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DOLPHIN FUNERALS

Food matters

by Neil Amor

The gentle warmth of ginger is perfect for a winter night.

Pretty much every culture that used ginger recognised it for its warming properties.

In ancient Greek, traditional Chinese, and Ayurvedic medicine, ginger is regarded as a spice to ease respiratory ailments and improve digestion. Even today, ginger is used as a natural remedy to reduce nausea.

In ancient Greece, it was said that ginger flowers grew where Demeter's tears had fallen after Persephone's abduction.

In China, ginger was associated with the Monkey King Sun Wukong. He is a fiery-tempered trickster figure who first appeared in the novel *Journey to the West* published during the 16th century.

According to Hindu folklore, the first ginger plant arose when Lakshmi tossed a piece of ginger into the ocean.

Little is known about how ginger first came to be cultivated. Historians think that the plant did not exist naturally in its current form but was bred by humans.

The ginger plant has been known in Chinese culture for over 3000 years. Dried ginger roots found their way from China and India to the Middle East, and eventually to Europe.

Around 2000 years ago, ginger roots were rarer than



The ginger plant

Illustration courtesy
Koehler Images

diamonds in the Roman Empire, and few could afford to buy even a single stem. Ginger was especially prized for its healing properties, which made it a valuable commodity.

It was reputed to be a miracle cure for all sorts of ills and ailments. It was a painkiller, a relaxant, a breath-freshener, a decongestant and an antiseptic. And as if that wasn't enough, it was also a remedy for flu, colds, catarrh, fatigue, headaches, migraine, nausea, fever, bowel problems, diarrhoea, menstrual pain and

even impotence.

It's said that the most powerful ginger roots are those that are shaped like humans, with a knobby "head," two arms, and two legs.

One old healing ritual involves chewing a bit of fresh ginger root, spitting it out, and rubbing it either on a sick person, or on a photograph of the sick person... although this author would not recommend it.

In Western cuisine, ginger is traditionally used mainly in sweet foods such as ginger ale,

ginger snaps and gingerbread. And on that note, the longest gingerbread was 1,052.3m (3,451ft 5in) long and was achieved by Stefan Koch and Konrad Friedmann (both German) in Ludwigsburg, Germany, on 18th December 2009.

The last of our soup season comes with a spicy close.

Spiced carrot, ginger and lentil soup

(serves 6)

3 *tblsp* olive oil
2 *brown onions* diced
6 *cups* peeled and roughly chopped carrot (about 750gm)
3 *tblsp* roughly chopped ginger
1 *tblsp* garam masala
1 *tblsp* cumin seeds, freshly ground
½ *tblsp* turmeric
250gm red lentils
1.5 litres vegetable stock
sea salt flakes to season
1½ *cups* Greek-style yoghurt
coriander leaves to serve

Add olive oil, brown onion and chopped carrots to a large pot. Cook, stirring regularly, for five mins or until onion has completely softened and is fragrant.

Add ginger and spices and cook until fragrant. Add the lentils and stock and simmer for 20-25 mins or until the lentils are soft and the carrots are cooked through.

Give everything a whiz in the pot using a blender or masher, then stir through the yoghurt. If too thick, add more stock. Finish with salt flakes and coriander.

Until next month, eat well.

THE 'FOREVER' STEW

by Thom Culpepper

The 'potage-au-feu' generated from the warmth of the 'inglenook' – the Scot's Gaelic, "aingal" (a domestic fire) – and the place, maybe where the palace of 'nooky' was brought into being.

But enough of that, back to the 'Neeps' (turnips) and their friends, to raise that grand, perpetual stew.

Pot-Luck is the genius of the opportunity to find your medieval bowl brimming with the poacher's 'hoists' and finds, the taste of the ancients, fabulously rich and endowed by time and community with amalgamated native culinary delights, cross-sourced and melded in edible essence, ever sourced for your moving feast.

Ancient farmers' almanacs talk often about their conservation of time and labour in their perpetual drive to survive and revive and conserve energy for the next bout of survival.

Ever been in a position where you have to chop wood every day and, just to find useful food to find the substance to feed the bod, to do it all again the next day?

Marx notes it in books one and two. Energy was always the battle, life against



need and want, and at what cost? Hay for the 'Neddy' and surplus stuff for the ploughman and his dependent lot, after the rentier-mob had extracted their privileged cut off the top.

But they also talk of their sociology, they talk of their sustenance.

One that is often spoken of is their Potage, their daily bread, Not quite cakes and ale, but there's the cauldron full of hard-won ingredients: rabbit, hare, pigeon, pheasant, four and 20 blackbirds minus their pie-cases, duck, geese, chicken, badger, musk rat, beaver, deer, beef, hog, goat, sheep and lambs, horse etc, together in the pot with scallions, wild garlic, neeps, onions, parsnip, lovage, celery, carrots, beet, potato (after 1500 AD), swedes, celeriac, rampions, radish, salad

burnet, samphire, parsley, mint, rosemary, marjoram, ginger, rue, orange, lemon, plum, apples, pear, medlars, apricots, peaches, bull mace, greengage, cabbage, beans, peas, lettuce, chicory, wild brassica, salsify, scorzoria, fungi, wheat, barley, lentils, flax, lupins, buckwheat etc and all of the forms of food that came with the South Pacific/ South Atlantic/ European imperial exchange.

Some of these mostly locally-sourced ingredients made the household's perpetual potage.

How long is the useful term of this style of culinary? The French say forever! One record states with authority that a pot was recorded from 1500, thereabouts to 1942 when it was extinguished due to the German invasion of France caused the extinction of inputs during WW11. Another more contemporary

source records a 50-year term for one 'pot'.

A pot was kept 'alive', recently on social media for 60 days in a public show. Hundreds of participants combined in this public event. I have been running one here for two years through the pandemic and it is still alive and well.

In my active pot I use a wide selection of oriental inputs, seaweeds and oriental brassicas, but I also use a plethora of pasta types etc.

As we are well into WW11, it may be a wise move to establish the protocol for initiating this survival mode of an ancient culinary reality.

Running one of these cooking capers requires a very effective and sound heating system. The 'Forever Potage' is NOT in the perpetual 'On' status; electric induction and timing supports this adventure. Caldron design is also imperative.

Be brave and enjoy some more useful use of your time, other than being at the kitchen bench 'In Perpetuum'.

Next month I will detail the complexities of the system. Meanwhile check it out on Wikipedia.

thewholeearthveg@gardener.com

Watch that weed

WEED WORDS

by Triny Roe

The longer you leave them, the worse they get and the harder they are to manage. The worst weeds only get bigger and tougher.

Woody shrubs like giant devil fig, *Solanum chrysotrichum*, privet, *Ligustrum spp.* or groundsel, *Baccharis halimifolia* can grow metres high with thick trunks and deep, gnarly tap roots.

Groundcovers like spiderwort or wandering trad, *Tradescantia fluminensis*, will continue to spread further and wider if ignored. Mowing and slashing will make it worse, as this plant loves to grow from stem fragments. These activities can also spread it to new locations. Trad also comes in variegated varieties which are also resilient and difficult to eradicate.

Pull the crofton weed, *Ageratina Adenophora*, hard and fast now if you want to get rid of it. This invasive species colonises shady creek banks and moist southern slopes. The flowers are just starting to form. Act quickly before they develop pollen and set seed.

The pollen is toxic to horses, as are the leaves and stems. Crofton roots are often loose and not very deep. They usually come out with little resistance or a light tickle with a tool, though big old clumps might need a hearty mattocking.

Crofton's cousin, mistweed, *A. riparia*, another shade-loving exotic species, definitely needs a tool to remove. Its stems readily snap off at ground level, leaving the roots to happily sprout new shoots, ensuring its long-term survival.

Slashing just spreads these species as

they also grow from stem fragments if conditions are right.

Watch out for freckle face, polka dot plant, *Hypoestes phyllostachya*, which, despite being recognised as an environmental weed, is still available from nurseries and on-line. Popular for its colourful foliage and hardiness, it's often promoted as an indoor plant.

Once it 'dies' it is not unusual for it to get chucked outside on the compost heap where it can recover and start to spread. It loves low light so can thrive in rainforest and on creek banks.

Golden rain tree, *Koelreuteria elegans*, is still common in the Northern Rivers. Its seedlings can be mistaken for those of white cedar, *Melia azedarach*, which is a native pioneer species. The leaflets on white cedar are always opposite, while those of GRT are not. Look carefully before you pull them out or pot them up to plant later in a better position.

Ensure you have the right identification. Native species spread in similar manner to weeds, via wind, water or bats and birds, so that unusual plant could be one of the good guys. If bush regen is your aim, natural recruitment is a bonus.

However, it takes time and experience to learn to recognise seedlings of all species. Sometimes they look vastly different from the mature plants. If you are unsure of what you have, leave it until you know exactly what you are dealing with. It might be a rare and endangered species.

Bush regeneration is a rewarding activity. Remove weeds and the natives bounce back where there is a sufficient seed bank. Nature does not often



Native guava, Bolwarra can be found among the weeds, so identification is important

'find its way' through the plethora of aggressively growing introduced species. The exotic weeds will win, transforming landscapes, unless we help.

If you don't know where to start, join a Landcare group. Landcare Australia turns 35 this year! Landcare Week runs from the 5th to 11th August.

Thousands of Landcare volunteers will celebrate the amazing work they do conserving, regenerating and protecting the natural environment in their local communities.

Richmond Landcare is the local umbrella group which supports individual groups in the Northern Rivers. Find your closest group on their website: richmondlandcare.org
Happy weeding.

Plant of the month



Davidson plum
Davidsonia Jerseyana

by Richard Burer

It looks like a classic season for Davos this year, with excellent early winter rains helping develop a good strong flowering this August, and into spring that should follow on with a bumper crop into September.

Iconic, beautiful and common, this highly regarded bush food is popular more in the garden and in landscaping than it is in subtropical rainforest.

Rare and restricted to small pockets of lowland subtropical rainforest, *Davidsonia* is an excellent small tree to five metres for your rainforest regeneration forest, garden or landscaped areas; however it does best when protected from westerly sun and frost.

It of course does very well on well drained volcanic soil.

Easy to grow from seed, this tree is always available from your favourite native plant nursery.

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

THE ART OF PRACTICE: SELF-DOUBT

by Susan Paget

I've been working on some new projects that I'm really excited about. But like clockwork, five minutes into the excitement of creation, an old frenemy came to pay its respects.

It was the feeling of self-doubt. A lurking buzz kill that seems to arise whenever I go out of my comfort zone. This self-doubt wears many masks. Sometimes it looks like a fear of failure or of not being good enough or of no-one caring and that I'm wasting my time.

Fortunately fear and self-doubt hasn't stopped me. I've learned to suck it up and move forward, pushing through the discomfort of leaving my comfort zone where I eventually make it to the other side.

But the other day, when I was getting all excited about my latest creative endeavours and these stupid embedded fears came up, they stopped me in my tracks demanding attention. "Look at me!" they shouted. "Stop walking alongside me and instead figure out what I'm trying to say so you can give me the flick!"

The thing is, I've never felt like I had an option to deal with self-doubt other than to just tolerate it. But on this day, it occurred to me

that I didn't necessarily have to accept this as normal. Something inside me just had a gutful of these limiting beliefs and this was the moment that I was ready to try another way.

Here are some of the practices I'm doing to release fear and self-doubt so I can create freely:

Deal with the fear

You might recall the phrase "Feel the fear and do it anyway." This has absolutely been my method for as long as I can remember. I recommend it if fear is preventing you from expanding your life. It's a valuable process because you learn fear's not gonna kill you.

But after a long time of subscribing to this approach something shifted. I've realised I no longer feel available for thoughts hovering like a dark cloud over my ideas, especially when I know they are solid and worthy.

So, I'm now taking the "Deal with the Fear" tactic. For me this means, acknowledging these fears and doubts. Through journaling and meditation, I work out their origin story – mostly childhood and cultural stuff – and test whether they're even real – and mostly they aren't!

Examining my fears and

self-doubts, rather than pushing them aside, has been quite enlightening.

Flip the script

Once I've gotten clear on all the negative self-talk messaging, I intentionally create new replacement thoughts, affirmations that turn the negative statements into positive ones. For example, a self-doubt statement like: "This idea isn't going to be good enough so why bother?" becomes "This idea is worth putting out there, keep going!"

I embed these new messages using repetition in my journaling practice and as a focal mantra in meditation. Surprisingly it doesn't seem to take a long time to think a better thought. I sense that in the past I just didn't think there was an option!

Purification ritual

When I had the epiphany that I could stop schlepping fear and self-doubt along for the ride of my creative journey, I had an intuitive hit to take a cold shower. I'm a steam bath gal so trust me, cold showers smack in the middle of winter are pretty much the last thing I'd want to do! But I felt compelled to shock these old behaviours out of my neural pathways.

I stripped off, turned the water on cold blast, got clear on how I wanted to feel with

my new projects – excited, creative and bold – and in I went. I like thinking of a cold plunge as a purification ritual, a rite of passage into a new me.

It's not easy, but I've kept it up and I can see a metaphysical connection to letting your skin, your cells, your whole being know that it's time to change. Every time I take a cold shower, I prove to myself that I can do hard things. And even better, I can do hard things without the drama of fear or self-doubt.

Learning to shine a light and workshop our nagging fears and deepest resistance is a practice. For those of us who are ready to graduate beyond the usual method of "Feeling the fear and doing it anyway" it might even be a daily one.

But imagine what it would be like to move in the world, doing what you're called to do without fears, without self-doubt? I'm ready for another way. How about you?

Susan Paget is a television producer and well-being writer who teaches yoga classes on-line and at her home in Tuntable Creek. Listen to her podcast 'The Art of Practice'. Instagram: [@therainforestfarm](https://www.instagram.com/therainforestfarm) or email: susanpaget@gmail.com for more info.



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Natural Law

It's time to pivot. After months and indeed years of (I hate to say it), unprecedented change and a few (or more) lessons learned the hard way, there's an opportunity now, to have tangible evidence, that you have turned a corner and are traversing new terrain.

There is good reason to feel hope after the storm. Naturally, as happens in life, challenges will continue to present – however, crisis and hardship have their way of building inner strength and focus.

Access and draw upon your rich well of resilience and self-knowing, to guide you through self-nourishment. Identify and focus on what is important to you, and your future.

Now is a wonderful time to access healing support that assists you to clarify and refine your future goals and direction. In addition, releasing sluggish and/or stagnant energy will assist you to break free of the past, and flow forward with this new momentum. Contact me to book a Reiki treatment in August.

I'm calling out to any Second Degree Usui Reiki students who are interested in Mastership. I have a Usui Reiki Master practitioner course coming up in September (21st-22nd). It's a wonderful opportunity to receive the highest attunement transmission in the Usui Reiki system.

In addition, you will learn and play with the advanced Master techniques. Lots of fun, and a big boost to your beautiful being. So, if you are feeling called to take more responsibility for yourself, contact me ASAP to learn more about preparation.

Alongside my Reiki services and courses, we have a new practitioner here at the Yemaya Centre



rooms. A warm welcome to Krsna Mayshack-Mendero. Krsna is an accredited mental health social worker, and NSW Victims Services counsellor, and provides therapeutic counselling services to women.

Krsna is committed to inclusion and access, and offers bulk-billing with a Mental Health Care Plan (MHCP). Catherine Wilson continues to provide queer-inclusive clinical psychological services. Contact practitioners directly for information and bookings.

Krsna: 0497-602-356
Catherine: cathlismorepsych@proton.me
Helene: 0405-656-797.

The group room has vacancy for on-going evening classes, workshops and programs. If you, or someone you know, have a weekly, fortnightly or monthly service, and need a fit-for-purpose space, contact me to discuss and arrange a room viewing. Organisations and private practice welcome.

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Coming up

Reiki treatments: weekly
Women's circle: Check website for date
Reiki Master practitioner course: 21st-22nd September.

Thoughts on Andrographis

Nature's pharmacy
by Trish Clough, herbalist

I was very concerned to read in the media that a 37-year old Queensland man tragically died in June from a severe allergic reaction. It was suspected his fatal reaction was to an immune supplement called Armaforce.

The supplement contains *Andrographis paniculata*, echinacea and olive leaf. It is a Biocentials product and is readily available. The Australian medicines regulator, the Therapeutic Goods Administration (TGA) is reviewing its warnings on products containing the herb andrographis since this death.

In the past 20 years there have been 300 reports of allergic reactions including anaphylaxis to medicines containing andrographis. Of these, more than 200 have been since 2019. I suspect this is because of the increased popularity and marketing of Armaforce products in this time frame. I am unaware whether these reports included other brands containing andrographis.

The TGA introduced a requirement in 2019 that labelling of products containing andrographis include a warning that this ingredient can cause allergic reactions including anaphylaxis. It is now considering if it is sufficient following this fatality.

The risks of such adverse reactions are very small, given the huge sales volume and ready availability of Armaforce. However, this is of little comfort to the family of the man who died, or others who have had severe reactions.

I have used andrographis in tincture form in herbal mixes from my dispensaries for more than 20 years and have had no adverse issues reported except for the taste factor (yes, it's horribly bitter). However I rarely use it now, and there are many herbs that achieve similar benefit without the same risk.

I have long suspected that the risk may be dosage related. The current Armaforce product for cold and flu symptoms contains a dosage that's five times higher than the amount I would usually have in a herbal mix single dose.

The current recommendation is to take one tablet daily, whereas most herbal medicines are best used in divided doses, 2 or 3 times daily, so the same total dosage spread over 24 hours is more effective, and possibly safer as each single dose is smaller.

It is reported that some people had taken Armaforce previously without any problems, prior to having an allergic reaction to it. I wonder also if people incorrectly assume any herbal medicines



to be safe and may have increased the frequency of taking the tablets. I have a cautionary tale about this.

A client of mine had an on-going illness and cough. She had previously used an Armaforce product, and was advised in the shop that she could take up to six tablets per day. With her current illness she bought another container of what she assumed was the same product.

Both were called Armaforce, and her current one had a dosage on the label of one tablet per day. But because she had been told previously she could take up to six, she was doing this. Fortunately nothing terrible happened.

When I looked at the website to clarify dosages of the Andrographis, I

found there are eight products in the 'Armaforce' range of products, all with different ingredients. Only one contains andrographis.

The original one she took was Armaforce Daily Protect and contained things like zinc, Vitamin C and selenium. No andrographis, so it was safe in the more frequent dosing range. Her current product is simply called Armaforce, and is the only one in the range containing andrographis. So by mistake she was taking large doses, thinking she had the same product as before.

My concern, and this could also be a risk for other people, is the products present so similarly that other people could easily make the same mistake and take a very unsafe dose of the original Armaforce herbal formula.

My warning is to not exceed the recommended dosages on the labels (of all herbal products), and to avoid anything containing andrographis if you have a history of strong allergic reactions to anything.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough2@gmail.com

The Love

Life is a Journey... served up short
and every day a brand new experience;
whether filled to the brim of glorious abundance
or simply, abundantly glorious in the midst of pain.
All being nothing but a poem to be written in the end
...and well I know, the world can sometimes sing a crazy song
and often the only way to enjoy the music is to return the favour and become
as equally laughable so that before long
feet have no choice but to tap to the beat
of that different drum and tambourines slap
and rhythm and rhyme to dance ecstatic
with the Moon and Sun... to shine
...and lovingly perchance a smile place
upon the face of The Fool
...and if not, well, what harm befalls?
No one will even care in 50 years... or 20... or one
when even a single season changes everything
a couple of weeks... or one Hallowed Blessed Evening!
Eventually all become only a memory of distorted thought
a Song and Music that one can't quite recall but ought
and somehow knowing that it was utterly beautiful once
...when first heard... or as a photograph yellowed and stained
through too much handling that the fingers dirt has caused
its precious picture to fade in a grubby grey smudge
'til all that's left... and all there ever really was...
in the midst of the rawness of Life
or at life's blessed end
is always and only
The Love.

– Azan Mann

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Drugs and parenting battles

When a potential client calls, saying they've been ringing the private lawyers on the Family Law Panel without success, or other solicitors call asking us to take over a matter, we find it hard to refuse.

Curiosity, empathy and the 'best interests' of the kids prevail. First, we draft the Legal Aid application, then, if aid is granted and it's already in court, file a Notice of Address for Service and go to the Comcourts portal to read the story therein contained.

If not yet in court, our application is for family dispute resolution (FDR). We send the organiser our client's checklist, often opting for a shuttle conference, where the mediator goes between virtual rooms, and the parents can't see or hear each other.

Clients in what we used to call a custody (now 'live with') and access (now 'spend time with') battle, are at war. It's not just an argument between two parents. Whole families are in the background. The suggested acronym WAR – We Are Right, applies. Mediation often fails.

We lawyers have come a long way since we replaced,



Legal writes
by John Adams

with warring affidavits, the weapons of champions in the Middle Ages common law wager of battle. We no longer lay down our lives for clients. Maybe our mental health. Secondary trauma is a problem.

I rely on massage from Sawasdee Nee, WhatsApp hypnotherapy with Dr McCardell, and osteopathy with The Loon, who, I have to say, did his practical training with me at The Space in the nineties. He's improved a lot. A mental health social worker I once got out of prison rings me weekly.

The cutting of an umbilical cord doesn't sever the child from the mother. Fathers have their own reasons to fight; they have rights! No, they don't. Children have rights. Section 60CA is clear. "In deciding whether to make a particular parenting order in relation to a child, a court must regard the best interests of the child as the paramount consideration."

The battle usually starts *ad hominem*. Weapons are allegations ranging from domestic violence in its many forms, coercive control the latest, neglect, alcohol and other drugs, parental alienation, and mental illness, all the way to sexual assault of mother and/or child.

It gets nasty while we, the lawyers, metaphorically beat our clients into submission, into accepting, anywhere from mediation to trial, an arrangement in the child's best interests. Subpoenaed material supplies ammunition. And we see the opposition's weapons. Today I pointlessly skimmed 2,500 pages of subpoenaed material in one matter.

By Final Orders, the system has taken parents on a journey of a year or more and given them the best chance

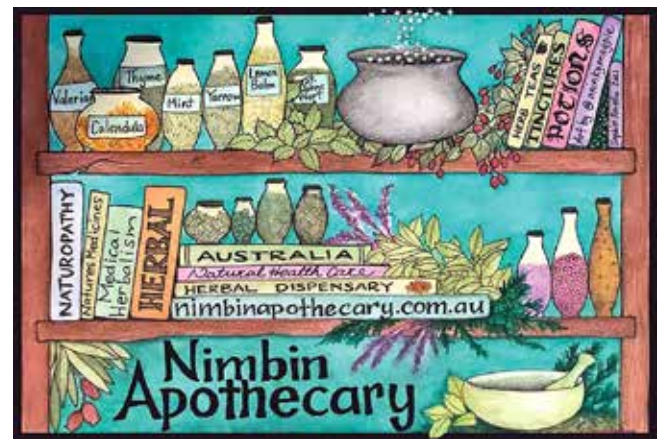
they're ever likely to get, to turn into effectively loving and nurturing people.

Among many possible orders, along with regulating time and communication between parents and children, often through parenting apps, are those for drug testing, usually for excessive alcohol, methamphetamines and cannabis; completing in person or on-line parenting courses; consulting drug counsellors, psychologists and psychiatrists; even undergoing residential rehabilitation.

Drug testing is urinalysis (good for a week) or the rather more expensive hair follicle test (three months). A judicial officer might order the latter but, if it's not central to the case, Legal Aid may not be available. Our clients can't afford a grand.

This dilemma is a regular topic of my conversations with my testing friend Dan the safety man (pun unintended). We're excited in the office when he sends a report that's unexpectedly negative.

Two parents have moved on, and another child now has, instead of one stressed home, two hopefully more relaxed ones.



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Discovering the resources we possess

"Every person has more resources than they realise," as Milton Erickson put it. Erickson was a founder of modern hypnotherapy, an American psychiatrist whose greatest skills were his capacity to observe and listen very closely to his clients, and utilise their inherent resources.

In such close listening and observing, he learned much more about the whole person than his medical diagnostic training may have produced, and he acted on it. His methods were quite eccentric.

Sometimes someone would come to his Phoenix, Arizona house with a particular problem but who was so preoccupied with the issue that they didn't actually listen to what Erickson had to say, so he had them climb a high peak outside the city and then come back for their session. Then, the real work could happen.

Another client came to study Erickson's methods (and he came preoccupied with his own self-importance), so Erickson had him work in the garden, which was cacti and stones and not much else. When we are preoccupied, we neglect paying attention to very ordinary things, so encouraging the doing of the ordinary is very valuable.

Climbing a mountain or talking about ordinary things puts clients back in their bodies and makes them attend to the here and now and thereby reconnect with the resources that they'd forgotten about.

I'm less about extremes, but I will talk about ordinary things – interspersed with the problem that the client came to work out – to reassert a groundedness and to help the person not get stuck in the murkiness of the issue that has preoccupied them.



by Dr Elizabeth McCardell

We all have more resources than we realise, and attending to ordinary everyday stuff is part of that. Erickson used this knowledge to regain muscle strength and mobility after spending a year in an iron lung after contracting polio at age 17. He began to explore autohypnosis and concentrating on the body memories of the muscular activity in his own body.

He learned to tweak and stretch his muscles and to regain control of parts of his body, to the point where he was eventually able to talk and use his arms. Then he trained his body by embarking and completing a thousand-mile canoe trip. Extraordinary man!

On his return he attended the University of Wisconsin-Madison, graduating in both psychology and medicine and then in psychiatry. All these experiences helped in his work with clients and students.

Most particularly, though, they focussed attention to the people around him; enabling him to notice not just what they said, but how they said it, and what their bodily expressions had to add to

their presence.

Unfortunately, polio comes back to bite you. The virus that affects the nerves and the spinal cord and may affect the breath and can lead to paralysis; doesn't go away, but returns later on in life. In his late 40s Erickson got post-polio syndrome and became too weak to walk, even with sticks, and so was bound to using a wheelchair.

But this article is less about Erickson and more to do with listening and observing and utilising all the resources we all have.

He didn't just listen to what the clients said they wanted, but observed them to identify what they needed. This is not to say that Erickson always got it right. There are several cases where he missed the boat entirely, but this is not unusual for any therapist. We are fallible.

Nevertheless, what he taught us about listening, observing and utilising the resources and strengths each client brings to a session is invaluable. We need to move beyond a self or medical defined diagnosis (eg the person who comes saying they have clinical depression) to understanding how ordinary resources can be drawn upon to grow beyond their problem story.

The art, of course, is to say this in an acceptable way to the client, so that they do not simply reject the therapeutic session. Exploring the subtleties of generally overlooked resources can be the way forward to untangling presenting problems in a safe and acceptable way.

Listening, observing and witnessing person is critical and doing good work from that point onwards.

Dr McCardell has relocated to Fremantle, but is available for on-line consultations. Phone/text: 0429-199-021, or email: dr_mccardell@yahoo.com

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Neural Organisation Technique relates to the body's structure, its alignment, movement and strength, and frequently to emotional challenges. It is comprehensive and brings lasting results. Most people are not aware of how many hidden structural weaknesses there are, and how the body reacts structurally to emotional issues. I have been working with Neural Organisational Technique for over 20 years. It is non-manipulative, very gentle and safe for seniors. Educational videos can be found at: www.youtube.com/@NewLeafHealthChannel/videos

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KEEPING AQUARIAN IDEALS ALIVE

Introducing acupuncture

by Chi Fung Lee

The term acupuncture is a combination of the Latin terms “acus” and “punctura”, and is believed to have entered the English language in the mid-17th century.

“Acus” refers to a needle, while “punctura” denotes a puncture. Acupuncture is one of the numerous therapeutic modalities found in Traditional Chinese Medicine (TCM) and is widely practised around the world.

The practice involves inserting thin needles into specific points on the body at precise depths and manipulating them in a specific way to achieve therapeutic outcomes.

The origin of acupuncture can be traced back to ancient times, with systematic descriptions already appearing around 2000 years ago in an important medical text called The Yellow Emperor's Inner Classic.

Furthermore, evidence of acupuncture being used dates back to around 221 BCE with the discovery of a bamboo scroll in a burial tomb in the province of Sichuan China. Scholars have named this scroll “Ci Shu” (Needling Technique).

In Australia, acupuncture was introduced during the gold rush period in the 1880s.

How does acupuncture work?

According to the theory of TCM, there is a flow of Xue Qi (often translated as blood and energy) within the body.

When this Xue Qi moves smoothly through the body and in the meridians (which will be explained in future articles), health is maintained.

However, any blockage or disruption



in the flow of Xue Qi is believed to be the root cause of pain or illness.

The application of acupuncture on specific points of the body can aid in restoring this smooth flow, thereby reinstating harmony and equilibrium within the body.

From a Western scientific perspective, the mechanism of acupuncture is thought to involve several physiological processes.

When the thin needles are inserted into specific points on the body, it is believed to stimulate sensory nerves under the skin and in the muscles. This stimulation can lead to the release of endorphins, which are the body's natural painkillers, as well as other neurotransmitters and hormones that help reduce pain and inflammation.

Acupuncture may also affect the autonomic nervous system, which controls involuntary bodily functions such as blood pressure and digestion.

Additionally, some studies suggest that acupuncture may help regulate blood flow and stimulate the release of anti-inflammatory substances.

Effectiveness of acupuncture

In China, the majority of hospitals provide acupuncture in addition to Western medical treatments.

More than 33,708 million patients in China have undergone acupuncture treatments as reported by China's National Administration of Traditional Chinese Medicine in 2018.

While the number of people using acupuncture doesn't necessarily prove its effectiveness, it does indicate a high level of trust in this traditional healing practice.

In 2017, Dr John McDonald and Stephen Janz conducted the Acupuncture Evidence Project (revised edition), a comprehensive literature review on the efficacy of acupuncture.

The study identified 117 conditions for which there is evidence supporting the effectiveness of acupuncture, with varying degrees of strength for different conditions.

Acupuncture, when administered by a skilled practitioner, is deemed safe and has been shown to be cost-effective for certain conditions.

The amount and quality of research on the effectiveness of acupuncture is on the rise, and the Acupuncture Evidence Project can be accessed on-line for free.

Chi Fung Lee is an AHPRA registered acupuncturist, who graduated in 1997 with a Bachelor of Applied Science (Acupuncture) degree from Acupuncture College of Australia and the University of Technology Sydney. He has been running his own acupuncture clinic in Amsterdam since 1999. In March this year he relocated to Coffee Camp with his family. To contact him, email: chibiz@xs4all.nl or phone 0478-239-298



So They Say

by Uncle Norm & Aunty Maj

True Love

I have been with my boyfriend for two years and I'm not completely sure if I love him or if he loves me. How can I tell?

– Ms A. More, Rosebank

Norm says:

Dear Ms A. More, I can hear the *Twilight Zone* theme music running through my brain right now. I'm told many stories of women who can't find a partner, and your letter illustrates why. Things seem to be going along just fine when you decide this is too good to be true and there must be a problem, so you create one.

On the other hand, maybe I'm being too hard on you. From my experience, two years into a relationship does seem to mark a point where it's time for a reality check. By now you've done the sex part to death and the real person you've got to live with is emerging.

He may well be hot stuff in the bedroom (and the shower, car and under the table in the restaurant) but has he otherwise turned out to be a dickhead? Hopefully not, and if not WTF is your problem? He's still hanging around isn't he?

Does he let you drive his car? That's a sure sign he loves you, and even if he won't it just means he loves his car more. Is that unreasonable? He might take you to the pub on Friday night to watch the footy and shout you a chicken parma. What a guy. Course he bloody luv's ya!

There are any number of ways to put him to the test. At the beach you could pretend to get caught in a rip and call for help. If he just stands on the shore yelling, “Swim baby, swim!” he's probably not that into you.

Some people go for a trial separation. That's risky as you may decide you love him after all only to find out he got snapped up like a hot chip at the seaside.

Perhaps you should just get on with life, get married and plod on for the next 30 years by which time you'll surely know the answer.

“I don't mind women leaving me, but they always have to tell me why.” – Richard Pryor

Magenta says:

When younger, I went to break up with my boyfriend and my Mum said, “Oh yes, the two years is up.”

This is the time when the rose-coloured glasses are off and you're left with two totally fallible human beings. So, how can we tell if we love and are loved?

The excellent book *The Five Love Languages* by Gary Chapman talks about the five ways that people show love. Physical touch is obvious. Acts of service are often overlooked and taken for granted. There are words of affirmation. A good idea is to leave a notebook and pen in the toilet and you write something you like about your partner. Every day!

We often forget to praise our loved ones and it is something we all crave. And it's so easy to do. Gift giving is a tangible act of love. It's important to put a bit of effort in. You'll be surprised how much this pays off. Last but certainly not least is quality time. Overlook this one at your peril.

Talk to each other, especially about where your cups are not filled. If you have worked this shit out and you still do not know if he is your forever partner, then maybe he isn't. Or maybe he is. Are you a Libran?

Maybe love at first sight is a recognition of soulmates. Who knows?

I'm sorry if this has only increased your confusion. You might have to resort to the old tried and true method we employed as children. Pick a flower and, pulling off each petal say “he loves me, he loves me not....”

Send your relationship problems to:
magentaappelpye@gmail.com

What is stress?

Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best.

But when you're constantly running in emergency mode, your mind and body pay the price. If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance.

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life, giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid a car accident.

Stress can also help you rise to meet challenges. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, mood, productivity,

relationships, and your quality of life.

The effects of chronic stress

Your nervous system isn't very good at distinguishing between emotional and physical threats. If you're super-stressed over an argument with a friend, a work deadline or a mountain of bills, your body can react just as strongly as if you're facing a true life-or-death situation. And the more your emergency stress system is activated, the easier it becomes to trigger, making it harder to shut off.

If you tend to get stressed out frequently, your body may exist in a heightened state of stress most of the time. And that can lead to serious health problems.

Chronic stress disrupts nearly every system in your body. It can suppress your immune system, upset your digestive and reproductive systems, increase the risk of



by Sonia Barton

heart attack and stroke, and speed up the aging process. It can even rewire the brain, leaving you more vulnerable to anxiety, depression, and other mental health problems.

Health problems caused or exacerbated by stress include:

- Depression and anxiety;
- Pain of any kind;
- Sleep, skin and weight problems;
- Autoimmune diseases;
- Digestive problems;
- Thinking and memory problems.

There are things you can do to improve your ability to handle stress:

Learn to relax

You can't completely eliminate stress from your life, but you can control how much it affects you. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the polar opposite of the stress response.

When practised regularly, these activities can reduce your everyday stress levels and boost feelings of joy and serenity.

Get moving

Regular exercise can lift your mood and serve as a distraction from worries, allowing you to break out of the cycle of negative thoughts that feed stress. Rhythmic exercises such as walking, running, swimming, and dancing are very effective, especially if you exercise mindfully.

Connect to others

The simple act of talking face-to-face with another human can trigger hormones that relieve stress when you're

feeling agitated or insecure.

Even just a brief exchange of kind words or a friendly look from another human being can help calm and soothe your nervous system.

Eat a healthy diet

The food you eat can improve or worsen your mood and affect your ability to cope with life's stressors. Eating a diet full of processed and convenience food, refined carbohydrates, and sugary snacks can worsen symptoms of stress, while a diet rich in fresh fruit and vegetables and high-quality protein can help you better cope with life's ups and downs.

Try Bowen Therapy

Autonomic nervous system re-balancing is maybe one of the most profound and important effects that Bowen therapy has on the body and where the self-healing and relaxation mechanisms of the body are mostly stimulated.

The autonomic nervous system controls over 80% of bodily functions, and works largely unconsciously on

cardiac, respiratory, peripheral circulation, reproductive, endocrine, gastrointestinal, and so on and is very susceptible to stress and emotional states.

Most people living in our modern "civilised" society are in a constant state of high stress and over-stimulation.

During a Bowen session, your body has time and space to literally unwind and digest physical and emotional stress. This is what Bowen therapy does for you. Your body can shift from the sympathetic state (stress) to the parasympathetic state (relaxation), allowing you to experience deep relaxation and healing which can continue for hours or even days.

I like to combine a Chakra balance as well, to ensure your energy field is more balanced before you leave, and it enables you to feel more present and "in your body".

Sonia Barton is a Bowen Therapist and Reiki Master who practices in Nimbin and Murwillumbah. www.bowenenergywork.com.au phone 0431-911-329.

Why Ahimsa (non-violence) laws?

Shapeshifting

by Anand Gandharva

Culture is changing due to population and consumption growth. Environments are exhausted and need care, not exploitation.

Ahimsa, an old Eastern awareness refined over millennia, knows animals can suffer, have consciousness, and should not be harmed. Life improves when you do not hurt others.

Aikido self-defence even has methods to disable attacks without injuring opponents.

Any person can get enough nutrition from sunshine and plants. Food made from nuts, vegetables, seed and fruit can be tasty as well as help health, headspace, budget and lifespan.

People still can have their cake and eat it too. For special individuals GPs recommend animal protein for health and vitality. Animal tissue can be grown in labs.

Why should people prefer plant-based foods, vegetarian, flexitarian or Mediterranean diets, using less or no dead animals? We are not robots. Have free will. Surely nutrition is a personal choice.

Unfortunately, Earth gifts are limited. Community survival is at stake. Insensitive animal farming is close to slavery plus may waste land and water use. An average of 300%.

Sure, agriculture can be a noble living, and self-reliance is an asset in survival, but a threshold has been reached. What seemed inexhaustible before, is now not enough.

Not individual farms, but there are now 570 million. More than

Earth can handle.

Population explosion also means saving flora and fauna of unnecessary destruction. Ahimsa or non-violence laws protections may be needed, like seatbelts on roads.

Not just suitable dietary limits, voluntary efforts to reduce our footprint and minimise impact on the planet, or laws on pet management, but eventually fines and regulation this century, with public awareness campaigns and education in schools and universities.

While very few like silly rules, or authorities telling people what to do, laws may well be a necessary step to save our habitat and not eat ourselves out of house and home.

Without global anti-violence rules, some people keep on normalising abuse, looting!

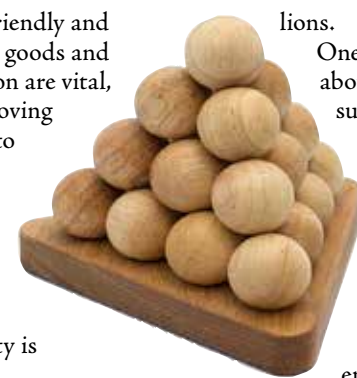
Pollution, eco-friendly and fair-trade rules in goods and services production are vital, but without improving consumer habits to increase respect for nature it is a losing battle.

Genetics prove all mammals are related. Laws say the community is serious.

Reactions are predictable, like "No-one tells me what to eat", "Cows live since we breed them", "Economies depend on catching fish", "Pigs are born to feed humans", "Frog legs taste yummy", "God tells us to eat chickens", "We die if we can't eat eggs", etc.

But consume Earth bare? More livestock = less forests, less wildlife.

Community banned things to be viable, like drunk driving, stealing, murder, marrying relatives, rape, duels. We no longer feed foes to the



lions.

One may say, "I don't care about others, just want to survive on my terms."

People have that right.

The customer is still king. But if you wish to treat animals as cannon fodder, pay real prices.

The cost of restoring environments depends on impact. No surcharge

for sustainable purchases.

Extra costs for environmentally destructive choices to fund Earth Repair jobs managed by new LGC Departments of Environmental Regeneration.

Free will, but user pays. Not subsidies for environmental abuse.

For details, go to: <https://sustainablelifestylehub.org/2024/03/11/the-winds-of-change-that-nurture-political-and-economic-metamorphosis/>

Not happy with your life?

If you're not happy with your life, I invite you to change it.

No, this is not another manifestation technique, although the result of what I am about to share will often be the same. This goes much deeper and is more holistic than any manifestation technique I am familiar with.

Many people use visualisation and write lists in the hope of creating a desired situation in their life, with varying degrees of success. The very popular book *The Secret* published in 2006 promised that by following certain techniques, anyone could live the life of their dreams.

Often disappointment and frustration was the result, when our efforts didn't produce the desired outcome, or we were only partially successful. Why doesn't it work for me, we asked



by Auralia Rose

ourselves?

Perhaps one of the reasons was we were not specific enough during the manifestation process, as was the case of friends whose dream home included a water view. They eventually found their dream home, only to find the water view was next door's swimming pool!

The internet is awash with people claiming they have the magic manifestation formula, and if you're anything like

me, you've probably tried many of them. At the risk of sounding like just another manifestation guru, let me tell you what I consider to be the most powerful practice of them all:

A visit to the Akashic Records

I have been reading people's Akashic records for several years, but have only recently delved into the power of changing our present and future circumstances by changing the events of the past, whether in this life or a past life.

The Akashic Records is a vast etheric library which holds the entire record of every past life we have ever lived. By accessing our soul records, it's possible to reframe past events to let go of whatever is negatively influencing us now.

Since all time is



simultaneous, by finding the original cause of our problems, we can make a choice to change it.

Say as a child you were caught stealing sweets from a shop and the resultant admonishment and punishment from the shopkeeper and your parents was harsh enough that you were haunted by the shame and guilt of the offence your whole life.

Such traumas are felt very deeply by children, lodging in their subconscious as a belief that they are a bad person

and can't be trusted. Imagine if we could go back in time and change the whole event so that it never happened?

Life's challenges often have their roots in past lives. Once the issue is understood and we learn what needs to be learned, we are free to reshape the direction of our current life. Whatever the original cause may be, we can rewrite the event and heal all the stuck energy, reversing unwanted patterns, no matter how far in the past it may have occurred.

How it works

You reflect on what patterns you want to reverse. The most common are obstacles to money, career and relationships. I then assist you in re-scripting the negative situation and clearing the experiences, thoughts and emotions from your records.

By changing those records, you can be released from the event and their influence over you. The resulting shift in consciousness starts to change

everything.

There is never any judgement about your past actions and decisions. We are all a product of a unique set of life circumstances. We are always doing the best we can and need to forgive ourselves and others.

It's what we do now that determines our particular circumstances, and forgiving and loving ourselves is key to obtaining clarity and freedom. Karma can be erased through gaining new awareness of our soul lessons and changing old thoughts and behaviours. That's how we evolve.

Eternity exists in the present moment, there is no past, present or future. Every now moment is bursting with pure potential and we can create a new story in any area of our life.

If you're looking to change things in your life, please call me for a friendly chat to find out how I may help you.

0422-481-007

auraliarosewellbeing.com