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# The dark side of chocolate

## Food matters

by Neil Amor

It is said that the melting point of good quality dark chocolate is roughly the same as the ambient temperature of the human body. So our journey together begins.

The cocoa tree has been a food source for over 5000 years, as is believed to have originated in present day Ecuador, before establishing itself in Mesoamerican civilisations.

The cocoa tree was believed to be from paradise, and that by drinking the drinks obtained from its fruit, divine powers were obtained. Both the Mayas and the Aztecs regarded chocolate as a potent aphrodisiac.

Two stories are told as to how chocolate, a product of the cocoa tree, first reached Europe. One is that Hernan Cortes introduced chocolate to Spain after the Aztecs at Montezuma's court introduced the chocolate drink to him. The other is that Christopher Columbus brought back the cocoa beans



Cocoa pods

to Spain after his fourth voyage to the new world.

Despite its place of origin, the current leading producers of cocoa are West African countries such as Ivory Coast and Ghana, where a 2020 report estimated that more than 1.5 million children are involved in the farming of cocoa, with child slavery and trafficking remaining a major

concern.

In sufficient amounts, the theobromine found in chocolate is toxic to animals such as cats, dogs, horses, parrots, and small rodents because they are unable to metabolise the chemical effectively.

For humans, one hundred grams of milk chocolate is an excellent source of

riboflavin, vitamin B12 and the minerals manganese, phosphorus and zinc, with traces of calcium, magnesium and iron.

The Nimbin Organic Food Co-op has a range of chocolates under the brand Loco Love, made with sustainably sourced cocoa and genuine wholefood ingredients.

## Vegan chocolate cheesecake

The silky smoothness of this vegan delight can be supplemented with a teaspoon of mint or orange oil.

1 can of chickpeas rinsed and drained

½ cup cocoa powder

1 packet of firm tofu

8 medjool dates, seeds removed

1 tsp vanilla extract

1 cup plant-based milk.

Place all ingredients in a blender and blend until silky smooth. Pour into a lined cheesecake tin and bake in a pre-heated oven at 180C for 40 mins.

Remove from tin and let cool in the fridge. Enjoy.

Until next month, eat well.

## Flourish Sanctuary: What's happening during May

by Jagad Samuel

As the cool breath of autumn settles over the hills, life at Flourish Sanctuary continues to deepen and blossom.

After returning from another incredible journey to India with Swami Parambodhi, I carry back a deeper sense of spiritual purpose.

The trip has inspired me to explore a fuller integration of spiritual teachings at Flourish, and this month we begin weaving them more consciously into our regular offerings.

May is jam-packed with opportunities to connect, grow and be of service.

### Weekly offerings

The rhythm of the sanctuary is held by simple, soul-nourishing weekly practices:

• **Monday morning meditation, 10.30am – 12pm**

Ease into your week with a guided group meditation held in the peaceful surrounds of the Compassion Temple. These sessions offer a mix of stillness, breath awareness, and occasional short readings from spiritual texts. We offer lifts from outside Nimbin, making it accessible to all.

• **Wednesday mornings in the garden with Bodhi, 8am – 12pm**

Come and get your hands in the soil with Bodhi, our resident permaculture mentor and earth whisperer. These mornings are an open invitation to learn practical skills in food growing, composting, plant propagation, and regenerative design – all while immersed in the beauty of the Flourish gardens.

• **Thursday sound healing with Michael, 9.30 – 10.30am**

Join sound therapist Michael in a gentle hour of vibrational realignment using crystal bowls, gongs, voice, and silence. This is a nurturing, deeply restorative space, allowing your body and nervous system to release tension and find



Jagad (at right) on his trip to India

harmony. Mats, bolsters, and blankets are provided – just come as you are.

• **Saturday KYM – Kirtan, Yoga, Meditation, 9am – 12pm**

This signature Saturday session is a rich blend of gentle yoga, devotional singing (kirtan), and deep group meditation. It's an uplifting, heart-centred experience that brings together physical movement, emotional expression, and sacred silence.

• **Satsang Sundays 1 to 3pm** followed by a potluck meal 18th May in Nimbin.

Satsang means "gathering in truth". These monthly sessions involve chanting, shared inquiry, and spiritual teachings inspired by lived experience and other spiritual traditions including Advaita Vedanta.

They are welcoming spaces to ask the big questions, rest in the unknown, and experience spiritual community without pressure or performance.

### The Grail Retreat

This special retreat explores the archetype of the Green Man. Over four days, 23-26 May, participants will journey inward through ritual and sacred circle work.

Held in the tranquil spaces of the Compassion Temple and surrounded by the forests of Flourish, the retreat invites a deep remembrance of inner

sovereignty and the sacred feminine and masculine within.

### Thanks to our people

We thank Bodhi and our crew of incredible WWOOFers: Miyo from Osaka, Jasmin from Germany, and Elena and Miranda from California.

If you're interested in WWOOFing with us, we'd love to hear from you – there's always space for helping hands and open hearts.

Safe travels to Guru Dev as he takes a brief journey to New Zealand and shares his wisdom. Big thanks and farewells to Lucia, whose presence blessed us all – we hope you'll return. And warm thanks to Raff, Angus and Alana who visited us from Victoria – your presence was a gift.

Congratulations are due to our dear friend Robin, who completed a ten-day Vipassana retreat – an extraordinary feat of spiritual growth, silent meditation and inner observation. May the insights he gained ripple through his life and ours.

Finally, Jagad is back on the airwaves with his radio show on Nim-FM every Monday from 7.30 to 9am. Tune in for stories, music, and spiritual reflections from the hilltops of Nimbin.

For more details, to contact us or organise to host a retreat on our land, please either visit our website: [www.FlourishSanctuary.com.au](http://www.FlourishSanctuary.com.au) or phone 0433-173-508.



# The magnificent power of Mother Love

One for all and all for one. Mother Love is the kind of love that lives in all beings while all beings are at the service of the same origin, the Mother of all beings that is Earth.

Mother Love hands back to you the magnificent power of love and the magical bond between parent and child, and human and earth.

Mother Love needs no instructions. Mother Love is inborn. The world in such tender embrace is safe from falling. You are one with earth and keep floating in her orbit like a dream. She whispers softly, 'you need me' and you feel at home.

Mother Love simplifies the parenting journey. If followed from the first, Mother Love creates an effortless, therapeutic parenting style without the usual parenting problems. Mother Love advocates a simple and straightforward upbringing that leaves everyone well nurtured, that exhausts neither child nor parent.

Mother Love upbringing invigorates the mind and builds exceptional character. No forced agenda, but instead the unrestrained imaginative journey of discovery.

How to define Mother Love? Mother Love is the lifeline of all species on earth and the primary source of fulfilment. As evolved species, humans depend on the support of



by Antionette Ensbey

earth's life sustaining systems perfectly oiled for managing life's conditions.

This natural process is self-reliant and perpetual. It needs no human hand. It is the gift from Mother Nature and your survival kit.

The naturally evolved adaptation to planetary life informs all species to only expect what is available. This is earth's reciprocal concept that nature invented to guarantee survival. Species' basic needs are aligned with their specific environment.

Each life form has expectations which match the given ecological niche they occupy. Higher life forms like the human being have the same dependency but a greater ability to adapt to different environments.

However, the principle need for expectation fulfilment stays the same, in primitive and in complex species alike. If expectations are satisfactorily met, completeness and well-being follow suit. The sense of

completeness is the stabiliser for life. The confirmation of acceptance into the lap of life is Mother Love.

The platform of this indemnity for life is the inborn instinctive power to recognise needs. I call this power the Intuitive Super Intelligence. Through a steady emphasis on reasoning, modern culture has neglected this natural power.

Life is by now so far removed from the power of Intuitive Super Intelligence that people have almost lost the ability to use it. That creates a deep void and the deeper the void becomes the more you try to fill it with factual information.

This exhausting mental marathon you experience daily creates a deep vacuum. In the middle of a tangled world of facts and stats you put all your trust into the logical fact box and keep drifting away from the original blueprint.

This drift is especially tragic for developing young minds full of broadband imagination and freedom of discovery. Where is the unbridled joy and the enthusiasm for learning in children and teens? Life is full of tweets and followers, and emotions are expressed through emojis. The excitement of growing up is dimmed.

Unique personality is suppressed because it's unsafe to be different. The sturdy base for happiness

is practically taken away from your kids. The young generation experiences a dispiriting upbringing which is taking them to a place of disillusionment.

Mother Love proposes a life-style where your pulse is ticking in unison with Mother Earth, where your imagination is inspired by nature and where your Intuitive Super Intelligence can flourish again.

Parenting is part of living a fulfilled life and should not be seen as a chore. While good parenting depends on many factors, don't forget, the reins are in your capable hands. Your approach to parenting is entirely your domain. If your parenting is guided by the principles of Mother Love, you have agency and influence.

These precious and sacred childhood years can never be repeated. There is no dusting off and trying all over again. You only have one go at parenting your children and it is up to you to parent like a mountain.

I sometimes wonder whether we will save the natural world. But I believe that the natural world can save us and have not a moment's doubt that a return to Mother Love and the implicit understanding of our dependence on nature is the answer and available to all of us.

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

## Plant of the month

by Richard Burer

Indian Hemp is found in all states of Australia, and is particularly common in the Northern Rivers of NSW where it has cult status.

Locally, marijuana was culturally relied upon for recreational smoking and it has been a strong economic regional agricultural crop in northern NSW since the mid-seventies, when many country towns benefitted from the quiet and not-so-quiet cannabis economy.

Tied to the alternative sub-culture, cannabis has been a popular smoking product and natural medicine, but in more recent years its fibre values have been driving on-going research and creation of excellent building and other fibre products, from bricks to beads to didgeridoos!

Medicine and food are now attracting much interest and the Northern Rivers has a stream of people coming and seeking products and information on its medicinal values for a range of medical conditions.

It's still a strange world though, when on one hand you can be subscribed cannabis for a medical condition and buy it in the chemist and on the other still face criminal conviction for a range of offences when being associated with this valuable herb.

Depending on the cannabis species, most plants in generalising can grow between one and several metres, some might be Hemp fibre varieties that grow very big and leggy, others are strong smoking varieties like



### Indian Hemp *Cannabis spp.*

*Cannabis indica* which can grow much smaller.

Historically, most cannabis grown in the past in this area was *Cannabis sativa*, a hearty weed which was probably a native of Central Asia, well suited to the climatic conditions in this part of the world.

Other medicinal and recreational cultivar varieties have been popular in the last 25 years but do come with their own climatic preferences. The global seed supply market also dominates and somewhat controls varietal production.

Best grown in well-drained sandy, alluvial and volcanic soils with high humus content for outdoor organic production.

In the past, cannabis could be found as a weed of riverbanks and roadsides before its popularity caught on. Given a chance it will behave like any weed, hence the name weed!

Also known as Ganja, Pot and Mary Jane among other names, Indian Hemp is a great all-round plant that will likely find its way into your life one way or another.

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

## Clinical hypnotherapy

In 2013 I got into a conversation with my dentist about the use of hypnosis in dentistry. He loaned me a book on the subject written by a dentist working in Australia who started using hypnosis with anxious patients and for ameliorating oral pain.

Until then, I'd had only a passing interest in the field, although I knew about the old experiments in psychology (Clark L. Hull etc) and also the mystique surrounding it (Mesmer, and all that). The dentist author, though, was hinting at more than suggestibility and magic; he was exploring the revelry of the trance state where anything can be attended to. This was the revelation for me and ignited a more profound interest.

I researched training bodies around Australia teaching hypnosis and decided upon the Australian Institute of Clinical Hypnotherapy in order to learn how to do hypnosis properly, and to gain qualifications in it. And so for four days every month for four months I travelled down to Sydney to attend classes held in one of the University of Sydney's colleges: in theory and practice and essays, building up my expertise.

I had to do 400 hours of practice in order to get my diploma. It was a thorough education that added beautifully to my existing training as a counsellor/psychotherapist; an education that continues.

My main interest in the hypnotic state is, as I hint above, that it opens our minds to other possible paths hitherto not considered. Anything can be attended to in equal measure to the otherwise iterative one-track mindedness of a problem story. Recurring thoughts are the things that bog us down and get in the way of more creative solutions.

For example, a client I've been working with recently had two main things going on: recurring negative thoughts and feeling her life and career was going nowhere. I worked with her issues in two ways: shifting her awareness from the negative thoughts to the process of breathing in new cool air and breathing out and letting go of old stuff.

The second arm was getting her to explore ways she can reactivate her intellectual and activist life through writing scholarly papers in the field of her expertise. Iterative thought processes are inward-looking and depressing, while

awareness of breath and focus on creating new work are outward-looking and break the mindset that behaves more like a mouse wheel than anything healthy.

Hypnosis throws up other ways of being in forms that excite and interest, and appeal to the bigger picture of what a person sees in themselves.

Another patient has been bogged down with the problems of giving up smoking. He now wears nicotine patches which help with the chemical addiction. The physical pleasure of rolling the paper and stuffing the tobacco inside also has an addictive component. What to do?

My suggestion was to practice making origami birds and little beasties out of paper, thus transferring the cigarette paper making skills to something fun and intricate, and producing little animals that can be given to his grandchild – this bringing delight to her. From the insular process of rolling a fag to making a gift is compelling.

The thing about the hypnotic state is that it is a trance state and thus no different to the trance states we enter when we watch a movie, read a compelling



by Dr Elizabeth McCardell

book, enter into a dance, play music, ride a bicycle, swim, walk. We are entranced by our involvement, and we are very aware of what is going on at the same time. Minds are not taken over, but rather we allow our participation in a shared space that we choose. We can choose not to be there at any point along the way: that is up to us.

The hypnotic space, in capable hands, is a secure and safe place and nothing is suggested that goes against a person's wishes. In this safe place, new and creative ideas can be born and begin to flourish. Hypnosis nurtures this.

Doing hypnosis is beautiful and its good results confirm my on-going interest in it. Both practitioner and patient benefit.

I'm available to do counselling on-line. My email address is: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)

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## Revenge of the Loon

by Laurie Axtens

Labor's ace up the sleeve was always Peter the radioactive potato Dutton. Deceitful, corrupt and authoritarian, the truth about Dutton was never going to be kept out of social and general news media for long.

# Another three years of backsliding

His extensive play-list of nauseating hits couldn't be hidden forever: his plans to demolish Medicare, his false witness victimisation of asylum seekers and his insider trading and ill-gotten gains. Even having kept the creep away from making the virtually compulsory National Press Club speech, they couldn't hide him completely during the whole campaign. The no-prescription glasses to hide his Voldemortian appearance did little to disguise the thick maudlin tones of his voice, as the old Joh Bjelke-Petersen's dog-food-can copper plodded out belated policy that proved utterly

empty of any detail. He would've been a laughing stock had it not been that he was up against a lame duck prime minister whose only serious claim to fame was that he'd thrown the indigenous community under a bus by running an ill-advised referendum – the loss of which has only had the effect of emboldening racist voices across the nation. This was written well before election night, and anything could happen. Sex slave allegations? Secret plans to neuter males could emerge hours before election morning. Anything is possible; the amount of misinformation already out there is

multiplying exponentially. However, it still remains the presumption of this writer that Albo and the Potato will have only shared the stage in the latest episode of the death of the duopoly in Australian politics. Sadly, the chance of it leading to a minority government has become much less likely. The more people actually listen to and realise who Dutton is, the greater the likelihood Labor will win a majority of seats. And we will get another three years of inaction and back-sliding set to a backdrop of environmental collapse and crisis. As it turned out those emboldened voices, the voices of Dutton and

Trump-ators created widespread fear across the nation. A fear so profound it caused progressives and moderates to flee into the hands of Labor. This red wave has given them a solid majority government; consequently, we are still in the hands of corporate Australia and I don't expect any significant action on anything. Hope they prove me wrong. However, the LNP, having lost their leader, will be licking some very deep wounds for quite some time and I feel reasonably sure massive job cuts, nuclear power and anti-environmentalism will be removed from their play-book.

They might double down of course ... and vanish completely as a political force, which would be fine. The Teals/community independents survived and grew in numbers as they also got to feast off the mashed potato policies and posturing. Trump cast a big shadow over this election. I've heard him described as an openly displayed Dorian Grey painting growing ever more grotesque. The fascist in the White House is scaring the world to the left, not unlike how Stalin scared the world to the right. Poor America... my heart goes out to them. Bon appetit.

## Open Learning classes



Nimbin Open Learning Term Two commences on 7th May. On offer are courses in Gelli Plate Monoprinting, Creative Writing and Drypoint Tetrapak Etching. All courses are \$60 and are held in rooms at the Nimbin Community Centre.

Nuro Oliver (pictured) will run her five-week course in Gelli Printing on Tuesdays, 1pm-3.30pm, starting 13th May. Enrolments can be made over the phone on 6689-1477 or on facebook at Nimbin Open Learning.



## Natural Law

Autumn greetings in the southern hemisphere, Spring greetings in the northern hemisphere, and welcome all to the final edition of Natural Law, where the saying, "Just because you can, doesn't mean that you should" comes to mind.

Creating space to reflect, reset and take stock, makes way for clarity and insight on next steps and new paths. The universal values of dignity, freedom and equality for all, remain sound ideals in which to anchor our efforts to resist the systematic oppression of people and the environment.

Similarly, love, honesty, fairness, tolerance, responsibility, justice and compassion, remain reliable guides toward the ideal of world peace, harmony and co-operation.

In recent times, many of us have felt 'world weary'. We have witnessed world leaders wage war and promote intolerance, and on-going destruction of the environment. Personally, we have all grappled with major crises, at times leading us to question how safe we are in this world.

In this perfect storm, it became easy to become disheartened, and to band together in 'preferred groups'.

The concern with this 'segregation' however, is the in-group/out-group phenomenon, where individuals categorise themselves and others into groups, leading to preferential treatment of in-group members and negative perceptions or biases towards out-group members.

For example, social identity theory suggests that individuals derive a sense of self from group affiliation and strive to make their group seem superior to

out-groups, boosting their self-esteem and reinforcing group cohesion, which can lead to prejudice and discrimination.

In his 2024 book *The Identity Trap*, political scientist Yascha Mounk, a self-proclaimed leftist, describes how the in-group/out-group phenomenon has caused division within the 'left camp', leading to intragroup conflict, hostility and prejudice, where 'out-group' members are viewed more negatively, unfairly treated or targeted due to perceived differences, and 'in-group' members are viewed more positively and given preferential treatment.

Of most concern is Mounk's claim that this division within the left camp, where many report being disillusioned and/or displaced, has become so dire they have jumped the political fence, enabling the right to flourish.

I am no political expert. I do have direct experience of being committed to a cause, and being subjected to the in-group/out-group phenomenon in a workplace. I wasn't in the preferred group, and the experience has been deeply damaging to say the least.

It must be acknowledged that we fall horribly and unacceptably short of dignity, freedom and equality for all, particularly for marginalised, minority groups.

The answer however, is not to divide into smaller identity groups, which psychology theory asserts promotes intolerance, discrimination and prejudice. Currently this is occurring, not with those who are perpetrating oppressions, but on those who are walking alongside us in resistance!

Universal values and ethics



by Helene Collard

are ideals that act as beacons of hope, lighthouses on the sometimes stormy waters, to guide our conduct at every level of life, and have historically been used to put pressure on systems and society to force social change.

In troubled times, these are the values we must trust, as they move us toward empathy, peace, harmony and co-operation, which we need now more than ever.

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Helene Collard: Reiki treatments, Reiki courses [www.yemayacentre.com.au](http://www.yemayacentre.com.au)  
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Helene is a Reiki Master teacher, laughter yoga leader, has a B.IndigTrauma&Healing (Law&Justice) and is completing an M.Ed (Innovative Learning Design & Career Development & Counselling)



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**THANK YOU**

For reading the last issue of *Natural Law*

I'm taking an indefinite break, I appreciate your readership.







A moment

by S Sorrensen

It's the first show of the day. Nine o'clock in the morning is a tough gig, but the young woman on stage seems unfazed by the early hour. Her voice is clear, fresh, and it flits from sweet note to sweet note like a butterfly flitting from flower to flower. She obviously loves to sing. Even between songs, her song voice trills and croons between the spoken words of her introduction, eager for the next song.

She tells the audience she's finished her HSC and is looking forward to the future. Oh. The future that my generation is handing hers doesn't seem that good. Her happy expectations are in contrast to the ugliness I see: political posturing, environmental vandalism, social injustice, capitalist corruption, violent cowardice. It makes me sad, but she glows with optimism, sings with hope.

Her pure tones are in contrast to the noise that the world foists on us daily with its notifications, news updates, angry comments, self-serving political hubbub – a ruckety din ever adding to the cacophony of chaos, ever building to a crescendo that will deafen us. We will cower in the commotion, covering our ears with headphones, pumping our brains with digital distraction, isolating ourselves in social media, texting about revolution.

People drift into the marquee, appearing out of the mist that blankets this village. St Albans squats beside the Macdonald River, a tributary of the Hawkesbury. It's the annual folk festival, and folk, having left their vans and tents in search of coffee after a festive Friday night, are attracted to the tones ringing crystalline from the marquee.

I sit at the back, nursing a coffee. The young woman's enthusiasm for life is



a powerful antidote to my pessimism. As is this whole festival.

Yesterday, I attended the festival's Welcome to Country given by local Indigenous people. No-one booed. People from all over Australia (and the world) appreciated the welcome and washed themselves in the smoke of burning bracken fern, taking advantage of a ritual offered to them from the many generations who have lived by that river.

As the noise and tension rise in the world, we talk of revolution – a change that will make the world a good place for the young woman singing. Will it be through the voting booths? Will it be through the rising up of the working class, as Marx believed inevitable? Will it be millions marching in the street? Will it be artificial interference creating an algorithmically irresistible global meme of sustainability?

No.

The change must be deeper, more fundamental and, consequently, more difficult to see at first. In fact, the revolution is here, now: a thousand

people camping in a small village, no police in riot gear, more ukuleles than phones, no problem. Right here: 20 people under canvas joining with a young woman's melodic hopes.

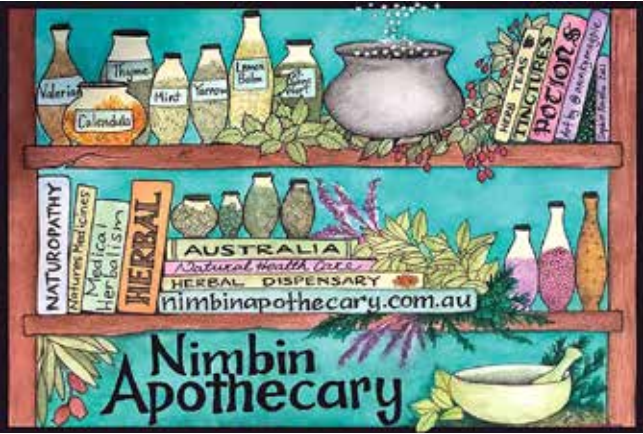
She sings: "Take me home, where I belong."

Actually, she is taking me to where I belong. Home.

This is life in real time. The young woman is singing. Now. We early morning types are listening. Now. This is not recorded. This is not a past event. This is not fantasy or fake or digital dreaming. This is not noise. This is the sound of people together, the hum of humanity, the point of it all. This is real.

The revolution is of the heart, not the brain, not the wallet. It is the feeling, long disregarded but always longed-for, of being together. It is feeling the power of art, the immediacy of life, the certainty of death, the wisdom of youth, the responsibilities of adults.

Acknowledging the past, preparing the future and living now: join the revolution.





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Legal writes  
by John 'Sindhu' Adams

In parenting battles, children have to be looked after until the evidence is tested, by cross-examination and submissions on the legal stuff, weighed in the proverbial scales, after a trial a year or more away.

In the meantime, decisions must be made by overworked registrars and judicial registrars and senior judicial registrars in mentions and interim hearings (defended or otherwise) or in chambers, while whole families stress out and some lawyers make serious money. They need wide discretionary powers. 'Interim' means "until a decision is made".

The interim decisions become orders about who

Discretionary powers

children 'live with', and where, and communicate with, and how, and 'spend time with', and who gets the drug test, the counselling, what they're restrained from, and so on.

Setting aside any cognitive bias, as skilled judicial officers can, they read affidavits and expert reports and case outlines and other documents and hear submissions on the tender bundle from the bar table or the screen on the wall, and then it's basically, in one case after another, what do you reckon? The child's best interest, whatever that is, rules.

All public servants above a certain level need discretionary powers. These can be used, depending on position and associates, ethically or otherwise. See *Rigged – How networks of powerful mates rip off every day Australians*.

My spirits are lifted when a learned magistrate applies discretionary powers mercifully, or where the law is not good and that representative of state power is rational and the law in question is section 111(1) of

the *Road Transport Act*, and that good lawyer apologises and explains that you can't have another Section 10 (no conviction recorded) for another five years.

Police have wide discretion, but need community support, and mercy looks good. Some years ago, with a bad case of 'flu, the day after rego day, unregistered and uninsured, I drove home. The officer decided, in his discretion, not to charge me with 'drive uninsured'. I felt so grateful. Another charged me with 109 kph instead of 111.

When I was a 17-year-old first year law student, drinking Emu Bitter with my mate Beau in his flat, we decided to go to the Royal Show. With the two remaining bottles we walked to the highway and hitched there. Turned out we were a week early, so climbed the fence. The whole showgrounds was dark but we found a comfortable seat, with view, in the cabin of the highest harvester.

It wasn't long before we saw movement below, and after a brief discussion, were persuaded to descend. Placed in half-nelsons, more roughly

than I thought necessary, we were escorted to the gates to wait for police who soon arrived and invited us to sit in their back seat. On the way to the station, we were all silent. There, the constable took Beau into another room and the sergeant turned to me, "Are you pissed?"

I happily admitted this, and he thought for a moment, "Reckon your mate will admit it?"

"Yeah, he's a law student. He's not stupid."

"Bet you five bob he doesn't." We shook on it and waited until he got his five bob. Then they drove us back to Beau's. I still find it easy to like police.

On another subject entirely, the first monthly instalment of 40 pages of my memoir *Shiva's Garden II* is now available.

If you want a good read, email me at: [sindhukripa@yahoo.co.uk](mailto:sindhukripa@yahoo.co.uk) and shortly thereafter it will arrive – with bank account details should you wish to make a donation. Five dollars would be appreciated.

The only term or condition is that copyright stays with me.



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by Chi Fung Lee

As a consequence of chronic diseases overtaking infectious diseases in prevalence, a new discipline known as lifestyle medicine emerged in the early 2000s in the Western medical field.

The American College of Lifestyle Medicine defines it as a medical specialty that uses lifestyle interventions as the main method to treat chronic conditions.

While lifestyle medicine may be considered a newer medical specialty, its principles have roots that extend back for centuries in various ancient healing practices, including the teachings of Hippocrates in ancient Greece, Indian Ayurvedic medicine, and traditional Tibetan and Chinese medicine.

The Chinese have had a term for this modern concept of lifestyle medicine for millennia: Yangsheng, which

# Nourishing life – Yangsheng

translates as ‘Nourishing Life’.

Yangsheng embodies the principles of cultivating and nurturing life, protecting physical health, and living in harmony with the natural rhythms of nature and our own inner nature. This includes living in sync with the seasons, regulating and maintaining balance in one’s diet, cultivating the mind and spirit, and nurturing the physical self through work, exercise and rest.

Living in harmony with nature involves adapting to the seasons by primarily consuming foods that are in season, engaging in exercise and rest that are suitable for the time of year, and aligning our lifestyle with our age and health status.

Regulating and maintaining a balanced diet is a crucial step in preventing illness. This approach emphasises the importance of consuming foods that promote health and align with our individual body types. Since everyone’s constitution is different, dietary advice that works for one person may not be suitable for another.

The significance of using food as a form of health regimen cannot be overstated. As Hippocrates famously

said, “Eat your food as medicine; otherwise, you will have to eat your medicine as your food.”

In Yangsheng, cultivating the mind and spirit is an essential component that involves a continuous journey of self-awareness and personal development. This process requires us to actively engage in learning about and reflecting on our thoughts, emotions, attitudes, beliefs, and actions in relation to our life experiences. Similar to meditation, this journey ultimately leads us to tranquillity in both the mind and heart.

Cultivating the physical self is an important part of Yangsheng. It focuses on maintaining a healthy work-life balance, establishing good sleep habits, and ensuring quality rest. Regular exercise should be tailored to your constitution and age. Yangsheng also considers sexual health, which in Chinese medicine is referred to as the “affairs of the bedroom”.

This aspect varies based on individual constitution and age, particularly regarding the frequency of ejaculation for men, because losing sperm is considered losing one’s vital essence.

Perhaps Yangsheng, or nourishing life, is truly the only path to good health and longevity. Dr Casey Means, a physician and author who earned her medical degree from Stanford Medical School, recently stated in a podcast interview that no medication can reverse diabetes, heart disease, or Alzheimer’s dementia; only diet and lifestyle strategies can foster true health.

She believes these principles should form the foundation of our medical system. Unfortunately, many physicians are not trained or informed about this approach.

I think the Nimbin region is a fantastic Yangsheng heaven. It has a diverse and supportive community in a subtropical climate, surrounded by pristine nature and plenty of organic produce.

We are also truly fortunate to have a world-class yoga teacher, Soshin Topp, in our community, who has helped countless individuals regain their health throughout her career. We are so blessed beyond words.

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

## So they say...

### Perfumes

*The girl of my dreams and I have been happily married for six months – except for one thing. Every night she puts copious amounts of strongly perfumed, greasy creams and lotions all over her face and body. The combination of these smells makes me nauseous. She is very sensitive and I don't quite know how to tell her.*

– Peter Slippoff, Rosebank

## Magenta says...

Poor Peter, it’s a shame your wife has masked her lovely warm womanly smells, those arousing pheromones that attracted you to her. Instead you’re assailed with noxious emanations from her highly perfumed products.

It’s not just vanity that makes women use these face creams, though there is a lot of that also. Women’s skin is four times thinner than men’s, which is also why they dry out so much and feel uncomfortable, and wrinkle a lot more.

However, women need to be aware of what they are putting on their skin, the largest organ in the body, and also how it is affecting their partner’s olfactory sense.

The most expensive potions cost so much not because they can achieve the miraculous – anti-ageing – but because of extensive marketing and advertising. And some of the chemicals in them may cause future health problems.

I now use products that are for people with dermatitis. These rich creams are perfume-free and have much less chemicals than other products. They are also much cheaper.

My grandmother used chicken fat, boiled and strained until only the clear fat was left. She swore by this and I used it when I was younger. It worked fantastically in my 20’s, quite well in my 30’s but not so well when nature finally caught up with me and I aged along with all my friends, no matter what cream we were using.

I once asked a plastic surgeon what was the best face cream available. She said, “Sunscreen. It is the sun that ages the skin the most.” Good advice, but be sure to get enough Vitamin D because many people are now deficient in this essential vitamin.

My advice is to buy an organic chicken, strain the fat, put it in a nice jar and give it to her as a present. Better she smells like a lovely roast chicken than a miasmatic chemical cacophony. Good luck with that!

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



with Uncle Norm & Auntie Maj

## Norm says...

You poor bastard. I can hear the hope in your letter that there’s some easy solution to this disgusting habit that women persist with. Sorry Slippo, it ain’t that easy.

I know where you’re coming from. It’s like trying to sleep with a giant dim sim. Making love just results in slipping off onto the floor. You’ve gotta hope the dog farts for some sweet relief.

What is it with women? They protest against CSG and deforestation, yet don’t mind slapping chemicals all over their bodies and clear-felling their lady gardens. I don’t mind wrinkles, cellulite and a lush forest. After all, who wants to look at a bleak landscape?

I once had a dog that had a bad case of mange. A mate suggested applying used sump oil to the beast. It worked a treat. Imagine what it would do for wifey’s skin. But don’t be stupid and suggest it. Fact is, you’re better off not saying anything. Your young bride will be so offended, you’ll be a long term dog-houser for sure.

I suggest if you want any hanky panky, and I’m sure you do, to wait until morning when hopefully most of the funk has soaked in. If she wants it at night, you’ll just have to lie there and take it.

You could try putting on some overpowering aftershave (perhaps you already do) to give her an idea of how offensive she smells. Trouble with that is, if you use strategy on a woman, she’ll always out-strategise you!

Your only hope is to wait 30 years when she’s woman enough to handle the truth – that nature takes its course and no amount of product will stop it. She’ll finally realise what you know all along: that she just grows more beautiful with age.

*I’m not saying your perfume is too strong. I’m just saying the canary was alive before you got here.*



# DOUBLE-TAXING ECO-FRIENDLY LIFESTYLES

## Shapeshifting

by Anand Gandharva

The natural environment is collapsing. Nature is no longer an inexhaustible free gift but a cradle to be cared for.

Rewilding landscapes enables environmental health and productivity: an expense creating an average 130 Earth Care jobs per LGA by 2050. Vital ecological work now cost-shifted to next generations.

Ensuring a sustainable world has an estimated extra global cost of US \$3.5 trillion pa (McKinsey), averaging 7% of household expenses (World Economic Forum). Surcharges are coming and may range from 0%, for eco-friendly choices, to 25% over current prices for goods that impact environment.

Add-on costs to be calculated by national agencies based on income, population, wilderness reserves and other variables.

Environmental issues show flaws in *The Wealth of Nations* by Adam Smith (published 1776), source of capitalism. His text doesn't assume planetary limits: when he lived none were apparent.

Sustainability is better compatible with Green Keynesianism enabling net zero and Paris Accord economics, even so palm oil from Borneo or soy oil from Amazon competes with domestic olive oil on price without adding the cost of lost forests or wildlife.

Biosphere sustainability does not tell people what to eat, but consumption surcharges are vital. Thoughtless, wealthy and hyper consumers help drive environmental harm. Luxury of choice must come with the responsibility to protect the planet.

Let no self-respecting social scholar or dietician ignore quantum uncertainty and observer bias, separate what is consumed from how one may think: "You are what you eat".

## How to manage self and Earth sustainably

1. Accept human co-dependency on viable nature: pillars of Western culture centuries ago, like Smith, Marx and Darwin, wrote when clan, class, tribe and region clashed over privileges. No awareness of Earth finite nature existed.
2. Adopt eco-friendly behaviour: such as herbivore, flexitarian, pescatarian, or Mediterranean diets. Read labels. Strive to substitute cows, pigs and chickens with eco-friendly nutrition. These trends are now driven by millennials and generation Z, linking environmental destruction with animal and nature abuse.
3. Go plant-based: increase ecologic awareness, avoid unsustainable products, enjoy the outdoors, support plant-based treaties and eco-friendly economics.
4. Until legislated otherwise, eating animals remains a personal choice: free will is

the basis of individuality, but certain actions are discouraged. If you do not believe in compassion for animals or the planetary benefits of restraint, you can still reduce dependency on animals by 35% to reach sustainability goals. An overview of what is needed to stop climate change is well expressed by George Monbiot in *Why Are Eco-Friendly Lifestyles Still Double-Taxed?* on YouTube.

5. Contribute to community: life's journey should not just be about hoarding assets, but maintaining healthy land and common benefits.
6. Desert political parties that double-tax: the hidden issue is much lower public expenses and bigger social safety nets if consumers were more eco-friendly. Much of our taxation is now used to fund unsustainable lifestyles in health, infrastructures, securities, and subsidies that should be paid by users, not taxed to non-users. Long-term viability



of ecologies should not be compromised.

Earth is precious. Open the doors of perception.

## Daily nightmares

by Michael Brooke

Shocked awake at 2am by a humdinger nightmare. Feeling I'm on the cusp of suicide. I've three packs of opioids I stashed somewhere... I think. But first I need a coffee.

Switch on the tele – a distraction from my pig-shit mood. The pope is dead. The Israelis have killed a Gaza family of five. I need to pee. I'm going crazy. I think insanity is divine. I think death is an elysian way of escaping this bloody awful world.

I flush. Back to the box and the good news and there's a bloke interviewing a bloke about President Trump. "There's gonna be a war." Oh Gawd! 3am and I'm ferreting for those damned tablets... can't find them. There's no escape.

In 2007 the American poet Ferlinghetti wrote the poem 'Pity the Nation', in which is the line "Pity the nation that raises not its voice, except to praise conquerors and acclaim the bully as hero". Words that describe his feeling of grief and his lament for an America that has lost its way, has traded away its freedoms and replaced them with gluttony and violence.

He voices his sorrow for America's decline. He'd been taught in school that the fundamental purpose of the United States is laid down in the Preamble to the Constitution: "...to form a more perfect Union, establish Justice, ensure



domestic tranquility, provide for the common defence, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity."

But instead, sadly, we have the adverse, we have an America whose ethic seems epitomised by the Hollywood antihero Hannibal the Cannibal. In the USA, figuratively, people are eating each other. The movie *Silence of the Lambs* is truly sick, yet in the USA it was a box office hit.

These days Americans make a lot of pointlessly violent movies and then perversely they act them out in the real world – Ferlinghetti's grief was well-founded.

Heavens to Betsy, am I forever thankful I live in Australia! We have a healthcare system the world envies. We take care of the elderly. Most of our politicians tell the truth. Our citizens don't carry guns. We drive on the left side of the road, and that's the right and proper side.

Best of all, our head of

state is a king – a charmingly harmless oddity. Better than all of that, we are not American.

I had a nightmare last night – the coyote caught the road runner and ate him (a Disney cartoon in which the poor coyote always gets killed) – I dreamt of something similar.

Like someone is killed by someone for the sake of facts or feelings or robbery and 20 more are killed for the sake of opinion and hundreds are killed for no particular reason at all. Just another normal nightmare (daymare if like). A big yawn!

Goodness, I wake up with so many aches and pains. During the night it rained and the house smells damp. I'm sitting at the kitchen table with the laptop open, as usual catching up with world events that thankfully, mostly, are a long way away.

I make a youtube search for a lighthearted movie. I find and recommend a good British comedy series, *Dads Army*, good for a laugh. I suggest you watch the missing episode titled 'Under Fire'.

## The joy of creativity

by Magenta Appel-Pye

As many of our ageing population retires, we need meaningful activities to keep our brains active and our souls engaged. Bowls, cards or anything that gives us regular social contact is great. Volunteering is an excellent choice that includes meaningful work, new social contacts and gives one the eudaimonic state of well-being.

Creativity is a great joy that many only have time to pursue in their retirement. It seems nearly every second person I talk to is writing a memoir, Norm included. It is unlikely that an unknown person with only one book in them will ever be picked up by commercial publishers. And even if you do hit the jackpot, the money is meagre. It's all blogs, vlogs and podcasts these days. Would you go to the expense of self-publishing? Many do.

Norm recorded an album last year of solo piano music. The ABC liked it, but it didn't get through to the final few chosen for this year. So where does that leave him and all those others who spend a lot of time and money making a beautiful album? To get your music out there, you have to use social media and other self-marketing endeavours which might not be how you want to spend your time.

The Polish philosopher,



Leszek Kolakowski said, "Art arises from a spiritual longing that all people share: to make our mark on the world and to spend our life energy in a work that rises above the mundane, adding grace to existence."

"We respond to the light of the world around us by giving expression to our own inner light, and when the two are on the same wavelength, the world seems more brilliant and finely focused."

I think this perfectly describes why we love to do art. When you get in the flow, the world's problems disappear and you experience a peace and joy that is rarely found elsewhere.

I love to write. Everything else falls away when I am in the creative process. Although I enjoy reading fiction books, I can only write non-fiction. I don't have a good imagination but I do enjoy words, and sharing ideas and information. I also like to be published. This way I have to maintain a good standard

and it is a nice challenge.

After 13 years of writing for the *Nimbin GoodTimes*, I still enjoy the process, seeing myself published, and the lovely feedback I get. It doesn't matter that I don't get paid, I see it as a community service for an incredible independent paper. It is one of the few papers in Australia where there is genuinely true free speech and I feel honoured to be a part of it.

I am a terrible visual artist but I love colouring in. I read somewhere that colouring in is the next closest thing to meditation. I find it gets me in the flow easily without having to think too hard. Which, I guess, is the whole point of meditation.

Express yourself creatively in whatever way brings you joy, even if you are not very good, and allow your inner light to shine into the world, for that is what it's all about.

You can hear a clip of Norm's music on his website: [normanappel.com.au](http://normanappel.com.au) or view 'Enchanted Forest' at: [youtube.normanappel](http://youtube.normanappel)