

The June citrus glut is here!

by Kitty van Vuuren

Oranges, lemons, limes, grapefruits, kumquats, mandarins, tangerines, pomelos, and Australia's finger-limes are all ripening now, with Nimbin gardeners looking for eager takers to lighten the annual citrus bonanza!

In his book *The Origins of Fruit and Vegetables* (2001, Harper Collins), author Jonathan Roberts locates the origin of the citrus genera in India, Indonesia and China.

DNA evidence suggests some 162 citrus species originate from just three species: the citron, pomelo and tangerine. Some botanists believe that citrus emerged over a million years ago in the tropics.

One theory suggests the microcitrus, a tall rain-forest tree with small fruit, which only grows in Australia's north-eastern tropical rainforests, might be the proto-parent of all citrus.

Citrus are highly reproductive, self-pollinate and easily hybridise, which explains the enormous variety. And quantity.



As citrus spread out towards cooler climates, the trees and their fruits became smaller. Citrus domestication most likely started in China some 3000 years ago, and by the 3rd century BC the Chinese were developing citrus peel oils in Australia's north-eastern tropical rainforests, might be the proto-parent of all citrus.

From China plants were taken further west. In Cyprus, an archaeologist found citron seed dating back to 1200BC. By 300BC the Greeks gave accounts of citrus propagation while Alexander the

Great introduced citrus to Iran and Northern India.

The Roman conquest of Europe brought citrus to the Mediterranean coasts. In the 7th century Islam spread citrus to Egypt, North Africa and Spain. Then Spain and Portugal brought citrus to the Americas in the 15th Century.

Although its botany suggests otherwise, the lemon became a symbol of fidelity in Renaissance art, and by the 17th century the French began to use lemons in cooking.

The English were growing citrus in greenhouses in the 1800s, and their navy used limes high in vitamin C to prevent scurvy (hence the 'Limey' nickname). By 1824, oranges were introduced to the Australian colonies.

Citrus can be regarded as a truly cosmopolitan plant and a global culinary staple. Culinary applications include their use in sweet, sour and savoury dishes.

They preserve well as marmalades, pickles, cordials, sauces and wines, and can be candied and dehydrated.



Mandarin Pawpaw Pie

Ingredients
3 cups yoghurt
18 ginger biscuits
2 tsp virgin olive oil
½ cup sour cream
¼ cup sugar
2 tsp grated mandarin rind
½ tsp vanilla extract
2 tsp corn starch (or 2 tsp agar-agar)
¼ cup mandarin juice
1½ cups peeled, chopped pawpaw
1 cup fresh mandarin slices

Method
Strain yoghurt over a bowl through a cheesecloth-lined strainer until reduced to 1½ cups.
Preheat oven to 180°C. Crumb ginger biscuits finely in a blender/food processor; add olive oil to the crumb mix.

Grease or line a pie pan with baking paper and press the crumb mixture into the bottom and sides of the pie pan; bake in oven 10-12 minutes until set.

In a bowl beat together the drained yoghurt and sour cream until smooth; add sugar, grated mandarin rind and vanilla.

Combine mandarin juice, cornstarch (or agar-agar) in a small saucepan on low heat until starch (or agar-agar) is dissolved.

Remove saucepan from stove and add to the yoghurt mixture. Stir 1½ cups of pawpaw into the yoghurt mix and then pour into the prepared pie crust. Refrigerate until set (about 6 hours).

To serve, garnish the pie with mandarin slices and left-over pawpaw.

Remove crofton weed easily in Autumn

Weed words
by Triny Roe

June is a great time to experience vegetation management.

The soil is moist from the generous autumn rains so herbaceous weeds and woody weed seedlings come out easily.

The cooler weather reduces chances of heatstroke while doing physical work.

You have to do it sooner or later, and the longer you leave it, the worse it gets. So get out and do some weeding and reap the benefits.

Focus this month on Crofton weed, *Ageratina adenophora*, which will be in full flower in Spring. Yet another 'pretty' ornamental plant gone wild, it arrived in Australia in 1875 and didn't take long to flee the garden. It is now found up and down the east coast of Australia from Maleny to Wollongong.

Growing upright, on average one or two metres high, sometime

taller, with purple stems, trowel-shaped serrated leaves and fluffy white flowers, this one prefers the moist southern slopes and loves to line creek banks and roadsides. It displaces native vegetation, invades pastures and degrades paddocks.

Cattle won't eat it, but horses will munch on the leaves, both fresh and after cutting, even though it is toxic to them. Breathing in pollen is also damaging. Horses can succumb in as little as two months, or it can take longer.

They may show no symptoms until they unexpectedly collapse with oedema on the lungs. There is no treatment. Sheep and goats can usually eat a bit of crofton with impunity as long as they have adequate other feed available.

A mature Crofton plant can produce up to 100,000 tiny seeds with light white hairs which help them float on the breeze to new locations. Seed also travels via the usual routes – water, machinery,

vehicles, animals, footwear and clothing.

Crofton is happy in the shade, as well as full sun. It often colonises cleared and disturbed sites as its seeds need exposure to light to germinate. After large-scale lantana removal, it will commonly emerge, unless you get farmers friends, *Bidens Pilosa* instead.

Hand weeding crofton is effective and rewarding when the native species spring back. Crofton roots are fairly shallow and usually easily extract, except when the clumps are years old and firmly entrenched. Use a mattock for them.

Pile the weeded material to rot, though be sure to turn the heap. Stems touching the ground will merrily keep growing. Slashing and brush cutting can make the patches thicker as cut pieces of stem readily reshoot and root. This weed has high invasive potential and can develop thick patches especially in boggy soggy areas.



Native *Polilla proliferates* when Crofton weed is gone

By 1900, Crofton was considered naturalised. In the 1940s it was prolific in the Tweed and Numinbah Valleys. Some dairy farmers were forced off their farms as the weed invaded and dominated

the kikuyu pastures leaving no feed for the cows. Scientists struggled to find control measures. It was still early days for herbicides.

Biological control in the form of a fly which causes a stem gall and a leaf spot fungus introduced in the 1950s had limited impact. The fly was parasitised by a native wasp. A leaf rust, released in 2014, helped slightly, however crofton weed continues to be a significant pest plant in the Northern Rivers. Reduce its impact and spread by not letting it flower.

Its cousin, mistflower *Ageratina riparia*, looks similar but has more of a creeping habit, narrower leaves and a gnarlier root system. Mistflower stems are brittle and will snap off before the roots give it up, ensuring its survival.

You definitely need a tool to extract this one. Loosen the surrounding soil and lever out the roots without breaking them. Happy weeding.

Body language between humans and horses

by Suzy Maloney

Horses are masters of body language.

Long before humans domesticated them, they survived as prey animals by noticing the smallest movement in their environment. A twitch in the grass, a shift in posture from another horse, or tension in a nearby herd member could signal danger.

Because of this evolutionary history, horses remain highly sensitive to physical cues, and much of their communication with both other horses and people happen without words.

When humans interact with horses, we often focus on reins, voice commands, or training techniques. Yet horses are usually paying close attention to posture, breathing, muscle tension, eye focus, and movement patterns. They notice whether a person approaches confidently or hesitantly, whether shoulders are relaxed or rigid, and whether energy feels calm or rushed.

A handler who is anxious may unintentionally communicate uncertainty through tight movements or inconsistent signals. The

horse often responds not to what the person says, but to what the person's body is expressing, and their energy level.

This is one reason why many people say that horses "mirror" human emotions. While horses do not analyse feelings in a human sense, they are skilled at detecting changes in behaviour and energy.

A nervous rider may sit stiffly, grip with the legs and hold their breath. The horse may become tense in return, move cautiously, or react more sharply to surroundings.

By contrast, a calm rider with balanced posture and steady breathing promotes relaxation and confidence. From the moment we approach a horse, they are reading us.

Reading a horse's body language is equally important. Horses communicate continuously through ears, eyes, head position, tail movement, stance and overall muscle tone.

Ears are especially expressive. Forward ears usually indicate attention or curiosity. Ears softly moving back and forth may mean the



Suzy and friends

horse is listening to sounds behind and ahead. Ears pinned tightly backward are a warning sign that the horse may be fearful or ready to defend himself.

The eyes also reveal much about a horse's emotional state. Soft eyes with relaxed lids signal calmness. Wide eyes with visible white can indicate alarm, excitement, or stress, although some horses naturally show more white than others. Observing the whole horse rather than one feature is always best.

Head and neck carriage provide more clues. A lowered head, relaxed neck and soft jaw often show comfort. A raised head with a

tight neck suggests alertness or concern. If the horse freezes with their head high and nostrils flared, they may be assessing something they see as a threat.

Tail language matters too. A gently swinging tail can mean relaxation, while vigorous swishing may signal irritation, discomfort, or an attempt to remove flies. Again, context is essential.

Movement and space are another major part of equine communication. Horses naturally use pressure and release within the herd. One horse may step toward another to ask them to move, then soften once space is given.

Humans use similar principles, often without realising it. Stepping directly toward a horse with strong energy can create pressure. Turning slightly sideways, softening posture, or stepping back can reduce pressure and invite approach.

Because horses read subtle cues so well, consistency matters. Mixed signals confuse them. For example, asking a horse to move forward while the rider's body remains tense or restrictive creates conflict. Clear communication happens when aids, posture and intention match each other.

Developing better body language with horses begins

with self-awareness. Relaxed breathing, balanced posture, deliberate movement and emotional steadiness make people easier for horses to understand. Patience is also crucial. Rushed or unpredictable actions can make a horse uncertain.

Likewise, learning to observe horses without assumption improves safety and trust. Rather than labelling behaviour as "bad," it is often more useful to ask, "What is the horse communicating?" Are they worried, uncomfortable, confused, or overstimulated?

Body language often provides the answer before behaviour escalates.

The relationship between horses and humans is built largely through silent conversation. Horses constantly read us, and they constantly speak through movement and expression.

When we learn to notice these signals and manage our own body language, communication becomes clearer, gentler, and far more effective.

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Saffron sun medicine

Nature's pharmacy
by Holly Hunter

After a rainy few weeks across the Northern Rivers and the slow descent into the cooler months, many people begin to feel the shift not only in the air, but within themselves.

Energy softens, motivation can dip, moods become heavier, and the nervous system often craves warmth, light and restoration.

Traditional herbal medicine has always recognised this seasonal turning – and with it, the importance of what herbalists sometimes call "sun medicines."

Saffron (*Crocus sativus*) is one of the oldest and most treasured of these. Known for its deep crimson threads and radiant golden colour when infused, Saffron has been used for thousands of years as both food and medicine across Persian, Ayurvedic and Mediterranean traditions.

It has long been regarded as a plant that carries warmth directly into the nervous system – gently uplifting, restorative and brightening. In traditional herbalism and naturopathic practice, Saffron has been used to ease nervous tension, support low mood, and assist in states of mental fatigue and overwhelm.

Modern research is beginning to reflect these traditional observations. Saffron contains compounds such as crocin and safranal, which are thought to influence serotonin, dopamine and inflammatory pathways within the brain and nervous system.

Clinical studies have shown

promising results in mild to moderate depression, anxiety and sleep disturbance, with improvements in mood and emotional wellbeing.

More recently, Saffron has also been explored in relation to ADHD. Research has investigated its effects on inattention, hyperactivity and emotional regulation in both children and adults, with encouraging results.

Rather than acting as a classical stimulant, Saffron appears to work through modulation – supporting neurotransmitter balance in a way that may assist both focus and emotional steadiness, which are often closely intertwined in ADHD presentations.

Beyond mood and cognition, Saffron has a long history of use in herbal and naturopathic medicine for digestive support, menstrual discomfort, circulatory health and recovery from stress-related exhaustion.

It is often considered when the nervous system feels worn down – when low mood, irritability and fatigue sit alongside a sense of internal "flatness" or depletion.

Saffron is a potent medicine – a little goes a long way. It can be incorporated into daily rituals as a simple tea, a few threads steeped in hot water, releasing a golden infusion with a subtle, earthy aroma, or prepared as a tincture, offering a concentrated and accessible form of the herb for therapeutic use.

A small-batch Saffron tincture is currently available at Nimbin Apothecary, prepared in-house and woven into many herbal medicine formulas for mood support, stress resilience and nervous system



regulation.

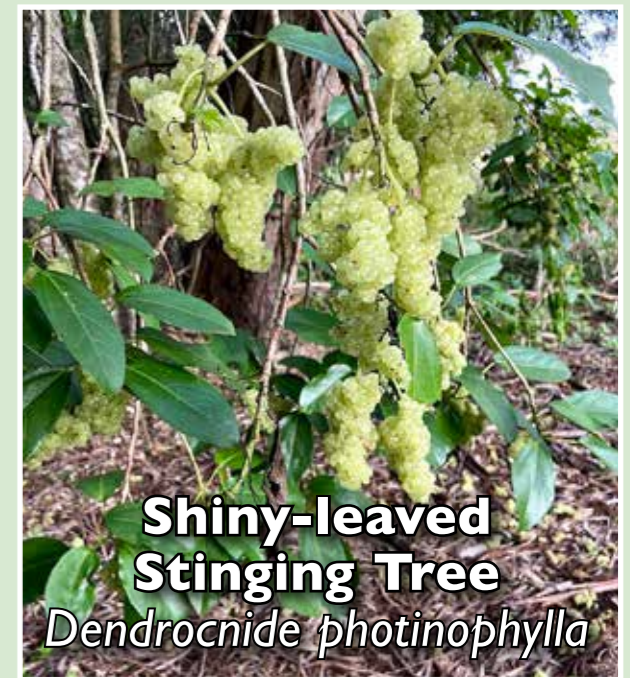
As the external environment shifts through weather and seasons, the echo can often be felt through the inner landscape of the body. In this way, Saffron sits within the tradition of sun medicines – plants that offer warmth, light and gentle revitalisation when both nature and the human body move into slower rhythms.

They remind us that even in the cooler, quieter months, there are botanical allies that help restore brightness from within.

Holly is a qualified naturopath and available for over-the-counter acute consultations at the Nimbin Apothecary, phone 6689-1529, email: admin@nimbinapothecary.com.au The shop is located at 54 Cullen Street, Nimbin.

Holly is also available for full-length consultations for more complex conditions through her own on-line naturopathic clinic, *Inflorescence Naturopathy*. For bookings visit her website: inflorescence.com or email: holly@inflorescence.com for more information.

Plant of the month



Shiny-leaved Stinging Tree
Dendrocnide photinophylla

by Richard Burer

It's been a while since we have featured this interesting tree, it's a great specimen but not one for the kids' bush tucker garden despite the attractive juicy fruit.

A few species of *Dendrocnide* species occur on the east coast of Australia, and this little stinger is probably to be considered one to avoid.

An attractive pioneer tree to 25m, the Shiny-leaved Stinger is common in the area.

Related to the other members of the *Urticaceae* family, this tree is not going to cause one to take their own life, unlike the pioneering story of life with the Gympie Stinger (*Dendrocnide moroides*) which ended as a tragic story!

The other local stinging tree is *Dendrocnide excelsa*, a larger tree that has large leaves and is known as

the Giant Stinging Tree, a rapid regenerating pioneer of most rainforest and its disturbed edges, and again it's common in the area.

Shiny-leaved Stinger is very fibrous, and First Nations peoples used this tree to make fishing nets, fishing lines, dilly bags, medicine and bush food.

The fruit could be considered edible, but it can sting the mouth quite seriously. You must process the fruit in a cloth bag to remove the stinging hairs before processing into food.

It's an interesting taste and looks super juicy to the eye. Easy to grow from seed, this is a great tree for your conservation projects, but getting brushed by the leaves can cause irritation.

On another note, last month's Grey Gum is flowering strongly and I forgot to mention it is critical to flying foxes in the winter months when fruit and flowers are rare, so plant a patch today.

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

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Flood season lifeline nears completion

by Ginja O'Brien

Tumble Falls Community School has nearly reached an historic milestone with the construction of a state-of-the-art, steel portal-frame suspension footbridge, securing an all-weather lifeline for students and isolated community members during heavy rainfall and severe flood seasons.

Due to be officially open for use in the near future, the suspension bridge marks the realisation of an ambitious vision that has been a cornerstone of the school's resilient futures plan since the 2022 flood.

Prior to its construction, heavy downpours routinely cut off access to the east side of Tumble Falls community and forced temporary school closures. The new structure guarantees that students can safely walk to school regardless of the weather.

While the bridge directly improves student safety, its broader impact extends deep into the surrounding valley. During regional flooding, residents living on the eastern side of the creek frequently find themselves entirely cut off with no access to Nimbin. The steel portal-frame bridge provides uninterrupted access for all members, especially vulnerable and aged community members, allowing them to travel safely, even when water levels peak.

Critically, the structure solves a long-standing emergency logistics issue. In past flood events, the isolation of the eastern bank led to the severe lengthy disruption of essential services, blocking the delivery of medical supplies, emergency food and home-care services. This permanent pedestrian link guarantees that vital medicines and emergency personnel can reach residents on foot during natural disasters.

The realisation of a 12-year community dream, made possible through the schools initiative, required extensive local collaboration and specialised engineering. The project received its vital financial backing from Building Grants Australia (BGA), turning the long-held dream into a funded reality.

Once funding was secured, Brisbane-based bridge specialists Cable Span Australia took charge of the construction. Working against unpredictable weather windows, the owner/building team completed the intricate steel portal-frame suspension layout in astonishing time, with regular supervised checks from our wide-eyed school children.

The school and wider community extend their deepest gratitude to key local figures who championed the project over the last decade. Special thanks are given to Sean Spain, Teresa Biscoe (Biko), and Joe Landers for their tireless advocacy and logistical management.

The project was also made possible through the critical support of the Tumble Falls Primary School committee and co-operation of the Tumble Co-op board, reflecting the true community-led spirit of the region.

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Nimbin Central School playground upgrade



Students at Nimbin Central returned to school this term and were greeted with the unveiling of their newly upgraded playground, a vibrant addition that has already made a significant impact on school life.

The upgrade marks a new chapter in the school's commitment to fostering positive learning environments and increasing student engagement.

On their first day back, students were given a chance to trial the new equipment, and their reactions spoke volumes. Smiles, thumbs up, and words of approval echoed throughout the playground, as children enjoyed the fresh equipment and innovative spaces designed to encourage play,



collaboration, and well-being.

The new playground features inclusive and accessible equipment, ensuring all students can participate and enjoy the benefits of outdoor play.

"I love the new playground! I was a little bit nervous at first, because it

is a lot bigger than the old one. The fireman's pole and the spinning pole are my favourite!" – Stellar, Year 5.

"The playground is ten times better than our old one. There is way more to do, like the big slide, spinny pole, rock climbing wall and climbing web! The fireman's pole is HUGE! Everyone is having so much fun, and there is now room for everyone to play." – Hunter, Year 2.

With the playground upgrade, Nimbin Central continues its mission to support student well-being and engagement.

As students settle into the term, staff are excited to see the lasting benefits of this investment with more smiles, greater positivity and a strengthened sense of school community.

Growing green in the school garden

by Bronwen Davis

Barkers Vale Public School is this year proudly continuing our environmental program, showcasing just one of the many things that makes our school community so special.

Hands-on learning continues to create an engaging and supportive environment where students thrive.

Recently, our Stage 3 students have been diving into sustainable food production using the T4L Air Towers. Part of the stem T4L equipment program provided by the NSW Department of Education, these aeroponics kits grow plants vertically without soil. They are designed to



help students learn about sustainable agriculture, plant biology, and data science.

The innovative garden towers initially presented a real challenge due to unpredictable Term 1 weather – humid, rainy periods followed by short bursts of intense heat throughout the day, which burnt the fragile seedlings.

Demonstrating fantastic problem-solving skills, students experimented with the location of the towers to minimise harsh sun damage while avoiding too many hours in the shade.

Our green thumbs did not stop there. Students involved with the garden maintenance program have also been busy transplanting seeds germinated in classroom seedling trays into our recently weeded and dug vegetable gardens.

While waiting patiently



for these plants to mature, students have been digging potatoes and snacking on sorrel.

They are always excited to harvest the produce they have tended and fed with compost made from recycled school lunch scraps.

Best of all, students love eating their fresh harvest and knowing it is also used in some of the delicious meals in our school canteen.

Looking ahead, our school community is eager to continue beautifying the

school grounds, including our newly refurbished multicourt area.

We are excited to plant native species that provide extra food and shelter, to sustain the wonderful wildlife already sharing our gardens.

We extend our sincere thanks to Gondwana Nursery for their generous donation of these native plants. It is a wonderful example of the community spirit that defines Barkers Vale Public School.

Starting here

I'm sitting at my computer writing words on the screen. My feet are encased in red socks, my legs in purple slacks, and I have a red-purple jumper on covered by a black vest. I've had a late lunch and feel quite full.

I'm sitting writing these words because I have to start somewhere. I'd set myself the task of regular writing and I intend to be regular. Mostly I am, sometimes I'm not. I can procrastinate endlessly, I know that, but I know, too, that – at the heart – I am a disciplined person.

In this regard I think I'm like my now deceased father. He was an architect and during the war, also a naval officer. Disciplined and accustomed to getting things done. So here I am, writing now from where I am.

The sun is setting behind late May clouds. It's been a mild day. Rain is forecast for tonight. I will swim down at the beach tomorrow morning. I'm told the water is still quite warm, as it was last week. The seaweed is banking up on the seashore and it's looking wintery.

I sit here writing these words because this is exactly what I knew I would do.

I wanted to say, as many have said before me, that all endeavours start with right now. Miro, the Catalan artist (1893-1983), began

his surrealist pieces with a single dot and from that dot elaborated all else.

Things evolve from right now. The single seed becomes the mighty tree. In the beginning was the word... all that is began thus. Plans and imaginings begin here. They start as a small bub, nothing more.

I often hear from my clients that they want to start something new, but because the idea isn't fully clothed in their mind, they can't even begin. This is folly. No enterprise begins fully formed. They can't because everything is open to change.

Things are altered in reaction to other events, and shaped accordingly. Things are emergent entities and relational. The acorn receives its ability to grow in relation to moisture, temperature, nutrients – not just the germ of its own self.

Beginning comes with risk. Who knows what will become of anything. Beginning enters existence and perhaps comes to nothing. In the end, does it really matter? Beginning can blossom into something extraordinary, or not. It is exciting just allowing something to happen. We learn from whatever happens.

The philosopher, Martin Heidegger (1889-1976)



by Dr Elizabeth McCardell

saw "now" as not merely anchoring yourself in the present but projecting your future possibilities onto the concrete reality of your past. In other words, "now" is not a point in time, but "flow". Starting now is thus a culmination of what was before, along with what is to come in relation to whatever you encounter all the way in the doing of a thing.

Where you are now is human existence (Dasein). You are an integration of past, present and future possibilities and the doing of anything is just this. Everything begins just here. There is nothing to lose and everything to gain.

I am reminded of Ted Hughes' (1930- 1998) wonderful poem, 'The Thought Fox'. It's about the essential mysteriousness of beginning any piece, and just letting it happen. Here is the entire poem, included because it's incredibly beautiful:

The Thought Fox

*I imagine this midnight moment's forest:
Something else is alive
Beside the clock's loneliness
And this blank page where my fingers move.*

*Through the window I see no star:
Something more near
Though deeper within
darkness
Is entering the loneliness:*

*Cold, delicately as the dark snow
A fox's nose touches twig, leaf;
Two eyes serve a movement,
that now
And again now, and now, and now*

*Sets neat prints into the snow
Between trees, and warily a lame
Shadow lags by stump and in hollow
Of a body that is bold to come*

*Across clearings, an eye,
A widening deepening greenness,
Brilliantly, concentratedly,
Coming about its own business*

*'Til, with a sudden sharp hot stink of fox
It enters the dark hole of the head.
The window is starless still;
the clock ticks,
The page is printed.*

– Ted Hughes

Animal communication and healing

by Julia Lincoln
Kinesiologist

This is a topic that I have been predominantly occupied with for most of my life.

When pets get ill for whatever reason, it may force us into rethinking how to deal with the issue.

This becomes, at times, emotionally overwhelming and not only do we have the pet issue but the compounding effect of our emotional involvement to deal with.

When I was in my early 30's, I had an abnormality showing in my white blood cells with the somewhat irresponsible suggestion I may have leukemia. Fortunately this turned out to be untrue, but the dog I was extremely close to, got very ill.

It may not be unusual for a pet to take on their owner's energy emotionally or physically if they are very close to them. I believe they will also sacrifice their lives to save their owners.

Over 20 years ago I worked with a specialised kinesiologist practitioner by the name of Bernard Carson. He was, and still is, a man with a brilliant mind and great compassion. The experiences still play a vivid role in my mind of what



Bernard Carson

many animals go through, particularly in the racing industry, and the often lack of understanding of the emotional component on the physical body.

We were at that time extremely blessed to have had the opportunity to work with horses on a property owned by a man with an open mind to healing.

The experiences heightened my awareness to such a point that I could not only feel what they felt, but also where in the physical body they were having issues. At that time we were mostly working with Neural Organisation Technique, a modality taught in kinesiology.

Using me as a surrogate, we could work with precision muscle testing and clear out the negative emotions. Often the emotions were around feeling abandoned, used, unloved, unworthy and so

much more. We can also infuse positive emotions.

One young foal had the feeling of being suicidal. The mother had been bitten by a snake, when in foal, and the negativity of that experience had transferred through to the foal that lost its will to live.

Fortunately the work we did resulted in a good ending often seeing horses trotting back out to the paddock with a certain glow and confidence about them. It was truly exhilarating.

Some years later I attempted to teach or at least guide people into some of this work for greyhounds. Alas, for the most part, I will let you guess the outcome. This work is not for quick one-off fixes.

In this type of work we use a surrogate to tune into the animal. The surrogate can be the owner or another person. As we are all electrical beings we are connected to our pets anyway.

That electrical energy field that connects, allows us to access information and we become privy to finding out if a pet may need work for the musculo-skeletal system, they actually all do! We can easily explore individual muscles to see how strong they are or if they are imbalanced and have little strength, we can easily fix that too.

There are scan lists of emotions we can go through, testing for excesses or deficiencies in minerals or vitamins, any potential issues with water, environmental issues eg chemical sprays, family issues, boredom and much more.

This type of work is great if you not only have an interest in animal well-being but have an interest in developing intuition. Let the animals be your guide to this.

No treatment or therapy is designed to diagnose, replace nor prescribe. While we may be able to assist in times of crisis, this work is not intended to replace veterinary care if an animal is suffering.

In June, I will be holding small classes to teach people about precision muscle testing. This will be an introductory guide commencing with 14 basic muscles, and is based on Traditional Chinese Medicine and the meridian system.

I will hold the classes over a three-day period with other group follow-ups for support and practice. I will show you how to test for foods, emotions, environmental issues, chakras, alarm points and much more.

I'm only taking two or three people at a time. If you are interested, please contact me on 0434-919-172.

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