Usually, you would want to focus only on the thing you want them to do. Instead of saying, “Don’t scratch on the furniture”, you want to say, “Scratch only on the cat tree and scratching posts.”

You can even add in why, for example, that we want our furniture to last as long as possible, and we’d love to let them scratch, but only on the things that are made to tolerate it, like scratching posts.

I’ve encountered a lot of animals who do a certain behavior because they think they’re supposed to. This happens all the time, because many of us unconsciously reinforce unwanted behaviors, both with our own body language and our thoughts, sending mixed messages.

Sometimes having a conversation with our animals is enough to shift their behavior and shift the energy in the home. I’ve had clients begin to see shifts in their animals almost immediately after our Animal Communication sessions.

It is a really powerful modality which allows humans and animals to foster deeper bonds and a greater

understanding of each other and themselves.

I’d like to send a huge shout-out to all the animals and people who have been affected by the fires of recent times. Thank you for being brave. Please leave some water out and about for the beautiful souls. They are really struggling at the moment.



Pictured is my froggy friend who hangs out in my toilet. I’ve since put a shot glass of filtered rain water for him.

As frogs drink through their skin, that is what makes them a wonderful indication of how the environment is going.

If there is a particular question or topic you would like me to cover, feel free to send your ideas through. All suggestions considered.

Would you like to understand your animals better? We are holding another Animal Communication Workshop in November. Connect with us if you would like to know more and take advantage of the early bird price.

Donna Connolly is a professional Animal Communicator psychic, medium and Reiki Master facilitating courses and workshops throughout the year  
www.rivergem.com.au  
rivergem88@gmail.com  
or text 0490-156-038.

The eight limbs of yoga

The ancient practice of yoga consists of eight limbs or components, that come together giving us a holistic recipe for yoga success.

In the west, we tend to think of yoga as practising postures, but it goes quite a lot deeper than that.

So, what are the other limbs that make up our yoga tree?

The first limb –Yama

A code for how to behave as a collective to produce harmony in our society. Yama includes:

Ahimsa: do no harm, show compassion to yourself and to all beings.

Satya: live an honest and truthful existence.

Asteya: No stealing.

Brahmacharya: be mindful in the use of your energy, especially our powerful sexual energy, to do no harm to others.

Aparigraha: Don’t be greedy, only take what you need.

The second limb is Niyama

A code advising us on a more personal level on how to live wisely. Niyama includes:

Saucha: cleanliness in all areas of our lives.

Santosha: living in contentment.



by Therese Hedwards

Tapas: respecting the role that self-discipline plays in our lives

Svadyaya: the practice of studying ourselves and what makes us tick. It’s also studying the sacred texts and looking at how they apply to our lives today.

Ishvara Prahnidhana: Surrendering to the divine and swimming in and with the Universal flow.

The third limb is Asana (postures).

This limb is designed to give us a strong and healthy body, primarily so that we can sit for long periods of time in meditation.

The fourth limb is Pranayama.

The study and practice of controlling the breath.

The fifth limb is Pratyahara

The practice of withdrawing the senses and focusing our awareness within.

The sixth limb is Dharana

The practice of concentrating the mind on one object.

The seventh limb is Dhyana

The practice of meditation.

The eighth limb is Samadhi

A state of Bliss.

In our yoga classes, we try to touch on each of the limbs, and so provide a holistic practice.

Sometimes the subtler limbs can be evasive, but with practice we’re setting up the conditions to experience more and more conscious control over our minds and bodies.

I only hope that everyone may one day experience the joy and friendship my practice has provided for me.

If you’d like to know more about the practice of yoga, you can leave me a message on 0439-575-714 or the Yoga Nimbin FB page.

I teach classes at the Dharma Centre, Lillifield Community on Mondays at 4.30pm and Saturday mornings at 9.30am at Birth and Beyond in Nimbin.

Hope to see you on the mat.



# Training the head drop

Asking a horse to drop their head with a soft and immediate response is one of the best things you will ever train into your horse.

When a horse is stressed and cortisol is running freely, the head will be high and stiff, somewhat like a periscope in some horses! In this state there is little you can do with your horse until the cortisol levels have dropped.

Horses do not learn anything at all when they are in a state of stress. Also there are obvious safety concerns for the human when dealing with a horse in this state, so it's best not to proceed with whatever you're doing while the horse is stressed.

Now picture a relaxed horse, with the head and neck in a lowered position. If the horse is totally in their 'happy place' the head is all the way down and eating grass. This horse has no stress hormones in the system, is safe and fun to be around, plus can learn new things if you are in a training situation.

If a horse feels fear, or has a flight reaction, this sends the head up. The emotion comes first then the physical reaction to it. The really important thing to be aware of is that this also works in the opposite direction. If the head is up and we ask the horse to drop, this brings down the horse's emotional state to a place of relaxation.

A horse cannot remain highly stressed if the head is down; the two things just don't go together. Dropping the head flips the horse back to relaxation. This is fantastic news for us, because horses are genetically flight animals, and the need to calm them down does arise.

What's more, we can also use this calming response in our training with huge effectiveness. One example is with a girthy horse. This works best if you have a friend who can help. One person starts



by Suzy Maloney

tightening/playing with the girth until the horse has the reaction, they continue with what they're doing while the second person asks for the head drop.

The moment the head goes down, the person at the girth stops. The horse is being rewarded for dropping the head and relaxing while being girthed. This is repeated until the horse stops raising the head and fussing during girthing.

Another place this can be used is with scary objects. For example, if the horse is scared of a plastic bag, it can be laid against the horses' body while asking for the head to be lowered. The moment the horse lowers the head, remove the bag. Repeat until the horse no longer has a reaction. This principle can be applied in numerous situations, and creates a calmer and more manageable horse in the long run.

To train, apply a squeeze feel directly downwards with the lead rope. Imagine you're squeezing water out of a sponge and ensure the pressure is vertically towards the ground. The moment you

feel a downward response in the horse remove the pressure. Repeat until you feel your horse has made some improvement then stop.

It's important to stop on an improvement. If you continue for too long the horse may go backwards. Repeat often, it can be done in just a minute or two, small amounts frequently work best with horses.

You'll quickly find you have a horse that drops their head in any situation. Yes, I am talking about when the vet comes, the dentist, the wormer, when there's a monster in the bushes, all manner of things will become easier. Plus you will find your horse starts dropping the head when ridden easily in response to soft rein aids.

This one single thing is a gem, I can't recommend it more highly to everyone who lives with horses.

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## Healthy horses enjoy equine sports therapy

by Les Rees

Equine sports therapy has been shown play a major role in keeping our horses healthy and has become very popular with the horse community in recent times. It is used for the stimulation or relaxation of the nervous and the muscular systems using massage to increase blood flow and lymphatic circulation. This aids the elimination of metabolic waste and subsequent reduction of swelling, edema, congestion and pain, and also increases nutrient and oxygen delivery to the muscles enabling increased mobility and flexibility within the tissues. The overall effect of this therapy produces relaxation, deeper breathing and increased metabolism, all of which have an effect on restoring balance within the body. Equine sports therapy is also very useful as a preventative measure against the possibility of future pathology or injury by addressing areas of tension and general wear of the tissues and joints and subsequently keeping the body supple and pain free.

For the working horse, sports therapy can significantly enhance performance by optimizing muscle and joint strength, suppleness, flexibility and mobility. Regular massage can reduce the chances of stiffness and soreness after a hard workout, reducing strain and concussive elements that can cause significant injury. It is used to keep the horse supple and flexible, optimizing its potential in sporting activities.

Equine sports therapy can also include



specialized techniques developed for specific purposes including nerve manipulations, tissue mobilization, origin and insertion technique, friction therapy, trigger point therapy, myofascial release and more. Techniques also include remedial exercises that include stretching movements used for therapeutic purpose and can easily be taught to horse owners as an aid to increase the range of motion, stretch and flexibility to promote healing. This helps to strengthen weakened structures by improving muscle tone and fibres, increasing the elasticity of the ligaments and the joint capsules. If practised regularly it can be an aid to maintaining muscle health, flexibility and range of movement. This also assists prevention of injury and can be achieved by a series of stretching exercises which address the whole body. Benefits also include the reduction of tension and subsequent pain, increased circulation, and warming up the muscles in preparation for work,

improving the overall balance of the body.

The benefits of Equine Sports Massage Therapy can have a significant effect on the health of our equine friends. Its non-invasive techniques can be used to promote, maintain and rehabilitate the function of structures anywhere in the body, aiding the balance of health within the systems that control it. It has a profound effect as a preventative therapy that aids increased flexibility, mobility and suppleness, improving performance as well as having a positive effect on behavior. Its techniques safely affect the whole body by regulating co-dependent functioning and aiding balance to both body and mind. It offers advice and education concerning preventative measures to ensure the health of the horse and improve its suitability and chances of life expectancy in any chosen sports discipline. It has kept pace with the changing demands of performance sports and is highly thought of as a therapy in the forefront of equine health, combining well with other therapies as well as providing valuable back-up therapy up to veterinary procedures.

Given the continuing growth in popularity of equine sports massage therapy, our horses are beginning to see some significant benefits and as our knowledge expands, so does our respect for the incredible feats they willingly perform for us, opening up a deeper connection and increasing our mutual trust.

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Are you a new resident of Nimbin or has someone new moved in next door perhaps?

## Welcome to Nimbin Kit

A Kit for new residents of Nimbin to help link them into our vibrant community, its history and opportunities and local survival tips & knowledge.

NOW AVAILABLE AT:

Nimbin Neighbourhood & Info Centre  
Nimbin Hills & Nimbin Lifestyle Real Estate Agents

The Welcome to Nimbin Kit is a project of the Nimbin Advisory Group (NAG). It was auspiced by Nimbin Neighbourhood and Information Centre (NNIC), in partnership with the Nimbin Community Centre and the Nimbin Chamber of Commerce. Funded by the partners and Lismore City Council, with contributions from Nimbin Hills Real Estate and Lifestyle Real Estate.

With thanks to the Nimbin Bush Theatre for its generous contribution towards the printing of the Kit.





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## Past Life Regression

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## Beyond the Rainbow

Back copies available at the Nimbin Visitors Centre

# The birth alphabet Q-R-S-T

## Doula Wisdom

by Kirrah Stewart

Now you can feel more knowledgeable about what questions to ask during birth, why rainbow babies are so special, how beneficial swaddling is and why the TENS machine is a great option for pain relief.

### Q is for questioning

There are a lot of decisions to make during pregnancy, birth and into postpartum. Knowing what your options are can help you make the choices that feel best for you. Sometimes a decision needs to be made and you may not have all the information yet. This is where having a framework can help you know WHAT to ask so you can feel well informed.

If you need to make a decision about your care... using the acronym BRAIN can really help you to extract the key information to help you decide what is best.

B – (Benefits)... What are the benefits? How is this helpful?

R – (Risks)... What are the risks? Are there any side effects to choosing this option?

A – (Alternatives)... Are there any alternatives? Can I try something else?

I – (Intuition)... What is my intuition telling me?

N – (Nothing)... What if I wait a bit longer to decide or do nothing?

### R is for rainbow baby

Unfortunately, not all pregnancies end in the birth of a healthy baby. There can be a lot of sadness and heaviness talking about miscarriage, stillbirth and the loss of an infant. Many people tend to shy away from sharing sad or trying times.

As a whole, we are not well versed in death and most people don't know what to say to someone that has experienced loss.



Swaddled baby

It is possible to have grief and joy co-exist. Many people go on to experience the birth of a healthy baby. The joy of finding out that a person is pregnant again after loss can feel overwhelming.

There is a beautiful term 'rainbow baby' that is given to babies born after previous losses. These new lives represent the beautiful rainbow after a dark storm. It can feel truly miraculous to bring a baby into the world after experiencing loss.

Find more support at: [www.stillbirthday.com](http://www.stillbirthday.com)

### S is for swaddling

Many babies sleep better if they are wrapped or 'swaddled'. Swaddling your baby can help them to feel cozy and secure, like they were in the womb.

It helps prevent the baby waking themselves up from the 'startle reflex' where they may flail their arms suddenly. Swaddling can feel very soothing and may help them feel calmer and cry less.

You can use a light-weight cotton or muslin wrap to swaddle your newborn. Make sure it is firm but not too tight. Your baby should be able to breathe normally and the swaddle needs to allow their chest to be able to rise and fall easily.

It's also best to allow your baby's legs

room to move so they can bend up and out and allow normal development of the hips.

Always put your baby to sleep on their back to help reduce the risk of sudden infant death syndrome (SIDS).

It's best to stop swaddling when your baby starts rolling over on their own.

### T is for TENS machine

A TENS machine is a great drug-free option to provide pain relief during labour. It stands for Transcutaneous Electrical Nerve Stimulation. It is a small, portable machine that is easy to use.

It works by sending pulses of electric current to the surface of the skin (usually on the lower back). These pulses are safe and feel like a buzzing or tingling sensation. They help stimulate endorphins, your own natural pain relief.

They also help block other pain signals so they can reduce the painful sensations of labour. They won't work for everybody but many people find the TENS machine to be super helpful for managing the sensations of labour.

Some of the benefits are:

- You can use it whenever you like, including at home;
- It is portable so you can stay active during labour;
- It has no risks or side-effects to you or your baby;
- It can be used in conjunction with other pain relief methods; and
- It can be a very effective form of pain relief.

You can hire or buy your own TENS machine to use during labour. It's best used early in labour to help build your own endorphins.

If you are planning on using a shower or bath, you'll need to remove the TENS unit first.

Download the natural birth checklist at: [www.doulawisdom.com](http://www.doulawisdom.com) or contact Kirrah on 0429-308-851, or email: [kirrah@doulawisdom.com](mailto:kirrah@doulawisdom.com)

# Recognising our projections

Over the past couple of months, I've been getting abusive phone calls from a stranger projecting a whole lot of stuff on me.

Turns out, other innocent people, and writers to this paper, have been getting similar calls from this person (identified by the common phone number). While the abuser isn't threatening violence, and thus, may not – yet – be charged with the misuse of telecommunications (use of a carriage service to harass or offend), it is nevertheless a bit unnerving. I've blocked the number, and advise others to do the same.

It's incidents like these that provide useful fodder for articles such as this one. The lack of truth to her ravings point to classic psychological projection, and this is an interesting subject.

What is projection and why do people engage in it?

Psychological projection is a defence mechanism used to unconsciously cope with difficult feelings or emotions, positive and negative.



by Dr Elizabeth McCardell

This coping mechanism arises essentially from a person's 'shadow side' (as Carl Jung described it).

It usually involves projecting undesirable feelings or emotions onto someone else, rather than admitting to and dealing with the unwanted feelings in oneself.

The rants against me were mostly about how I, the privileged one, never listens to the unprivileged. I couldn't get a word in edgewise in this bombardment of words; there was literally no room for me to speak at all.

Droll, eh, and ironic, since I wanted to invite her to come and speak with me directly.

This well describes,

however, how projection works. This woman can't listen to anything anyone else says, so she projected this incapacity onto me and I became, in her eyes, the one who cannot listen.

Psychological projection is common. As Jung says, "Everything that is unconscious in ourselves we discover in our neighbour, and we treat him accordingly."

Such psychic processes are well and truly obvious in everyday life (and politics!).

It is well to remember that projections, like all other defence mechanisms, are an attempt at self-soothing, although destined to failure, because they stir up too many unmanageable emotions, rather than quietening them down in the attacker.

Unprovoked attack rarely manifests anything but rejection and resistance in the one attacked. Dialogue is not possible.

It could be said that the psychological projection expressed by our caller was something of an almost

Herculean effort to haul back some control of her ailing and fragile sense of self.

Why else would a person repeatedly ring strangers to yell at them?

In psychological terms, ownership of one's projections is part of the healing of the whole self. Jung was very clear about this. His whole psychology was one that promoted individuation.

Our task is to recognise the subjective origin of our projections, withdraw them from the outside world and to integrate this element of our personal into conscious awareness.

To be clear, individuation is the transformative process whereby the personal and collective unconscious is brought into consciousness, and what belongs to oneself is recognised as separate from what belongs to others.

The business of psychological projection is actually quite useful, for it identifies the unowned areas in our lives, thus giving a signpost to what needs to be worked on within ourselves.



# Suicide – Killing the wrong one

“He’s going to jump!” A young woman called from my apartment building. “He’s going to jump!” a young woman called from my apartment building.

I looked at the other building and a man was sitting on the ledge more than ten stories up. As the woman rang the police, I made my way to the top floor and approached the man.

“Don’t try to stop me!” he admonished as he stood up to jump. I explained I wasn’t there to stop him, but simply wanted to talk to him as he seemed to have a lot of stress. He sat back down and we exchanged names.

Rob told me the story of how he’d been dumped by a partner and was seeking to extract revenge by jumping onto his ex-partner’s car several stories below and kill himself in the process.

The police arrived and approached Rob who stood back up and prepared to depart this world again. The police backed off.

I explained that I had developed some rapport with Rob and would be happy to talk to him, with their guidance, of course. Half an hour later I took his hand and the process of other options beside suicide became possible.

The phone rang and a woman’s



by Cameron Storey

voice slurred, “I’ve taken a whole bunch of pills.” It was my girlfriend’s voice and as I tried to pry out more details her words trailed off to silence.

I called an ambulance, called her family who lived locally, and headed to her flat. The ambulance came in time and mental health professionals took over my girlfriend’s care.

The subject of suicide first came to my mind after a relationship break-up in my teens. The end of our relationship came after a conversation about her incestuous relationship with her father. She was through and wanted to move interstate now.

I had this pain in my chest, was unable to eat and sleep and the pain

seemed to flow like an endless river for months and months.

About that same time, I started writing poetry as a way to deal with perplexing emotions, clarify thoughts and understand this mad world.

### Upon the razor’s edge

Transparent pressure closing in to suffocate vitality,  
Death in life, social plague, disgust in self morality,  
Black with void potential closing in like mist,  
Victim sealed vortically, stung by timeless kiss,  
With self destroyed, the final cry echoes all alone,  
Plunging from the razor’s edge, this world he would disown,  
Shiver astral psycho copy more dread than ere before,  
Ethereal helplessness the nightmare through this door,  
Needing someone, seeking love, a peaceful path to take,  
With no relief, still losing grip, help for pity’s sake,  
But wait a light increasing, awareness of the challenge,  
Awaken dormant spirit, retrieved from Tophet’s talons,  
For power of own destiny, the message is quite clear,  
The answers to life’s mysteries should be sought from here.



The work of Dr Raymond Moody explores what happens when a person dies via accounts of near-death experiences.

Most of the suicide cases that Moody interviewed told him how their pain didn’t abate after dying and that they had no chance to make life changes to improve their situations.

Soon after they were revived, they were glad to be able to get a second chance to change circumstances and themselves.

Moody’s work seemed to show that suicide wasn’t a quick fix it promised. (Ironically even Dr Moody later attempted suicide.)

As Eckhart Tolle has said, “Three failed relationships are more likely to force you into awakening than three years on a desert island.”

After two more relationship breakups with women where

marriage was highly probable, suicide became a daily thought. “I could kill myself today and then I’d think maybe tomorrow.” Eventually I thought I’m going to die anyway, fuck it I’ll wait.

The pain of relationship breakdown is one of the worse pains imaginable, but it can also be a catalyst for looking deeper inward, letting go of unrealistic expectations, even letting go of realistic expectations, and possibly detaching beyond the physical form and the world itself.

Detaching from the bodily form doesn’t mean killing the body. The physical body isn’t really the problem. It’s the mind that chose the relationship. It’s the mind that determines the behaviour, whether conscious or unconscious.

And it is the mind that can choose a different path, like to focus on the breath (Anapana concentration), or sensations arising and passing (Vipassana meditation).

Both these techniques lead to several levels of Samadhi (Concentration Bliss).

If we realise that the ego rather than the other person is the source of pain and even if the other person has some responsibility, only by surrendering trying to hold them accountable do we find peace again.

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## Natural Law

The wheels of the planet are turning rapidly, and we are entering a time of major positive change.

Many of us feel in a space of limbo, knowing some things are ending, but not quite sure what is beginning.

The space of unknown is a precious place, not to be hurried or scorned. It is a time to rest, to meditate and pray, to review and release, to ponder and dream. Cherish this time and allow the natural flow to occur.

In dadirri Aunty Miriam Rose Ungermerr says, “We don’t rush the river ... we wait for the rain to water the thirsty earth.” We too must wait and trust in the natural process of life.

Take an out breath my friends, let your body, mind and spirit be quiet and still.

These last months of 2019 are filled with potential to prepare the ground and even plant seeds for the magic that will be 2020. Stay acutely attuned to what naturally presents and emerges for you.

If you make time for practices that keep you balanced and aligned, this can be a strengthening and inspiring process for you.

Daily Affirmation for October: All is in divine and perfect order right now.

Enjoy these days my friends and thank you for reading Natural Law.

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- Qigong with Martha Wednesdays 9am (NEW!)
- Yogalates with Martha Wednesdays 10.30am (NEW!)



by Helene Collard

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

and Fridays, 9am & 11am  
• Reiki, Healing Heart Attunements & Rainbow Light Sessions with Helene – Everyday  
• Reiki Courses: Level 1 – 26-27 October

Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the founder of the Yemaya Centre for Reiki & Wellbeing in Lismore.

Helene currently practices and teaches Reiki in Lismore.

Helene is also employed as a facilitator with We Al-li, delivering their Culturally Informed Trauma Integrated Healing Approach (CITIHA) around Australia.

Helene’s approach to wellbeing is focused in personal growth.

For information, enquiries and bookings, visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) or phone 0405-656-797.

## Using the luo channels

People may be familiar with the twelve meridians consisting of eight, (four pairs), pertaining to organs and the two central ones, the conception vessel or ren mai on the midline on the front and the du mai or governing vessel corresponding at the back.

Less familiar are the secondary channels, the luo connecting vessels. You may have noticed in acupuncture treatments that points around the hands and feet are often used. This is because this is where qi is easy to influence.

Some of these points have special functions. One of the important ones are luo points that connect to the channel pair through luo connecting channels. These channels are secondary to the primary channels and are important to use to move qi in the deeper areas of the channels or in the area on the body where the two channels connect with each other.

They also have an interesting emotional function. Being away from the main channels they can store latent blood or even create new blood vessels. This can be useful when someone is feeling overwhelmed such as when there is a lot of change, or other major emotional events are happening. Draining off some of this excess emotional energy can allow time for a breather enabling us to process and learn from what is going on.

However sometimes these situations can keep going with too many changes happening too fast, as is frequently happening in our world right now. When



by Brigid Beckett

this happens the latent energy stagnates and causes pathology in the corresponding meridians..

Signs of this happening may be intractable pain, lumps, cysts or tumours, goitre, increased vascularisation such as spider veins, or varicose veins. Often there are lifestyle issues at play where the person has tried but been unable to change, or a psychoemotional component stopping treatments from working.

Emotionally, the pathology will pertain to which organs are affected. The lung, stomach, spleen and large intestine are involved in the earliest perceptions in a child’s development. The key word is survival. Adults with luo channel pathology in any of these have a basic fear of not having basic needs covered, such as essential needs of having somewhere to live and a livelihood.

The next development in

childhood is development of self awareness and finding some independence, as well as awareness of others and empathy. The channels involved are heart, small intestine, kidney and bladder. Pathology in these luos can cause feelings of betrayal, inability to deal with criticism, overcontrolling both in ones own life and toward others, impaired ability to interact with others and lack of self acceptance.

The third circuit organs are the pericardium, San jiao, gallbladder and liver. The emotional skills involve self preservation, development of coping mechanisms, social skills including relationship skills and having some intellectual control over emotions. If there is pathology in this luo there may be rigidity, difficulty in making choices, being overprotective, feelings of aloneness in the world and helplessness.

The aim of treating these pathologies using the luo acupuncture points is to enable necessary change by freeing up the energy to get out of old patterns and to see other options.

There are many ways to look at emotions in Chinese medicine, they are never seen as separate from the physical body. Treating luo points is definitely not the only way, or the most common way. But it can be very useful when the indications are present and in hard to change situations.

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560