

Past Life Regression

Past Life Solution to Present Day Problems

Past Life Regression is an exciting journey into your subconscious where all memories are stored.

Like to find out more?



Auralia Rose

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EXHIBITION EXPLORES PTSD

Papa Tango Sierra Delta

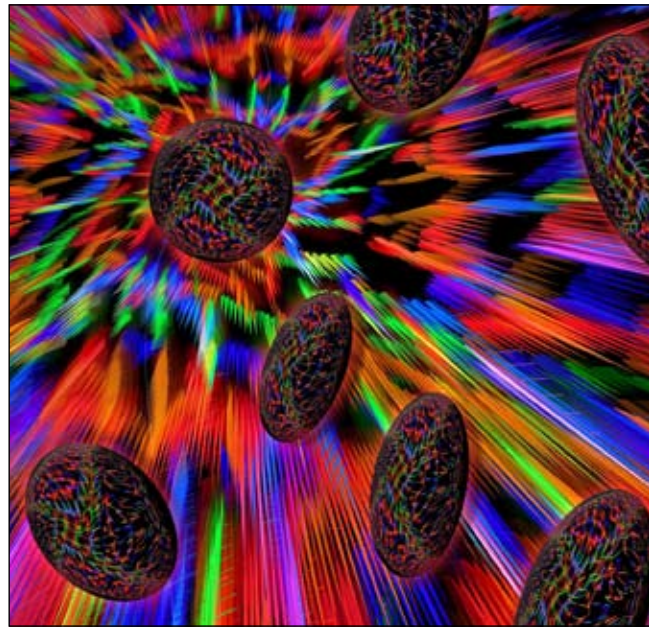
Darmin Cameron's limited edition large-scale signed canvas prints of photographic digital manipulations are designed to elicit reflection and response to the silent epidemic that is sweeping the world, PTSD – Post Traumatic Stress Disorder.

Hopelessness, fear and terror are the language of PTSD. Its recipients have a limited capacity to advocate for themselves. It is the perfect storm for apathy and inaction from everyone, including the innocent-ignorant and those who are experiencing the syndrome.

A Bowling Alley is a good analogy for the experience of PTSD. The Bowling Pins are the different parts of your brain. Your consciousness is the machine that stands the pins up and maintains the order – who you think you are – and the process you have developed to hold yourself together as a person.

The 'Bowling Ball of Trauma' comes hurtling down the alley for a full strike on the psyche, sometimes accidentally, sometimes deliberately. There is a major difference in the 'Human Traumatic Response' to these very different traumatic events.

Then the real trouble begins, the Ten-pin bowling machine (Your consciousness) is now broken. The Bowling Pins (The different parts of your brain) are scattered everywhere, and there is another 'Trauma Ball' coming, and you cannot get out of the way. So begins the PTSD cycle.



'Beginning of Time' by Darmin Cameron

The Sacred – a members exhibition

The sacred is in every aspect of our lives. Looking at the meaning of the word sacred there are many ways in which we use it.

It is most often connected with religion and spiritual life when what is considered to be holy deserves respect; especially because of a connection with a god.

Sacred music, writings and stories are in every culture from relics to temples and the land we walk on.

Another aspect of 'sacred' is when we hold to a belief or custom that doesn't get questioned or criticised, and becomes 'The Sacred Cow'; or the opposite when something we hold dear is changed, the term 'nothing is sacred' is bandied about.

Everything and more often

than not, nothing is sacred, and when it comes to art that surely rings true. The artists who exhibit at BKHG find a way to bring the themes we give them to life and this exhibition is no exception.

Opening night for both these exhibitions is Friday 5th April at 6pm with a performance piece by Darmin and performance mediator Sam Voolstra – Sierra, Oscar, Sierra.

Sara Crowe, journalist and writer, will be Guest Opener, with the Blue Knob Hall Choir performing.

These exhibitions run until Saturday 25th May.

Blue Knob Ceramic Studio Artists of the Month for April

are Bill McHenry and Ave. Bill's ceramic pieces have evolved from an exploration of surfaces that lend themselves to using oxides. His quirky pieces are a reminder to us all not to take life too seriously, because life is already serious enough.

Ave's love of terra cotta and the use of slips and sgraffito have developed over time, and her latest work includes intricate patterns cut back through the white slip to reveal the clay body.

Artists and Friends lunch

Next lunch will be held on Thursday 18th April at 12.30pm with a set menu for \$20 including main and dessert.



Ceramics by Bill McHenry

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WAG wags WAG



Mask by Sharon Bond

by Ruth Tsimbinis

It has been a very busy time at the Roxy Gallery's new premises, with lots of people visiting to view the first exhibition 'A Selection of a Collection', works by a host of local artists who have invested a lot of support into the Roxy Gallery over its 20 plus years of operation and to look over the new premises.

Keeping in mind the new gallery has started off a bit like a blank canvas and

there is still more work being done fine tuning and idea creating.

The new opening hours are Wednesday to Saturday from 10am to 3pm, and it is accessible via the lift at the Summerland Way entrance and by the stairs at the green door on Stratheden Street.

Now the red ribbon has been cut and we are officially open for business it is full steam ahead as the gallery gets ready for the next installation, an exhibition by artists associated with the Woodenbong Artist Group (W.A.G.).

'W.A.G. wags WAG' will be open to the public from 3rd April until 4th May, with the official opening to be held on Friday 5th April from 6- 8 pm.

It is very exciting to open this new space up to all within our local government area, and the Roxy Gallery is delighted to host an exhibition of works by members of the Woodenbong Artist Group as the second show to be held in our new premises.

Our LGA accommodates lots of talented creative people and the members of W.A.G. are very skilled in areas of painting, woodwork and fibre art. Engagement of these artists into the Roxy Gallery has been long standing over the years and this exhibition will be the sixth exhibition



'They Just Like Each Other' by Joy Roggenkamp

held in the Roxy Gallery by the Woodenbong Artist Group.

Living in rural areas, artists face a lot of challenges in getting their works displayed and seen by the broader public and it is really exciting to bring artists from the western side of our LGA into the Roxy Gallery with an exhibition showcasing the diverse talents of our region.

The Nimbin Art Fair

by Karen Welsh

Yahoo, its nearly here – the Nimbin Art Fair.

Many many applications have resulted in nearly 60 exhibitors being accepted this year. New artists, interstate artists and local artists are exhibiting in so many different art forms.

In addition, works by our talented Nimbin Central High School students will be also featured.

The 'Fair' opens on Saturday 13th April, and

will be open each day from 10am to 4.30pm, seven days a week, and closes Sunday 28th April at noon.

Works this year feature a wide range of genres, from traditional landscapes to abstract expressionisms, with a touch of the controversial.

Remember we are open over the school holidays and all public holidays – a visual feast and cultural event that you are welcome to invite your family and friends to.

Come in and support our local artists.



'Frida's Imaginary Journey to Lismore' by Philippa Leader



'Australian Red Flying Foxes' by Melanie Barsony



'Snappy Gums' by Anne Cook

Reverie Birds

by Fiona McConnachie

Our next show at the Serpentine Community Gallery is *Reverie Birds*, an exhibition by multimedia artist Hazel Rose Pryor, in our Gallery Two. Hazel's work (pictured) is inspired by an interest in symbolism, nostalgia and the "kitsch".

Her work visually communicates ideas from the sub-conscious, giving new meaning to objects in changing contexts. The work has a timeless quality influenced by classic designs across the decades. Recycling found everyday objects appeals to Hazel who brings new life, new context and beauty to the materials she assembles.

The exhibition opens on Friday 5th April from 6-8.30 pm at the Serpentine Community Gallery, Lismore. The show runs from the 5th to the 16th April. Everyone is welcome. Join us on the opening night for a glass of wine and some nibbles while you view these wonderful artists' work.

Running alongside *Reverie Birds*, Michelle Gilroy and Yvonne Preston will be exhibiting some beautiful artworks in Gallery One. Dreamy paintings of landscapes and birds will feature as part of this duo's work who have put together this show for us when we realised we had space and needed artists to fill it.

Michelle's paintings are a part of a body of work that explores the beauty and diversity of nature focusing on birds. Her creative influences are from an eclectic range of art movements such as the Impressionist, Expressionist and Modernist movements, and artist Arthur Boyd. Her work has an ethereal, dreamy quality that is painted spontaneously yet sensitively to the subject matter. Michelle hopes the

audience enjoys her contribution to this exhibition, which offers a taste of her upcoming solo exhibition in February next year.

The work produced by Yvonne Preston, has been "extracted from the guts of Australia's drought" and is the beginning of a series of paintings and a new project to support inland communities. This body of work is also an extension of her *Pilliga Post Card Project*, where 1,000 post cards were printed and promoted by the *Coonabarabran Times*.

As a last-minute guest along with Michelle Gilroy, supporting Hazel Pryor's solo exhibition at the Serpentine Community Gallery, Yvonne feels that all three artists have fallen into sync by giving second life to abandoned and "found" materials but especially an appreciation and a desire to preserve nature.

The exhibition following *Reverie Birds* (et al) is a member's show, *Best Friends*. While our promotional poster indicates it's a celebration of our "non-human" friends, we do realise that not everyone has, or has had, an animal companion. This a theme that is broad enough to cover any friend we have (even a tree or a rock... I have a number of very charming mineral "friends") and we welcome all mediums – drawing, painting, sculpture, photography, installation and performance. If you want to submit an installation or do a performance on the opening night, please contact us first so that we can accommodate your work's requirements.

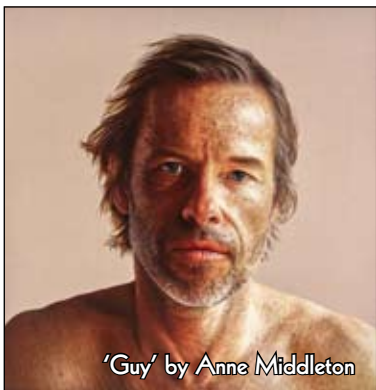
We have also had to move a few dates around to fit in later shows, so now *Best Friends* will run from the 17th to the 30th of April with the setting up on the 17th and 18th of April with the opening night on Friday the 19th of April, from



6pm to 8.30pm. So please have your work in by Wednesday the 18th at the latest. For more information, and as I said any special requests, please call the Serpentine on the number below before the 17th so we can help with the special nature of your submission.

The Serpentine Community Gallery Inc.
17a Bridge Street, North Lismore, 2480
serpentineartsgallery@gmail.com
Facebook.com/SerpentineArts

The 2018 Archibald Prize exhibition



'Guy' by Anne Middleton

by Nan Nicholson and David Kemp

Australia's most prestigious, and often controversial, art prize will be on show at the Lismore Regional Gallery from 18th April to 16th June.

Awarded to the best painting of a notable Australian, the Archibald Prize is a who's who of Australian

culture, from politicians and celebrities to sporting heroes and artists.

The whole show from the Art Gallery of NSW will be on display at Lismore Regional Gallery, the furthest north in Australia the touring show will be exhibited.

The 2018 Archibald Prize exhibition includes portraits of actors Guy Pearce and David Wenham, singers Jimmy Barnes and Courtney Barnett, and politician Gladys Berejiklian to name just a few.

The exhibition also features 20 self-portraits including works by previous Archibald Prize winners Del Kathryn Barton and Guy Maestri.

Murwillumbah local Ben Smith's portrait of Aboriginal artist Tony Albert is also included in the exhibition.

Opening Night Gala Event: 17th April at Lismore Regional Gallery. See: www.lismoregallery.org

Lismore Youth Festival

Lismore's first youth festival has long been a dream of Indigenous youth mentors, Mitch King and Blake Rhodes of Dream Bigger.

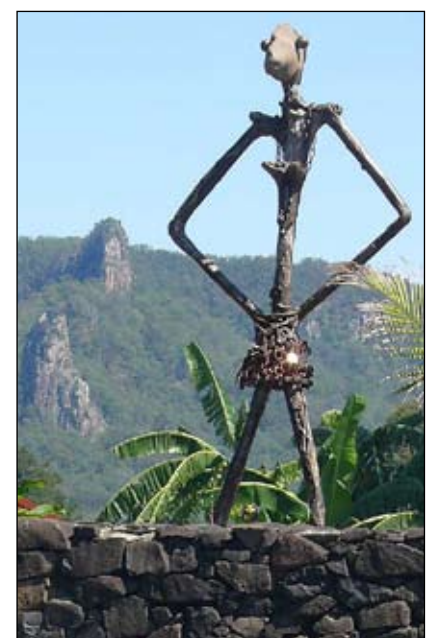
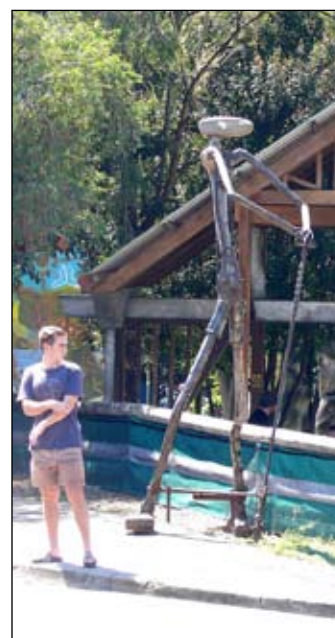
The one-day festival will showcase young artists from the ages of 14 to 19 years across all artforms.

The goal of the festival is to generate a positive youth culture for Lismore and surrounding areas through creative and performing arts.

The Lismore Youth Festival will be held in the Quad on Tuesday 16th April.

For information on how to get involved, visit: www.lismorequad.org.au

Art mobility tour



Nimbin had an unexpected treat for three days in March, when the Masirati Art Mobility Tour came to Nimbin.

A team of seven people from Austria set up their four intriguing 6-metre sculptures at various locations in Cullen Street, much to the amusement of locals and visitors alike.

The project is the brainchild of Marcel Dengel, who designed and built the spindly figures, made of driftwood and metal with large stones for heads. Each one weighs 200kg and takes about 250 hours to make.

The four figures, named Masi, Rati, Helga and Olga, have been touring for five years, in a different country each year. So far, they have been seen in Austria, France, Holland, the UK and Italy, being photographed at iconic locations to produce calendars which Marcel says, finance their trips.

They will be spending six weeks in Australia, at 17 locations around the country, including the 12 Apostles, Uluru and Mount Conner, the Devil's Marbles, Mount Isa and Cooper Pedy.

Nimbin was very fortunate to be included in their Australian tour. See the amazing photos at: www.facebook.com/DengelMarcel



The benefits of a therapeutic relationship

by Darren Kane

In this modern technological era, people of all ages are managing more and more relationships in their lives.

Along with partners, family, friends, work colleagues and local community, people are also sustaining an on-line community that has literally added hundreds to their network of connections. And yet many people are also feeling alone and isolated, and are finding they lack quality connections they can trust and confide in.

Therapeutic relationship is a term that describes the unique relationship that forms over time between a therapist and client in a counselling or psychotherapy setting. It's a relationship that requires a mutual commitment and is ideally based on empathy, trust, confidentiality and the therapist's unconditional acceptance of the client as they are.

In a time where quantity is often prioritised over quality of human relationships, finding a trusted counsellor and a nourishing therapeutic relationship is more valuable than perhaps ever before. But the taboo around counselling persists and remains a barrier to people seeking out a professional they



can confide in. We may feel that we can get everything a counsellor can offer from our partner or our friends.

There are a number of things a counselling relationship can offer that no other relationship can. Firstly, it offers absolute confidentiality. As privacy deteriorates and we make more parts of our lives public or they are made public for us, it can be a relief and a blessing to have that one person who we can depend on not to share our secrets

with anyone.

We may share a lot with a trusted partner or friend, but for various reasons we may compartmentalise, sharing some things with one person and other things with another. With a counsellor we can bring it all together, knowing that there is no conflict of interest and no overlapping relationships.

Face-to-face counselling is purely a face-to-face relationship. This is becoming a rarity in a time when we rely increasingly on multiple modes of communication in our relationships, to the extent that we may experience many people in our lives digitally more than we actually see them in the flesh. There is an authenticity that the face-to-face element brings that can be profoundly healing, where we are literally seen as we are without the masking allowed by intervening media.

The therapeutic relationship offers a unique space where we have nothing to prove and empathy is taken for granted. We're not being rated, assessed, judged or compared on how we present, on our choices, on who we are and our life stories. It's a sanctuary from a competitive world where everything we do can be held up to scrutiny and where we're increasingly preoccupied with our

public image.

As a counsellor, I consider it a privilege to foster therapeutic relationships with the people I work with. I have witnessed firsthand the power of these relationships to assist in healing trauma, relationship wounds and social isolation.

I recognise though, that a lot of people have had negative experiences with counselling, where they could not develop adequate trust and a therapeutic relationship never properly formed. It's a fact that not all counselling relationships work out, but don't let that put you off seeking one that does. Like any relationship, time and energy must be invested in finding one that clicks and feels right. When it does, that investment will feel well worth it.

Acknowledging that lack of affordability is one of the biggest barriers to people in this region accessing counselling, I am offering discounted sessions to anyone on a low income.

Darren is a counsellor and transpersonal therapist working in Lismore CBD. For information, enquiries and bookings, phone 0411-807-078, or email: info@spiralcounselling.com Web: www.spiralcounselling.com

The ascendance of racism

by Philippe Dupuy

An Australian conceived, planned and executed the worse mass killings by any one individual ever in New Zealand history.

A sinister veil of grief and sadness has enveloped the Land of the Long White Cloud. Questions are being asked: how did a 28-year old ordinary sort of bloke become so radicalised? Is this guy made in Australia?

Could this be what can happen to young people who grew up through the tragic events of 9/11? Is this the work of the Howard years when overt racism and xenophobia saw the rise of Pauline Hanson?

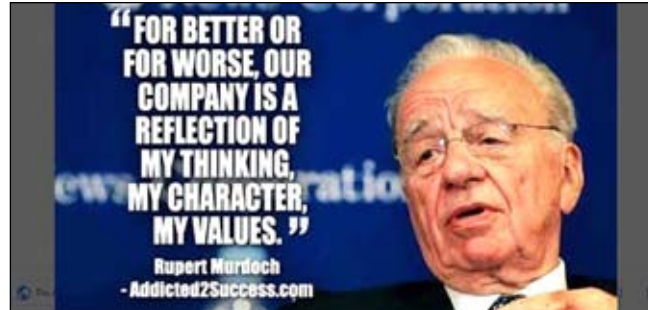
Importantly, have the racist slurs of News Corp headlines distorted perception of reality? Where victims of war have become the perpetrators and the perpetrators the victims and where even such civilities like respectful address has become political correctness?

In New Zealand, the prime minister there has a totally different outlook. Empathy and compassion is the stuff Jacinda is made of and her response says it all.

The psychopathic demented murderer is to remain nameless, incognito, obscure and denied the notoriety he seeks and the victims and their stories will be the ones to spread in a world-wide eulogy.

As for the one never to be named, his punishment might as well be to forever spend the rest of his life in a mental asylum where his deranged mind will never ever influence anyone, where his only conversations will be the deranged gibberish of the psychopathic mind.

But here in Australia the



fruitcakes have positions of power and they continue their messages of hate as we see in Anning and others of the same ilk. ScoMo is on the defensive, claiming he never ever tried to exploit the misguided divisions over Muslims.

Our broken government now find its game exposed. Fear in the past has won them votes and so they were likely making ready for another ship named Tampa or for a flotilla of un-seaworthy boats invading the northern shores of Australia.

They will be forced to back track as a result of the terrible massacre that took place in the Noor mosque in Christchurch New Zealand.

So on that fateful day when words (the ongoing rhetoric about Muslim refugees spruiked both by the government and media) became action the enormity of the crime hit the soft racists.

It made them realise that hate speech and News Corp and corporate media headlines can translate into death and destruction. That they can easily morphose into a violent, heartless, brutal, savage space where no-one is safe.

No-one in their right mind would wish to live in a war zone but this is where the few extremists in power supported by the corporate media want to take us.

Australia's narrative has changed drastically in the

years following Howard. It has moved from one of no fear "populate or perish" to one of hysteria "we will decide who comes to this country and under what circumstances," or Pauline's "swamped by Asians", "Muslims are not compatible with the Australian way of life".

The Murdoch papers in particular have played a significant role with their ruthless headlines and editorials. They knowingly invest in fear marketing, alarmists' babble and distasteful rant and when a deranged individual takes it seriously and blood runs down the wall, their crocodile tears proclaim their innocence but they will never be enough to take away the stain.

The extremist game of terrorism is owned by those in the dark shadows of power. A fortune is being made by security, surveillance, arm dealers and fear traders who have everything to gain in a world of violence and chaos. Our right to our narrative has been hijacked by them.

We live in a world of fake news and conspiracies where theories are indistinguishable from facts. It is time to rebel against the puppeteers who play us at will. Let's say no to this gross manipulation and take them to task. We must find a way to instigate a royal commission into media ownership and manipulation. It's now or never!

NEPAL

a nation of plastic mountains?

by Simon Thomas

The problem

There are many things to love about Kathmandu, but the waste disposal system certainly doesn't make the list. Discarded rubbish blows around the streets like autumn leaves, and the acrid stench of burning plastic pervades the air all too often.

No matter how thoughtfully I place my garbage in the bin, I know that its disposal is unlikely to be environmentally friendly.

Although the average Nepali has embraced the throw away culture all too literally, the society is still close enough to its roots that living free of food packaging is almost possible.

Solutions

While modern supermarkets with packaged food are springing up around this ancient capital, traditional methods of distribution and sale are still the norm for most people. Each neighbourhood is filled with family-run businesses similar to the small groceries which were once commonplace in Australia.

Dairy

Across the road from my apartment is a tiny shop owned by a family from a village 100 kilometres away.

Each morning, somebody from their town delivers cans of raw milk collected from local farmers, which they process on site in huge pots using gas rings on the floor.

Usually, the lovely shopkeeper doles out the products from her bulk storage into plastic bags, which she ties with a rubber band, and places into another bag with handles for easy transport home. She is always delighted when I arrive



with my milk jug and yoghurt container, or my own bag for the paneer. She always makes a point of showing her other customers how easy it can be to reduce waste.

Spices

The spice shop is a heavenly realm of colour and flavour. The counter is lined with wicker baskets overflowing with vibrant aromatic goods which only appear in tiny plastic packets back at home.

My mental list of which ones I want to take home grows steadily as I await my turn to order. With a metal scoop and precise set of scales, the precious condiments are delivered straight into my containers.

Otherwise, the shopkeeper uses stiff cellophane bags which she seals with the flame of a candle.

Vegies

Each evening, local farmers push carts of freshly harvested produce up to unofficial market sites around the holy Boudhanath Stupa.

Stacks of leafy greens tied up with rice stalks form ranges in a sea of loose vegetables. Even organic is available if you know where to look. They also have piles of oyster mushrooms

which smell like the forest floor.

Tofu is sold in blocks, which swim in little basins out the front of the greengrocer shops, and eggs arrive in square pallets, so you can select which ones you like the best.

In pint-sized booths, butchers cut the orders of meat directly off the side of the carcass.

Grains

Yet another nearby business is a plain shed whose floor and shelves are crammed with open sacks of pulses, rice and other grains such as local buckwheat. Lord knows how they keep out the rats.

There are also several shops who make fresh pasta, which they hang up on racks to dry, seeping the room with their aroma.

After I order my desired amount, they select a handful, cut it into spaghetti sized lengths, and wrap it up in newspaper.

Back home

What would it take, I wonder, to reintroduce this basic method of food supply into Australia? Farmers markets are a great step of course. I always feel a greater sense of connection to the food when I buy it from the growers themselves.

Just doing what you need to do

Were in the adrenal exhaustion of our fight or flight mode, responding to the intensity of our emotionally traumatic events.

As a matter of survival, we find ourselves reaching for the most accessible forms of support, a range of substances, medications, foods and pursuits.

We're addicted, deeply dependent and ever increasingly unaware and apparently accepting of the mounting negative consequences.

Over-eating, over-drinking, over-smoking, over-spending, it's that fight or flight response that propels us forward with these behaviours, in an attempt to just stay protected from our primary reality.

The triggers to this response are generally one-off events in history, it's the response itself that prolongs the experience, keeping us locked in to this state of exhaustion, fear and desperation.

It's been called PTSD, it often requires a self-diagnosis, in hindsight, to be recognised, the causes being relative to the individual, however big or small they may be judged to be. Our whole lives can be spent running from our traumas, all these unsustainable and relatively useless pursuits allowing us to barely stay one step ahead.

We find ourselves narrowed down to one course of action, continuing to procure and administer our personal elements of addiction, which again are all relative to the individual, however big or small they may be judged to be.

The only viable alternative, or the escape from this escape, is to turn and face the original driving forces of our habits, laying them to rest, putting an end to their constant hauntings.

As we peel away the layers of protection and begin the detective work of discovering what the hell has been driving this compulsion, there is the potential for a degree of panic to set in, consciousness



by David Ward

out of your head.

Beyond this, there is that wonderfully exhilarating and intoxicatingly addictive personal power that comes from challenging commonly held beliefs around how hard things might be, and from the amazing discovery that we have the ability to transform ourselves.

Having a craving suggests the thing in question is something we don't really want to do, otherwise there would be no craving, just an action.

Cravings can be overcome by simply changing our state, whether through a cold shower, a home yoga session, a call to a friend or to lifeline, eating an apple and drinking a glass of water, a drop of rescue remedy, its up to you to decide on the importance of making a stand at any particular time, but if its not now then you have to ask yourself when it might be.

There's also that master key, Gary Craig's EFT, a simple two-minute process that can be put into action whenever it's required, using it to either directly confront the craving or to facilitate getting in that shower, on that mat or on the phone, should there be any resistance to just doing whatever it is you need to do, or not do.

As a matter of fact, I'm going to apply it right now to get me onto my mat. All these things, along with the many other available strategies and steps for transformation, are only helpful if we actively apply them and avoid telling ourselves that they don't work.

If disillusion sets in, make sure either you give them a second chance, try another method or recheck your current state of readiness.

It all comes down to how good it feels and how achievable it is to be in charge of your destiny once more, to put yourself first and get clear that you're just doing what you need to do for your own ultimate benefit, as well as for those around you.

Between Lifeline and men's line or the women's alternative, you can ring as often as you feel the urge, it's entirely up to you to decide on and respond to your own level of need.

Intra and Grow are there for you, providing support groups and one-on-one interactions, it can be powerfully awakening to hear someone else speak about issues you can relate to.

While this kind of free community support isn't for everyone, for many of us it will be a great place to start, a move towards unlocking your mind, getting your deepest darkest stuff

Reclaiming your body: Trauma Sensitive Yoga

"Helplessness and isolation are the core experiences of psychological trauma. Empowerment and reconnection are the core experiences of recovery."
- Judith Herman, M.D.



by Sam Woolstra

Have you had a traumatic experience or traumatic period in your life and have symptoms of PTSD or complex trauma? Yoga might offer you a safe way to experience your body, and to explore choice making based on the felt sense of your body.

Trauma Centre Trauma Sensitive Yoga is developed with and for trauma survivors. Research shows that Trauma Sensitive Yoga can reduce symptoms of PTSD and complex trauma.

David Emerson, Director of the Centre of Trauma and Embodiment said, "Yoga may help with emotional stability. It gets you out of your amygdala, the part of the brain where a lot of your fear response is located.

"Instead, you're focusing on the here and now and using your pre-frontal cortex, so it's like you're moving away from the fear while being mindful."

Participants of Trauma Sensitive Yoga mention that the classes help them connect with their feelings and emotions in their body in a safe way, and increase their tolerance to stay with challenging feelings and emotions.

They also mention feeling empowered by practising making choices based on what they experience in their body in the here and now.

"Trauma Sensitive Yoga helped me build a more positive relationship with myself and my body."

What can you expect in a Trauma Sensitive Yoga class?

You are invited to share a yoga practice with others, while making it your own unique yoga practice.

There is no right or wrong way to do the yoga forms or movements. The class facilitator practices with you, does not walk around and does not touch your body.

You always have choices. The first choice is always either trying an offered yoga form or movement, or deciding not to try something.

You never have to do any form or movement, nor do you have to give a reason why you do not want to.

When you choose to try a form or movement, you will always be given some options how you could do a yoga form or movement.

You are also invited to experiment with forms and movements in a way that works for you at that moment.

Practising choice-making in yoga might help you with making choices in daily life based on what is happening for you in the present moment.

You will also regularly get the choice to pay attention to sensations you might feel in your body related to the yoga form or movement. Sometimes you might notice sensations in your body, and sometimes not.

Your experience of your body is unique and always changing. Exploring sensations in your body in a safe way might support you with understanding and regulating your feelings and emotions.

Trauma sensitive yoga is complementary to any type of medication, counselling or therapy you might be receiving.

Try a free introductory Trauma Sensitive Yoga class on Sunday 7th April, 10.30 - 11.45am at Birth & Beyond, Nimbin.

6-week Trauma Sensitive Yoga Course: Sunday 19th May to 23rd June, 10.30 - 11.30am at Birth & Beyond, Nimbin. Cost \$108, \$90 concession. More information and bookings: www.ilovemyselfyoga.com.au

Sam Woolstra is a certified Yoga teacher and Trauma Sensitive Yoga teacher, with lived experience of PTSD.

Darmin Cameron will open his solo exhibition 'Papa Tango Sierra Delta' about his struggles with PTSD on Friday 5th April at Blue Knob Gallery.



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A season of the stupidities

by Thom Culpeper

"For whom the bell tolls? It tolls for thee."
– William Shakespeare

Rachel Louise Carson's *The Silent Spring*, published in September 1962, is one of the 25 greatest science books of all time.

At the beginning of the International Geophysical Year, July 1, '57 to December 1, '58, those familiar with the force of argument pertaining to the natural sciences expected the coming year to offer astounding outcomes. It did.

On 4th October '57, the USSR launched Sputnik 1, to be followed on 3rd November '57 by Sputnik 2, and there followed USA's Explorer 1, on 1st February '58.

In the wings, Darwin's contributions were making the light of day, 'coming out', so to speak, and were all-encompassing. After a century, *The Origin of the Species* had the tongues and ears of the majority of science. The secular left of science had finally levered the remnant of the Owenites, a moribund theocracy, out of the pulpit of Earth truth.

The facts of the fossil and geology records were being deciphered, with new keys. "Things" were not immutable, they adapted over time or were modified due to environmental circumstances and happenstance.

Continents had drifted and, indeed, were a profoundly evolving dynamic – not fixed, but forever moving!

Technology and its handmaidens, the emerging Biological Sciences, seemed to show it all and how to do it...

or so it was thought! Galen had been found wanting, and Crick and Watson were still making double helix marks with candle soot on the dark ceiling of the Eagle pub in Cambridge. Followers of Pasteur and the Edinburgh schools had lifted medicine from quackery. Chemistry it seemed, was the path. It was, of course, but one of the then paths.

And yet, the ecology of all was waving, not yet in the limelight. Physics had 'bedded' the truth of, "For every action there is an equal but opposite reaction". Biology was in the shadows, a naïvety, populated by gifted and not-so-gifted amateurs, who in the main were middle-class natural history geeks, collectors, "I don't need the money, it's my hobby" lads, and some privileged blue-stockings.

Into this world sailed, under a main of truth, a sharp ag-scientist and a gifted writer, Rachel Carson (pictured), the penner of, among others, the beautiful *The Sea Around Us*.

Through this navigator of hope, reality was forced to raise its ugly head and was exposed. The birds were dying, the rivers replete with dying fish and the men of the land were being struck down by unexplained maladies and their children often born malformed and ill. The sponsors of this syndrome were spinning the virtues of the 'Green Revolution' and stone deaf to the facts of the song-free spring.

The Ag-Chem industry was busy recruiting the cream of young chemists into its folds. The philosophers of science were sidelined. Technology PhDs were supported by the profits and yields of chemistry. The pleadings of



the concerned were shut out by corporate bellicosity. The media were bought, lock, stock and corporate pork-barrel. Biology was safely cozened, as the science of the 'gentle', interested bourgeoisie, the private schooled and Saab-ed.

One angry, bright dame saw through this merde and came out mean, singularly focused and determined to expose this social crime. The evidence was clear, proved and irrefutable: you spray their shit, we all die!

DDT killed mosquitoes, but so did kerosene and diesel. No corporate, monopolistic profits and the consequent gross salaries in selling fuel; big oil had that covered. Chemical agents were the pathway to swags of profits. We formulate them, legalise them via the FDA and shove them down the rural's necks. We 'help' rurality and you consumers can relax, well fed and with pantries full of 'affordable' food.

Carson threw down the gauntlet, and delivered the research, collated the outcomes and demanded: "A lot of your crap is murdering biology and so the planet! Desist... dammit!"

Did they go for her? They did, and with a vengeance. Rachel Carson prevailed, as did humanity. Should

you care? I think so. Think global warming and watch New York!

In her time, she did the work, she wrote it up, she took the flack. She told the truth. We still owe it to her, to push on. On our own, we beg; together, with her example, we demand! This is the truth.

Enter the new truth: glyphosate (Roundup) is more than a botany assassin, it is an Earth assassin. All of the ground, the growing media we call the soil, was created by the plants and their mycological allies, the fungi. Few plants get any nutrients without some biological interdiction or via some fungal action of a species-dependent mycelium.

So what has Chemo-info-dominance-order to offer the land-peoples? Nothing but an un-earned yield (super-profit-abuse) to their, several, (1%) information-power, profit-corporation, share-holding, masked in the nonsense of Howard's "Mums and Dads", anti-socialist, corporate "partnerships".

Crap! In March, a US jury awarded Edwin Hardeman, \$80 Million, (\$US 5 million plus \$75 million in punitive damages) in a case against Monsanto in the matter of Round-up (Glyphosate), saying the company had been "negligent in not using reasonable care" to warn of the herbicide's cancer risks.

Rachel belled similar in the 1960s, and so, where are the birds and now, the bees and their invertebrate cousins, today? Have we listened?

RIP... again... Rachel Carson, Earth heroine. Every society should be issued with one such as you.

Bowen Therapy takes off the heat

I have no idea where the myth came from that hot summer days make us feel sensuous and sexy, and I am absolutely sure all songs about hot summer days bringing fun and romance are written by those who live in caves, where 25 degrees C is considered a heatwave.

There is absolutely no romance, or fun in needing to wear a piece of sopping wet rag around one's neck, in order to stop one's brain taking on the consistency of a hard boiled egg.

As for passionate, long, close, embraces – during the last months, my seemingly unresponsive refrigerator has gently held my hot heart next to its freezer compartment at every request; a show of affection for which I am passionately grateful.

So what to do while all argue about whether climate change is being caused by us, or by mother earth going through her natural

cycles? (I would remark, if this is natural, she's finally experiencing menopause.)

First thing, drink water. At least a litre per day. And for those of you who protest that you get plenty of fluids from beer, coffee, tea, cordial, soft drinks etc. try feeding those to your garden minus water for two weeks. I guarantee the results will be disastrous.

One thing to remember, when it comes to drinking water, iced water makes the kidneys scream. Room temperature is best.

If you are averse to the taste of this life-giving substance, which is becoming more precious by the day, make up a jug with some slices of lemon and a sprig of mint. Tastes good!

Not only has it been hot, but the temperatures have been all over the shop, which makes life difficult for our body thermostat and immune system. The muscles suffer as well. It's a



by Tonia Haynes

big job coping with varying temperatures and humidity, plus loss of minerals through perspiration, whilst at the same time attempting to support our every movement.

Add to that, injury, bad postural habits and emotional trauma, and one cannot blame muscles for switching off and leaving the job to muscles that are less sensitive to change.

It's true. Muscles do switch off, leaving the rest of the body

to cope the best it can from a position of imbalance. We feel it as pain and discomfort, which is not necessarily removed by the talents of a Physio or Osteopath, or even a Bowen Therapist, because kick-starting stubborn muscles may involve a special sort of a kinetic tweak.

I've been tweaking switched-off muscles for thirty-odd years. In fact, it's one of the best skills I ever learnt.

So if you have been receiving treatment and still have muscular pain or have not received treatment and have muscular pain, you may just need a tweak, accompanied by massage, structural rebalancing, involving Bowen Therapy and a friendly ear that is happy to listen.

Stay Cool.

Tonia is Nimbin-based and is available most days.

Phone for an appointment on 0439-794-420.

Growing herbs in Autumn

Nature's pharmacy

by Trish Clough, herbalist

Despite two consecutive days of 35° sweltering in the last week of March, we are finally seeing the end of an extremely long summer. This morning I actually felt slightly cold. It was *only* 24° inside the house.

I get excited about autumn planting, and also about gardening without expiring in the heat. At least before 10am!

My last winter crop of calendula flowers self-seeded madly, so I have a carpet of babies. So emotionally difficult to pull some out, but they need thinning. Calendulas are interesting to grow. They definitely do best in this climate as an autumn planted annual. I had some that self-seeded in the spring, and they did flower during summer.

But the water stress and heat meant they produced very small sparse flowers, compared with my bright orange carpet during last winter. I made a large batch of infused calendula oil with last season's harvest but it's almost gone (doing some excellent work with psoriasis). I succumbed to buying some organic dried flowers for my next batch of oil.

At last my motherwort plant is looking less stressed. As a member of the mint family, it likes to stay moist and was not happy in its full sun location. I'm hoping it

recovers well and produces a lot of flowers.

Useful for anxiety and racing heart, the tincture is most effective made from the fresh (not dried) plant when it is just starting to flower. Another mint family herb is lemon balm, and mine also struggled in the hot dry summer. The tiny grasshoppers liked it too. They perhaps liked its calming effect. I use it a lot as an anti-viral herb, and for depression. My plant is now spreading and looking lush with the extra rain and cooler temperatures.

I'm happy to see my dark pink flowering yarrow is spreading and flowering prolifically. I made plenty of tincture last season, so I can now indulge in harvesting the flowers just to put in a vase. They are very beautiful.

Yarrow is beneficial for anything involving blood flow, especially bleeding issues. Traditionally used as a wound treatment in battle to staunch bleeding, it is also helpful with heavy menstrual bleeding. Yarrow also helps with high blood pressure.

Thanks to my gardening friend I have some baby self-sown Herb Robert plants. They are very interesting as apparently the seeds explode out of their capsule and can travel many metres therefore popping up in strange places. Somehow my friend found some germinating in her shadehouse some distance



Dark pink yarrow

from the parent plant. Particularly strange as the shadehouse is screened.

I plan to make a special tincture known as a succus from the fresh juice of the herb, which I will use for a patient with long-term Lyme Disease ('DSCATT' but I won't call it that). As a homeopathic 'mother tincture' it is helpful for the heavy feeling in the legs that he experiences.

Having found out in recent years that *Bidens pilosa* ('farmer's friends') is a powerful antimicrobial herb, I now find myself watering them and trying to keep them alive in the dry hot summer. I still feel very amused that I'm watering and cultivating farmer's friends! I guess I'll get over it eventually.

In December I scrounged enough of a few robust plants to make a fresh plant tincture. Difficult to say but there weren't many plants around.

But now that it's autumn there are self-sown small plants everywhere. Next time I will try making a fresh juice and preserving it in sugar cane alcohol, as this is apparently even more powerful as a herbal 'antibiotic'.

I will just end this garden tour here by confessing that I planted a stinging nettle in my backyard a few months ago. I may live to regret it, but so far it hasn't taken over the whole garden.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore after owning 'Traditional Medicinals' for 20 years.

Trish is available for consultations by appointment on 0452-219-502 or email: herbalist.trish@internode.net.au

The information in the column is meant for general interest only and should not be considered as medical advice.

Fascia – I've got you under my skin

by Sonia Barton

The Bowen Technique has a very specific effect on Fascia; it is the cling-wrap type tissue that surrounds muscles, organs, and muscle fibres and creates a network in the body.

This network is actually in one piece! Hard to imagine, I know. This is why it is important for the whole body to be treated in a session from top to bottom and back to front.

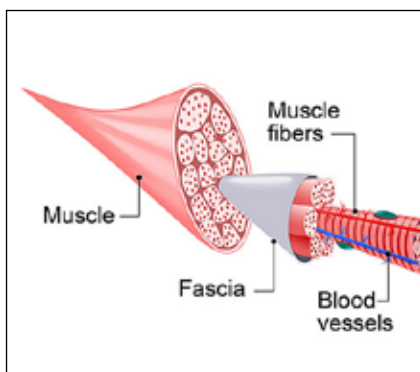
Primarily, Bowen moves are made directly on muscles, tendons, ligaments and nerves, but because all these structures are surrounded by this network of fascia, it is inevitable that whatever structure is activated, the fascia that surrounds it (and is integral to it), is affected at the same time.

What is fascia made of?

Fascia is a three dimensional fabric of fibres and gel made of three main parts – collagen, elastin and "ground substance" or fluid. The most predominant material is collagen. The collagen fibres are strong and form tightly woven bundles to create a fibrous tissue.

Elastin is a type of fibre that is able to stretch and recoil. This provides much of the stretchiness in some fascia, especially in areas like the skin, the ear and some ligaments. Together they form a network that is both strong and flexible.

It's much more than just coating of muscles and organs. It has been found to have fine blood vessels and sensory nerve receptors. These receptors are



responsive to manual pressure, with gentle stimulation through Bowen moves linking the entire body to the autonomic nervous system.

Fascia in Bowen Therapy

Bowen "moves" are known to influence the body through the fascia.

Most who have had Bowen realise that sensations are often felt in a very different part of the body to where the move was done. And these are often a clue to where the body is feeling restricted.

Trauma in a particular area can result in lines of pull, and then symptoms seen somewhere else. It can explain how someone has a sore knee months after untreated whiplash.

The lines running through the body can explain how work done on shoulder blades allows someone's hamstrings to release. It can explain how work focusing on rebalancing the pelvis allows a shoulder to return to correct location with improved range of movement. It can

explain how work on the jaw can help the body return to upright.

Fascia is wonderful when the body moves freely. But when restrictions are felt, treating the site of the pain may not be the solution – the problem may lie elsewhere.

Fascia affects how our body moves

When fascia is healthy and hydrated, it is soft and pliable. It is able to move and glide without restriction, and has the ability to stretch.

Healthy fascia helps to maintain good posture. The fascia within the body is in tensional balance, ensuring everything is where it should be. The body is flexible and able to move well, as muscles are able to glide easily over each other.

However, the fascia can change when the body experiences damage or trauma of some kind. This damage may be a physical injury, surgery or inflammation. But it can also change with lack of activity, or a cumulative effect of habitual poor posture.

Everything is connected

I just love working with fascia. I find it fascinating and it's something you don't really think about or realise how important it is to keep it smooth and hydrated for good posture.

*Key information source Anatomy Trains book and website (www.anatomytrains.com)
Sonia Barton is a Bowen Therapist and Reiki Master. Phone 0431-911-329, email: soniabarton@yahoo.com Web: www.bowenenergywork.com.au*

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Nimbin Crossword Solution

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