

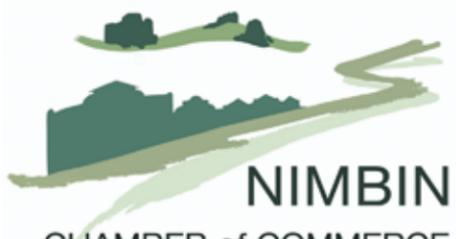
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by Evie Fairley

The sweet spring rains have gently replenished the ground beneath our feet, and as we move into November it is the ideal time for sowing seeds so that we may reap the bounty of the autumn harvest.

Deep within its seemingly simple structure lies the hidden complexities of a seed, stirring from its earthly sleep the great life force of nature exists within, as it pushes upwards toward the sun, the life of a plant has begun.

When we plant seeds we must nurture them much like our babies, giving them a warm blanket of soil, ample water, nourishment and love so that they grow to their full potential and can set seed for future survival.

We are liberated, if only in a small way, from the system that binds us when we grow our food and perhaps we lessen the burden of industrial agriculture ever so slightly when we create food gardens for ourselves and others. Also there is great importance to save seed for our future survival and to share seeds for a diverse range of

food.

This can be achieved by creating a garden rich in biodiversity, so that every creature you share your garden with is nourished with food, beauty and perfume. A beautiful garden is a feast for the senses and flowers and herbs rambling through your vegetables can give insects an alternative food source from your vegetable crops.

Companion planting is the wonderful observation and practice of the relationship between plants and how one benefits the other with their unique qualities.

Here are a few examples:

- Plant calendula, self heal and catmint with capsicum
- Snapdragons, sage, parsley and alyssum with spinach
- Sunflowers and beans with potatoes
- Chervil, lettuce, chicory, marjoram with tomatoes
- Leeks with carrots, sage, rosemary and chives

So for the month of November the Nimbin Organic Food Co-op is giving their members 20% off our entire

GreenPatch organic seed range of flowers, herbs and vegetables.

So get your fingers in the earth, share your seeds and happy gardening.

And for a seedy recipe, I've chosen the parsnip which I grew from seed and is now ready to harvest in my garden.

Baked parsnip

- 4 medium parsnips
- 2 tbsp olive oil
- 1 tsp dried rosemary
- 4 tbsp nutritional yeast
- 1/4 tsp salt
- 3/4 tsp smoked sweet paprika

Heat oven to 200°C. Line an oven tray with baking paper, peel, top and tail the parsnips and cut into similar size wedges for even baking.

Grind the rosemary in a mortar and pestle. Evenly coat the parsnips with olive oil, salt, sweet paprika, nutritional yeast and rosemary. Spread on baking tray, being careful not to overlap, and bake for 20-25 mins or until golden, turning them once halfway through baking.

Happy cooking.

Luosifen: the 'on-the-nose' noodle dish

by Thom Culpepper

A signature street food of Guangxi Zhuang, a South China autonomous region, that has 'stormed' the world, well some of it, it can't be, as yet, 'enjoyed' in Lismore. Be on the look-out, though, it's coming your way.

It seems that the e-commerce site, Taobao managed to flog 28+ million of the pre-packaged versions of this dish, netting over \$700 million in the first half of this year, making it one of the best selling, ready-to-serve foods during the Covid-19 crisis in China.

The makers exported 350,000 packets in the first half of 2020, 29 times that of last year's total. US markets downed a batch of 40,000 packets in three days! As of now there are more than 20 companies preparing and packing this material in China.

'Luosifen' restaurants are popping-up in droves, worldwide. Better watch out Maccas! Citizens of the Land-of-the-Long-White-Cloud (NZ) seem to be taking to it with (or without) relish as is reported, as do the Italians, British and Russians. Social media, no doubt.

Making Luosifen

A stock is prepared by boiling and simmering river snails and pork bone or trotters with fennel seed, liquorice root, ginger, dried orange peel, cloves, black peppers, star-anise, black cardamon and cassia bark for a couple



of hours.

Discard the snails, retain the pork, cook noodles adding pickled or fermented sour bamboo shoots, black shredded wood ear fungi, pickled vegetables, preserved cow-peas, fried peanuts.

Serve with fresh green vegetables, green peppers, fried tofu, bean curd skin, chill oil and white vinegar to taste.

It is at core a noodle dish, to which may also be added duck sausage, seafood or marinated eggs.

This is indeed a dish for all seasons. It may also be described as a true slow food. Search out a pre-packed kit, if you can.

Should you need to see images of this dish, they are out there by the loads. Wikipedia has a good item on this dish.

Note: Time to think about making some beautiful gifts for the festivities. One suggestion is a cloved and spiced citrus. The beautifully fragrant pomander. Kids can do this with ease.

Orris root powder (a must) can be obtained from the organic joint, South Lismore. All the rest of the spices are readily available. Most herb books or the net have the instructions. Keep well.

Brickbats to:
 thewholeearthveg@gardener.com

Plant of the month

Selected and photographed by Richard Burer,
Bush regenerator

An early wet will bring this glorious species into its own this November.

White five-petalled flowers are on show this month which will turn into thin-walled fruits later in summer.

Swamp box is a tree to 25m, and it's very common in the area. Often found in swamps, alluvial flats and woodland, this species is often the only tree found and still found throughout paddocks indicating old and current wetlands.

This is particularly noticeable in the Coraki, Lismore and Casino districts, where the tree often has indicators and



Swamp Box
Lophostemon suaveolens

markings showing the importance of this species and its location in rich wetlands as a cultural asset for the first peoples of Australia.

Attacking Cat's Claw

Weed Words

by Triny Roe

Spring is a great time for spotting weeds when they are in flower. If a sneaky cat's claw creeper, *Dolichandra unguis-cati*, aka *Macfadyena unguis-cati* has snuck in somewhere, its tubular, trumpet shaped, bright yellow flowers will signal its presence.

Originating from tropical America, cat's claw can pop up anywhere. Its papery winged seeds blow on the wind or are carried to new locations by flood waters, on vehicles or in soil and landscaping supplies.

Though it doesn't like poorly drained soils or frosts, cat's claw readily spreads and establishes along watercourses.

As always, a little attention early can save huge amounts of work later. On the list of 32 Weeds of National Significance and on the Global Invasive Species Database, this vigorous vine, if not controlled, will climb, smother and kill mature trees.

With an ability to transform previously healthy landscapes, it is found in Queensland and NSW. A familiar species throughout the Northern Rivers, some

local creeks are lined with this pest plant. Other creeks and areas have isolated occurrences.

Cat's claw creeper can also develop a thick carpet on the ground, even in shade, excluding and preventing germination of all other species, and overgrowing what is already there.

In older specimens, the multi stems can reach 15cm in diameter. The paired leaflets are opposite with a three-clawed tendril which enables it to climb 30 metres up tall trees. Underground tubers are difficult to dig out by hand as the branched roots can have several nuts at intervals extending deep down to a metre underground. Mechanical methods would create significant soil disturbance.

The long thin pods will be ripe in May next year, ready to release their seeds, so there is plenty of time to deal with new incursions before they spread further. If you see an isolated cat's claw creeper in flower, cut the stem and stop it setting seed. Prevent further spread in that locality.

Long-term treatment will require stem cutting or scraping and painting with herbicide, and consistent follow-up. The nuts are hardy



Cat's Claw covers a hillside

and difficult to discourage. Biological control is available in the form of leaf feeding insects. It is hoped they might reduce the vigour of the vines but it will be some years before any effects are shown.

Common names can lead to confusion and this rampant weed species is not the therapeutic herbal remedy cat's claw, *Uncaria tomentosa*, which is used to treat a variety of ailments. The long sinewy stems of cat's claw, *D. unguis-cati*, however, are useful for basket-making. So if you can't kill it, weave with it.

Weed management comes in many forms. Herbicides have their place, but also have a downside. Some species can develop resistance to chemicals. Damage to native plants can also occur with spray drift or inadvertent contact. Physical methods are sometimes preferred.

Camphor laurel, *Cinnamomum camphora*, can be ring-barked, though this is a long-term process and requires consistent follow-up for several years to remove suckers. While herbicides are quick-acting, ring-barking allows a more gentle transition for the ecosystem. As the camphor canopy begins to thin, native species present beneath, start shooting for the light.

Felling camphor trees and offsetting the costs by selling the timber is popular, though this will lead to serious suckering or coppicing. Auxin, a hormone found in plant tips, inhibits lateral growth, allowing the lead shoot to dominate. Pinching the top out of tomato plants causes them to branch, but removing a whole camphor tree will encourage it to send up a proliferation of side shoots from the stump.

Happy weeding.

Scones and community



by Linnet Pike

As this strange and unsettling year gasps towards a close, I find myself reflecting on this time period last year.

We were in an extreme drought, and many old-timers on the Northern Rivers did not remember seeing it so dry. Fire became a harsh reality for us in the Nimbin valley and surrounds with the Mount Nardi fire event.

For us, in the newly re-formed CWA Nimbin Branch, it was an unforgettable experience. At that time, we all felt powerless in the face of nature and wanted to support our fireys, and then the defenders, who stood up to protect our beloved heartland.

Thus, a huge community undertaking unfolded with many community-based organisations, local businesses and individuals coming together to provide food and assistance over several weeks to those who needed it.

Community is a wonderful thing. All over the world, it is collectivity that defines us, brings us together. And in the year since that hard November experience, I think our sense of connection in community, and a wider collectivity, has only grown.

Certainly, for CWA Nimbin, a strong bond with community was forged that has helped us continue working collectively throughout this deeply destabilising year of Covid uncertainties.

Community connection is what motivates the CWA. Your support in voting for us to win an Essential Energy Community Choices grant has enabled us to work towards having our semi-commercial kitchen installed.

Our stall at the Farmers' Market has allowed us to not only pay our rent on our room at the Community Centre, but is also contributing to us fitting out our kitchen. Our monthly Community Market Stall also raises funds to go back into the community.

Our branch is fortunate to have representation from a wide cross-section of our community, the common factor being a passion for where we live and a desire to be engaged with the wider community for the benefit of all.

Whether it was hosting a book launch and facilitating a symposium on local environmental writer Linda Woodrow's new novel at the Bush Factory, or leading a Covid-safe action in Cullen Street for the September Climate Strike National Day of Action, our branch engaged with community and formed links with others.

Our collaboration with the Community School on Resilience Awards to students at Nimbin Central School is pleasing. We recognise that it is resilience that is truly the ineffable essence that allows communities and individuals to flourish and survive.

In November, we will be attending Remembrance Day and NAIDOC week. These highly symbolic events highlight the ability for communities to survive. For all of us in community, resilience is possibly the quality we most need to cultivate.

PLEASE LOOK BEFORE YOU LOG

by Dailan Pugh

NEFA spokesperson

The North East Forest Alliance is demanding that the NSW Government reconsider their refusal to undertake pre-logging surveys for Koalas and other threatened species in burnt forests before logging, in light of more damning expert assessments and advice from the Environmental Defenders Office (EDO) that this contravenes their legal obligations.

With its gutting of protection for core koala habitat on private lands and refusal to survey for surviving koalas ahead of logging in burnt forests on public land, the NSW Government is hell-bent on doubling the extinction rate of koalas, not doubling their populations.

Koalas were decimated in the 2019/20 wildfires, with over 70% of koalas lost from the firegrounds. Before the fires koalas were already losing their homes to logging and clearing.

The government is happy to throw millions of dollars on hospitals for the surviving casualties of their war on koalas, but refuse to take the urgent action needed to protect the homes of the survivors.

Since the fires NEFA have been vainly trying to convince the NSW Government to



NEFA members preparing for a koala scat search in Myrtle State Forest, 43 koala trees were identified.

look for surviving koalas in burnt public forests and protect their refuges from logging, though even engaging the help of the EDO and expert evidence of dire consequences has been in vain.

On behalf of NEFA, the Environmental Defenders Office (EDO) have written to the NSW Environment Protection Authority (EPA) attaching reports from three experts detailing the EPA's failure to take a precautionary approach when issuing approvals to log burnt forests in contravention of the principles of ecologically sustainable forestry management.

The experts, doctors Steve Phillips, Robert Kooyman and Arthur White, reviewed the information before the EPA at the time they issued their approval to log 5,000 hectares of Myrtle,

Bungawalbin and Doubleduke State Forests (south of Casino) and found it was not sufficient to enable the EPA to form a view about the potential impacts of logging.

Dr Phillips is adamant that as an "absolute minimum" there should have been a survey to identify "the post-fire occupancy level by koalas".

The experts confirmed the opinion of Dr Andrew Smith, who was engaged by the EPA, that current logging contravenes the principles of ecologically sustainable forest management, and that logging of fire refugia could be catastrophic for species such as the koala, greater glider and yellow-bellied glider.

Despite the expert evidence and the EDO's letter, the EPA have refused to undertake surveys for koalas or require the Forestry Corporation to, using the

excuse that pre-logging surveys are not required by the logging rules.

Our appeals to the Forestry Corporation and the environment minister, Matt Kean, has been similarly refused.

NEFA have identified crucial refuges where koalas have survived the fires in Bungawalbin and Myrtle State Forests, but the government refuses to protect these areas or to undertake the comprehensive surveys needed to identify and protect other patches of forest where koalas have survived the fires.

Given the widespread loss of koalas and other wildlife in the 2019/20 fires, it is reprehensible that the NSW Government refuses expert advice to look before they log despite the potentially catastrophic consequences for koalas and other wildlife.



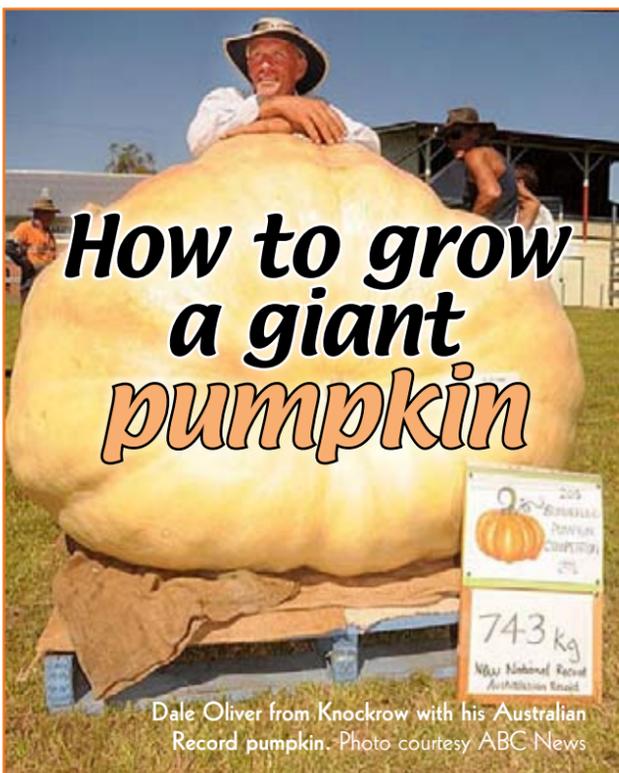
Bunnings protest

by Omega Breakspear

Forest activists rallied outside Lismore's Bunnings to highlight illegal logging of the remnant habitat of koala species and other threatened native species. Using theatre and costumes, they got a largely positive response on the Sunday morning of 1st November.

Bunnings in NSW still sells native timber harvested from koala habitat by the NSW Forestry Corporation. Forestry Corp is currently facing huge fines in the Land and Environment Court for alleged breaches of its licence in Wild Cattle Creek State Forest.

Bunnings in Victoria has withdrawn from selling native timber products from VicForests after they breached timber harvesting laws. Activists want Bunnings NSW to follow their Victorian counterparts.



How to grow a giant pumpkin

Dale Oliver from Knockrow with his Australian Record pumpkin. Photo courtesy ABC News

by Helen Goebel

Your seeds have germinated and are throwing out laterals, now is the time for you to decide which is the strongest and most vigorous one, as it will get more nutrition.

It should be at least 3m-5m from the base of the plant. It will be able to draw in nutrition from the side runners, but prune the excess ones so that the plant will send all its nutrition to the lateral you have selected.

You would be advised to try to select a lateral that is not growing in a westerly direction so it is not exposed to the heat of the afternoon sun; it also reduces the risk of your fruit scorching and the vine leaves burning.

If your plant is exposed to the hot sun, take time to erect a shelter over it. It must be at least a metre off the plant to allow for air circulation.

You will notice that the lateral will send out shoots, leave these, but when these laterals start to send out laterals, prune them off as they will rob your plant of nutrition.

Over the next few weeks your plant will require good nutrition and plenty of water. When the first flowers appear, you must be very careful in selecting the ones – two or three maximum – that will give you the best chance of growing the giant that you want.

You may have to fertilise the selected flowers if there are no bees around. A small paint brush will assist you in removing the pollen and placing it where needed.

Continue with your nutrition and watering regime, and by December you should have a good idea which fruit will give you the best return for your efforts. Good luck and may the weather gods be kind.

Remember to talk to your plant; let's call it Trumpie, may it trump all others and be the triumphant winner.

The Kyogle Tidy Towns Farmers Market Summerland Giant Pumpkin and Watermelon Festival will be held on Saturday 9th January, 2021.

Co-existence

by Donna Connolly

In honour of World Animal Day (4th November), I would like to dedicate this month's article to the co-existence with all life on our planet, including all creatures, great and small.

Every animal has their purpose and place on earth. Each soul and species play a vital part in our planet's eco-systems.

Although we are all unique individuals, we are all very much interconnected. Our thoughts, words and actions all have an impact via energy, frequency and vibration.

By our presence alone, we have inadvertently upset habitat and multi generational living space for a myriad of animals, including our dwellings, roads and industrial infrastructure. We are the species causing the most damage. However, the good news is, we are also the solution.

Now is the time to think of ways to address the imbalances and start making more conscious choices.

A good starting point would be to re-create harmony in our daily lives, within our homes and environments. Finding eco-friendly solutions, as the chemical impact is being felt globally.

While fostering a deeper understanding of the delicate balance and need for all of us to live together with an emphasis on coexistence.

I am the first to admit I am a work in progress, and I am far from perfect! However, I do try to make better choices, when I know better I can do better.

Here are some ideas you may like to explore:

- Plant native trees and shrubs, it encourages the wildlife. The more



plants, the more carbon they draw down from the atmosphere;

- Create bee hotels and frog habitats;
- Get rid of lawn, grow a flourishing food source for you, the birds and the bees;
- Stop feeding the wildlife, it causes so many issues. They become reliant on you as a food source, it isn't what they naturally eat and can cause birth defects;
- If you live or visit places that have snakes, project your energy, be loud. Let them know you are there;
- If you have an "ant" problem, they won't cross talcum powder or cornflour. Put honey on your fingertips and tap it on the outside of your house, they will be redirected;
- Place water outside in the heat of summer, with little pontoons for the insects;
- If you have a pool, use a kickboard or pool noodle as a "lily pad" to stop animals from drowning;
- Silverfish and weavils in your cupboard? Fresh bayleaves will keep

them away;

- To deter flies and mosquitos, plant lavender, basil, mint and rosemary near your front door and windows. Diluted peppermint or clove oil on your door and window frames works a treat as well;
- Think about how you commune in nature, dirt bikes and jet skis are really unsettling for our land, sea and air creatures. How about horse riding, taking your dog for a walk or kayaking as an alternative?
- Recycle as much as you can;
- Reuse and repurpose, think outside the box;
- Limit your use of plastic as much as possible;
- When you throw something away, be conscious that it may end up in landfill or the ocean;
- If you are out and about and see rubbish, pick it up (no need for a Facebook post, just do it because it's the right thing to do!);
- Most of all, make some time every day to "be" with nature; be thankful to all the animals for their beautiful energy, wisdom and sounds. If you're lucky, the creatures themselves may be willing to share some ideas with you.

It is so important that we make mindful choices for the conservation of Mother Earth and when we consume, we do so with consciousness. We really are all in this together.

Walk gently, only leave footprints, and don't be afraid to leave your world better than you found it.

Dora's last word:

"Humans tend to want more than they need. We only take up the space we exist in. We are custodians of our space. We only 'own' ourselves. We live within the circle and cycles of life, we are guided by our knowing. Not by our desires. Having less allows room for more life experiences."

Undo corporate and monetary shackles

by Hayo van der Woude

This is the recession we had to have, to trigger the essential community debate we, and the world, has never had.

Many agree that corporate capitalism totally dominates governments, while democracy is merely a noble, unattained aspiration.

So essentially, the question is how do we turn the tables, and get what we want? The first part might be to work out what we want.

Surely we can only commence on that journey with a genuine desire, and the belief that all-inclusive solutions are possible. And why not, since it's never been seriously contemplated?

Second, how can we have that all-inclusive respectful conversation? It must be nonpartisan, multigenerational, nurturing of all viewpoints, countrywide, and easily obtained in printed form, if desired.

That eliminates commercial mass media as platforms, since they are all partisan, and their ties to corporations are opaque and profit dependent.

Further, it's wise to avoid formal participation of established institutions, since they have various partisan biases, and are subject to government and corporate influence through funding arrangements.

Beware that private contributors from such bodies are welcome, but may be manipulated, or fear personal repercussions.

It's time for the younger generation to invent the ideal forum.

Limited debates have long been simmering in a few independent platforms, such as NGT. Here Aiden Ricketts' gem (NGT Oct page 4) exposes corporate threats to human survival.

Let's expand on his characterisation of corporations. The defective artificial intelligence that is 'corporate' consists of mathematical formulas for maximising the 'bottom line'. This is entirely consistent with corporate inability to operate ethically and transparently.

Our challenge is to abolish, or redesign corporations, to achieve the 'top line' for the greater good.

Misleading metaphors and ideology imply a wondrous competitive system where natural laws such as survival of the fittest will produce the best results for us humans. But this artificial species is cannibalistic, and weaponised with massive finance.

They devour humans (the fittest escape) and each other, growing into giant monopolies. They pit human against human, by depriving them of adequate means of support, in mistaken calculations of how to maximise the bottom line.

There are good people within business who are sensitive to ethical issues like environment and slavery. But the internal rate of reform is too slow.

Individuals, from the chairman down, who stray a little too far from the norm, are chewed up and spat out!

Let's abandon the misuse of Darwin's name, the fake belief that individuals must battle each other for survival. Compassion and generosity were

designed into our species, as illustrated in tribal societies.

It was an evolutionary misstep that took us down the road to corporate capitalism, in response to individual needs and 'greeds', in larger de-tribalised societies.

Business high-flyers are primed for profiteering, not to question the ethics of the system. They only become familiar with broader issues out of necessity, if the collateral damage they cause gets media coverage. Then legality and ethical appearance become the issue, but only if it threatens the bottom line.

The unethical foundations of the money system, and corporate laws and regulations, are the drivers for their potentially cancerous growth on the surface of the planet.

The most obvious way to solve the monetary problem is with absolute zero % interest rates (AbZerO%Int).

Second, we, the people, need to seize democratic control, and change the corporate and banking laws. The most powerful corporations are banks. What possesses humanity, to have its banks and reserve banks privately owned and controlled?

The corporate entity is inferior to a human being. Rather than to attempt to reform it with a partial lobotomy and a heart implant, why not reconstruct it from scratch?

When the scourge of desperation to make monthly repayments is eliminated, the way is cleared to create business organisations with a heart, greater than the combined hearts of their employees.

What does connection look like?

by Suzy Maloney

The following is a question I was asked that really got me thinking: I am wondering if I truly understand the term 'connection' with my horse? As opposed to me asking him what I want him to do and then demanding it when he does not do it, what does connection look like?

Connection definitely looks different to the above. First and foremost, it is a feeling. When you are connected with your horse it is the same for both of you, not just one, and there is no other feeling like it. It is the foundation from which all else comes.

Without connection you will need to demand things from your horse, against their will. This is the master slave relationship. Connection is when the horse and their human co-exist in the same personal space bubble, with their energies completely at ease with each other. The horse trusts you, and you trust the horse. There is no fear or forcing for either party. It is harmony.

The best way to develop connection with a horse is to spend quality time with them without an agenda. I spend a lot of time just being with horses and doing nothing. If you spend time with your horse



Flick and Soray

with no agenda, it changes everything. They start relaxing around you, then they seek you.

Many people never do this. Imagine you had a friend and every time you saw them, they wanted you to do a job for them. After a while you would get tired of visiting them. But if sometimes when you visited you relaxed together with a few drinks, chatting, and sharing how you are feeling, then on those times when they did ask you to do a job for them you would be more than willing to help your friend. It is the same for horses.

When I approach a horse, I empty my mind of all knowledge. I do not allow myself to be the expert, I trust and follow my intuition.

In this way I am 100% open to communication from the horse. When someone listens to a horse, it changes everything for them. They will give you their heart and soul.

It is all about a partnership, about treating the horse with the same level of respect that you would give to another human. I never do anything, no training, no riding, without first connecting with the horse. From a state of connection, I can then lightly ask the horse and they can lightly respond. At times training is not even necessary once the connection is there.

When I am doing ground exercises or riding, I try to not let it become work. If the horse is not enjoying what we are doing, I stop and see

if an idea for a change pops into my head – it usually does. I tune in to how the horse feels, and if they do not feel right, I do not continue. They have off days just like us. I listen to this. Then on the days when they do feel good, they will give me everything.

It is never too late to change how we are with horses. They change when we change. They let go of everything we did in the past, forgive us all our mistakes, and embrace this new kind path we walk with them effortlessly. Their ability to let go is amazing. Horses who have had rough treatment may take longer to be able to trust. But they too can let go of past negative experiences if we have patience and respect in all we do with them.

To be with your horse in this way requires acceptance. Acceptance of how things are right now in the moment. To let go of your agenda and plans if they are not right on that day. To see your horse for who they really are, with all their beauty, strengths and weaknesses. And to be there for them as a friend.

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Developing play time for horses

by Les Rees

A good friend of mine was being a little sarcastic when I shared a photo of a horse playing with a ball on Facebook. He asked if it was normal for horses to play with balls.

He's not a horseman and his remarks were meant as a tease rather than a rebuke. However, it got me thinking about the reasons I play with my horses and its role in gaining a deeper connection with them.

Horses are very much aware of their surroundings and quickly pick up on any changes in their immediate environment. This makes it easy to take advantage of their interests to introduce them to a little play experimentation. I like to place items around a paddock or in an arena using buckets, balls, flags, tarps, and occasionally create treasure hunts using carrots etc.

The important point is that they are free to roam around, enabling them to make their own decisions about what interests them. The idea is to introduce them into familiar surroundings to create interest, investigation and play.

Initially they're reticent



and observe from a distance but after a while they begin to investigate, familiarising themselves to sight, sound and smell, eventually building up the confidence to touch and play.

I believe that it's important that they make their own choices before I go and join in the game with them. A lot of people miss that part, choosing to use ropes attached to the horse's halter and forcing them to get close to moving flags and tarps.

Personally I believe that this does more damage than good because it creates a traumatic experience for the horse, which is not the best way to gain trust and connection.

I create narrow areas for them to walk through using straw bales, and throw a few carrot pieces on the ground

to encourage them to walk through. This will help when the time comes to teach loading onto a float.

I also put poles on the ground for them to pick a path through because it helps develop proprioception, the awareness of position and movement of the body in space.

Another way is to discover things that attract their interest is when you're out riding. Just have the patience to allow them time to investigate them without using force. I'm never too proud to get off my horse if something is frightening it.

I walk over and touch the offending object so that the horse sees that it isn't dangerous, then offer my hand for the horse to smell it, which creates trust.

When we lived in

Tasmania, I loved going on bush rides and letting my horses choose the routes on the tracks of the Tangara trail.

The interesting thing is that they would often walk a little way down a track, then turn around and go back to investigate something that caught their attention.

They would also stay out for a lot longer than I would have done if I had chosen to be in charge of the ride. I find that it develops a deeper connection because they are active participants in the games.

I also like to walk with my horses especially when they're young. You can learn a lot from each other which is a valuable time to create that special bond.

I firmly believe that we should value our horses' unique personalities. If we want to gain that special bond with them, we need to learn the art of patience and respect them for the sentient beings they are.

The benefit of play goes a long way to creating a two-way connection and much happier relationships with horses that are agreeable to work with.

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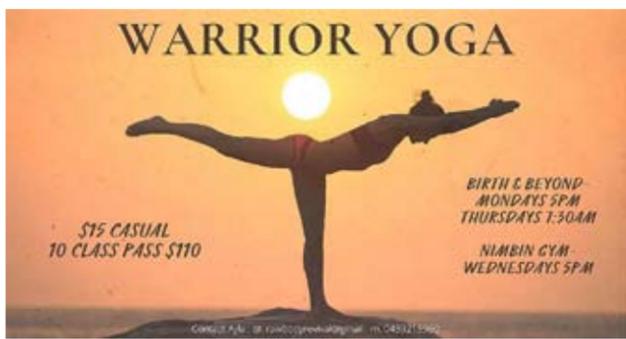
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Smoking and clinical hypnotherapy

People come to me for clinical hypnotherapy and counselling in order to give up smoking and other issues (pain management, sleep issues, speech disorders, eating problems, confidence issues, etc.).

Today I want only to talk about smoking and the efficacy of hypnotherapy in the treatment of that.

What many people do not realise is that hypnosis cannot make you do anything against your will. If you have no actual intention of giving up smoking, the hypnosis won't be effective. Hypnosis isn't magic. It is only an altered state of consciousness where you are in a trance state, much like the state you enter when you are absorbed into something, like reading, or running, or swimming, or watching a movie.

The hypnotherapist is talking to your unconscious and giving you information about smoking that you already know: that it tastes horrible, it's expensive and is terrible for your health, and that you don't need to do it. If you really don't want to smoke, giving up is well within your capacity. Hypnosis, in this case, acts as a trigger to change. No-one is

compelled to smoke; it is up to a point a choice, even though you may feel it is an addiction to nicotine or something to occupy your hands.

I've known people who had smoked for 50 years and gave it away overnight. One man who told me about his own experience in this, also said that he cried and cried during that night, for his smoking had concealed a profound anxiety and depression. And this brings me to a fundamental point. Those who smoke heavily generally do so to deal with emotional and often relational issues that the smoking habit attempts to cover up.

At this level, the problem is semi-conscious, that is, it is not something deliberately done, but comes about as a kind of self medication. I've been noticing this repeatedly ever since I first trained in this field and then began offering clinical hypnotherapy all those years ago, which is why I now want to emphasise that if you really want hypnotherapy to be successful, you need not only to actually want a given outcome, but to shake off the idea that hypnosis can deal with the problem without your emotional and intentional input, and also I suggest that you commit to



by Dr Elizabeth McCardell

several sessions of counselling as well as hypnotherapy.

During counselling you will be heard by someone interested in you. Connecting to someone (me) about matters that are really important to you are the best ingredients for essential interior change. Hypnosis can beautifully set the landscape up for effective communication. It is relaxing and it feels very good and, with the suggestions presented to you under hypnosis, you have the settings for the beginning of enduring change. This is not a quick fix, and it has substance.

I knew a hypnotherapist who had clients who gave up smoking for a year and then resumed this horrible practice. To my mind that's

not good enough, and this is why I continue working for something far more effective.

Of magic and such, some people expect change without their intention for change, as though with a wave of a wand and sparkles in the air, essential change can happen – whatever your mindset. Such an approach doesn't work on stage, and it certainly doesn't work in the clinical setting either. Hypnosis isn't magic and change usually cannot be achieved in a small number of sessions. Anyone who claims otherwise is delusional. You really will have to commit to several sessions and, with me, do the actual work to shift your relationship with nicotine.

Of smoking as an addiction. All the study, conversations and research I've done into addiction says the same thing: "The opposite of addiction isn't sobriety, it's connection" – Johann Hari. When we start connecting through meaningful communication, we start to heal.

This is why I'm urging potential clients who want to be free of smoking, or anything else, to consider coming to see me and get down to the real work and not just a seek magical removal of symptoms.

A new chapter

Doula Wisdom

by Kirrah Stewart

This month marks 13 years since I attended my first birth!

Even though it feels like a lifetime ago, I so clearly remember the details of the labour. It was mind-blowing. I knew a baby was going to be born, but it was impossible to imagine. Childbirth is an 'everyday miracle' but it still took my breath away when she actually entered the world.

I lived my life on-call for 12 years, attending births at all hours of the day and night. I have full respect for people who can live their life on-call. The unknown of birth is exciting but can be such a juggle at times!

After the birth of my youngest nephew a year ago, I decided to take a break from on-call life. I want to be the best aunty possible, and this means regular visits to Bellingen.

These days I'm focussing on pregnancy and postpartum care, calling on my complementary medicine degree and offering support like massage, herbal medicine and nutrition from my studio in Nimbin and at the Lismore Birth House.

Some of you probably know that I'm also studying lactation counselling. This is to complement the postpartum support I give

and to help mamas in the Northern Rivers access the right support. Because the right support makes all the difference!

One of the subjects I'm currently studying is communication skills. This is such an important topic. I've enjoyed some of the lessons so far and thought I'd share a few of the ideas with you.

In a talk by Celeste Headlee, '10 ways to have a better conversation', she discusses how to improve interactions so you feel understood and inspired and can enjoy better conversations.

She talks about why it's super-important to be interested in other people. I love the advice to: "Go out, talk to people, listen to people and most importantly, be prepared to be amazed."

This opens up possibilities to find interest in other people and the opportunity to learn something new, because as Celeste says, "Everybody is an expert in something."

It was highlighted that we really have to listen to one another in a conversation. She quotes Stephen Covey as saying, "Most of us don't listen with the intent to understand, we listen with the intent to reply."

This really struck a chord and helped me realise how I can be a better listener and start immediately improving the conversations I'm having.



Kirrah and Juna

Here are 10 ways to improve conversations, by Celeste Headlee:

1. Don't Multitask: Be present and in the moment;
2. Don't pontificate: Assume that you have something to learn from every conversation;
3. Use open-ended questions: Start your question with "who, what, when, where, why or how";
4. Go with the flow: Let stories come and go (don't take over the conversation by sharing your story of a similar thing that happened to you or someone you know);
5. If you don't know, say that you don't know: Err on the side of caution;
6. Don't equate your experience with theirs: It's never the same, all experiences are individual. It's not about you;
7. Try not to repeat yourself,

- it's boring;
8. Stay out of the weeds: names/dates/details;
9. Listen: Number one most important skill – pay attention to the speaker;
10. Be brief.

Communication skills are something that we can all be developing and improving. What point resonated with you the most? Look for opportunities to practice deep listening and feel inspired by the conversations you're having.

Always be open to learning.

Kirrah offers pregnancy and postpartum massage from her studio in Nimbin and at the Lismore Birth House. Visit: www.doulawisdom.com for more information, or text 0429-308-851.

Make sure you have also received the free natural birth checklist so you can feel more calm and confident about birth.

The way of the warrior

by Ayla Adriana

The warrior has courage, strength, discipline, patience and is compelled by love.

Through awareness, she uses these qualities to bring her into greater alignment and integrity with her true self.

She learns that becoming a warrior is not only about facing "what's out there" but more importantly what's going on inside – with every breath growing the courage to face her own internal ignorance and suffering.

Through self-discipline she becomes vigilant to her impulses and emotions, relentlessly seeking out false beliefs and ego delusions.

She begins to view life's hurdles as evolutionary opportunities, and banishes her fear of following them through to their conclusion.

She is a warrior of light. A peaceful warrior, with an armour of love and compassion for herself and others.

Her heart is open, her body is strong and



her mind is clear.

She pays reverence to her whole being though the art of yoga.

Ayla practises Warrior Yoga in Nimbin at Birth & Beyond on Mondays at 5pm and Thursday at 7.30pm, and at Nimbin Gym on Wednesdays at 5pm. She can be contacted on 0439-215-960 or email: rawbodyrevival@gmail.com

God is a mathematician



In the moment

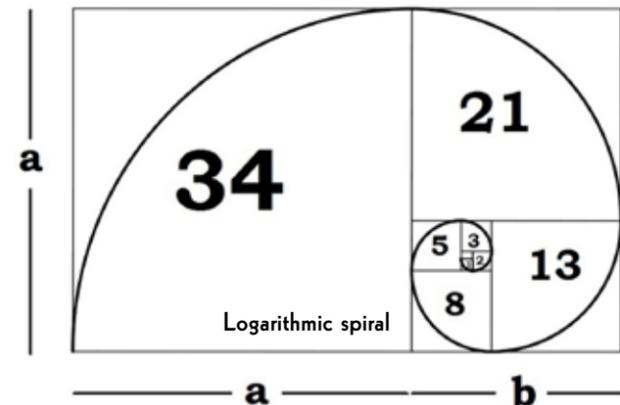
by Dr Jacqueline Boustany

At a time of such confusion and division how do we keep sane?

I have faith in human nature and the bigger picture of our existence, because I see the patterns everywhere. "Science is essentially a product of man's discovery that the universe is written in mathematical code." – Darryl Reanny. The hidden structure of the universe has a harmonic configuration that reveals the predictable nature of reality and our experience in it.

Sacred Geometry is the ancient science that explores and explains the energy patterns that create and unify all things and reveals the precise way the energy of creation organises itself. "The Golden Mean, the Magic ratio, the Fibonacci sequence and Phi can be found repeatedly throughout the universe, from spirals of galaxies to the spiral of a Nautilus shell, from the harmony of music to the beauty of art. A botanist will find it in the growth patterns of flowers and plants." – Galactic Seed, 2012

Many ancient civilisations had their version of how the universe was organised based on their observation and experience of nature. The Fibonacci sequence of progressive additional number logarithms was taught in ancient Egypt as a pathway to the cosmic source. Sacred geometry founded the



basis of understanding the universe by philosophers such as Plato, Pythagoras and Da Vinci in exploration of these vital ratios and the creation of the 'flower of life' patterns that is said to be the blueprint of interference patterns that create the universe and everything in it, including us.

"Logarithmic spirals are key features of numerous evolutionary processes" – *Cosmic Hologram*, p128, including embryonic development where we see the morphogenic fields described by Harold Burr and Rupert Sheldrake that shape our anatomy, and forces such as imploding, drain like gravity. Even time is a closed self-consistent loop that folds back on itself (Stephen Hawking). It is said our own consciousness evolves in repeated cycles until a new thought can emerge from the bifurcation of repeat forms into more complex states.

The more environmental pressure threatening survival, the more likely this will happen as the system is rigged to adapt. Hence within chaos there is structure and direction and we cannot help but learn from our past. With the repeated patterns of collective memory, we are all learning from many past generations of information and I feel this is the first time in recorded history that we see the dynamics of dualism like male and female or black and white, potentially coming back in to balance. Like

the yin/yang symbol, each contains an essence of each other.

Understanding this allows us to see the good in the bad and vice versa, thereby reaching a point of equanimity or non-judgmental observation of self and life around us. Sitting at this tipping point is the singularity between duality and the sensation of oneness with all things.

I see GOD as Great Organised Design amongst a living self-aware field of potential that connects all beings. "When a certain number of individuals of a particular species learn something, it seems to positively affect the learning of all other individuals of that species." – Valerie Hunt.

In physics, "Individual probabilities accrue to form collective determinism." – Jude Currivan, so our personal decisions affect the greater experience, just as repeated patterns from the past affect our present.

Is it time to evolve and determine the direction of our future by learning from our past? What did we gather from these experiences that we can share with others? Human consciousness seems to still be traversing a precarious path, but maybe we just need more time to self-reflect and observe our own patterns.

Under the pressure we are under, I think evolution is guaranteed.

The dilemma of the Green Queen

During the days when I was ten foot tall and bullet proof and life without a party was a dismal affair, much to my embarrassment and the fear of exclusion from the group, recreational drugs, rather than lifting me up, did me in.

Whereas others would be dancing like Fontaine, spouting words of great imagination, or gazing at each other with eyes filled with love, I would be viewing the monsters under the chairs with horror, blowing a continuous runny nose and hoping it would all stop soon.

Added to this, a toke on a joint or nibble on a cannabis cookie usually gifted me a state of depression next day.

So these days a party means: what do I wear? What do I cook to show I still can? And "thank you, a glass of red would be lovely."

One might understand from the above explanation that my views on using the Green Queen for medicine have been debateable; until recently.

Seven months ago my groin received a most painful injury. A CT scan showed nothing and an x-ray of the hip gave reassurance that I am still pivoting along nicely. Personally I thought I had torn a muscle, but proving the theory meant an MRI and apart from the expense, after a scan and x-ray within six weeks, I was already glowing in the dark.

Six weeks ago I was given an ointment which contains Andiroba oil and



by Tonia Haynes

DMSO (both have anti-inflammatory and other benefits), plus CBD.

It is worth mentioning that CBD or cannabidiol does not have even a sniff of the queen's glass slipper, it is made from the outer skirt, so there is no threat of the illusion that one has suddenly become royalty.

Instructed to rub it on four times a day and not having had much sleep for six months, I was desperate enough for once to do as I was told.

Within a week the leg was 50% better and joy of joy, I was finally able to turn over in bed without yelping. And as I write this, the leg is 90% better.

Two weeks ago, another friend insisted that I take their CBD oil twice a day to assist the healing process.

Four days in, I awoke for the first time in four years without a gut feeling of anxiety, which I had finally decided must be an unwelcome gift of seniority.

Muscles and connective

tissue are my specialty, not naturopathy, but I am now convinced that Cannabis, used in a manner which suits the individual, is a medicine that can make an enormous difference to the well-being of many.

This is not to say that attending the Queen's ball under the age of eighteen without the supervision of someone of knowledge is a good idea. Cannabis, similar to all medical herbs, has a strong effect on the cells of the body and the brain cells are not fully developed in the young until around about age 22.

The dilemma of the Green Queen is just that, a dilemma. If the pharmaceutical companies run with it and give it the research it deserves, are we going to end up once again with a chemical that is controlled by the few? Similar to the herb Valerian that was turned into the potentially dangerous Valium.

I don't think the Queen would like that. She is very fond of her green skirt and glass slippers.

If you have a shoulder, neck, back or limb pain, or need an emotional lift, a visit to my cabin nine kilometres out of Nimbin might be the answer you are looking for.

A mix of Bowen therapy, remedial massage, spinal realignment and pranic healing can also make a huge difference to your well-being. For an appointment, phone: 0439-794-420.

It takes but a tiny torch to light up a dark space.



by Helene Collard

The spirit in me, sees the spirit in you. There is a deep grief that is being felt on the planet right now. If you have felt an outpouring of emotional pain coming through you, or around you, let it flow.

This emptying of feelings, associated with the stories we carry in our bones, is paving the way for brave new dialogue. When we feel culturally safe, stories are found, told, felt and moved through. As a result, we stand stronger in our cultural and spiritual identity (Aunty Judy Atkinson).

This healing process is happening with the

Natural Law

collective story. What happens when as a collective – as a humanity, we find and tell the story that unites us together culturally and spiritually?

Look out for refreshing dialogue and innovative perspectives, that offer new angles to old narratives. These can have the effect of uniting hearts in a way that will benefit all people, and all life.

There is a caveat to this however – everyone will be asked to let go of a part of their narrative. Everyone. Individuality and emotional fusion are what keep us separated. When we sit too strongly in our individuality, we don't listen deeply to others – we fear our narrative being moved or challenged.

Similarly, when we are emotionally fused, we entangle with others and become co-dependent. This too causes division and separation.

We are all self-governing. Let us call upon our ancestors, elders and teachers – past and present – to guide us in the way of the heart.

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- Deep yoga immersion with Robyn – Saturday 14th November, 10am-1pm. Visit: humaneyoga.com for bookings and more info.

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