

HEMP OLYMPIX IN PICTURES



A competitor in the Bong Throw and Yell event



This competitor tore straight through the lantana tunnel in the Iron Grower event



Hemp Olympix Officials Alan Glover and S Sorrensen commentate the Artistic Joint Roll event



Joint rolling champions Bob, Sal and Luke.



Fiona was the winner of the Artistic Joint Roll, for her seahorse shaped joint



Young Sal is a joint rolling champion

Hemp Olympix handbook launch

Among the education and celebration at MardiGrass this year, there was an event of historical and cultural value: the launch of *A Spectator's Guide to the Hemp Olympix* at a packed Nimbin Town Hall on Saturday evening.

The authors, Alan Glover and S Sorrensen, invited Nimbin's Head of Hemp Stuff, Michael Balderstone, to officially launch the book, which details the rules and etiquette of the Hemp Olympix sports, as well as tracing the history of the Hemp Olympix from the Stoned Age to the Spaced Aged. (Did you know that Homo sapiens were throwing bongos competitively 40,000 years ago? Have you seen the poster that Toulouse Lautrec designed for the first modern Hemp Olympix in Athens in 1896?)

Alan Glover and S Sorrensen are Australia's only accredited Hemp Olympix Officials and have officiated at, and commentated on, the Hemp Olympix at Nimbin's MardiGrass for 20 years. Over that time, they have witnessed super-human feats of endurance in the Iron Growers Event, digital wizardry in the four Joint Roll categories and the bong ballet of the Bong Throw & Yell competition.

At the launch, S Sorrensen read from the 'Australian Champions' section of *A Spectator's Guide to the Hemp Olympix*, which gives a moving account of that moment in 2009 when Bong Throw and Yell champion, Garry the Plumber, threw the sports bong an amazing 40.4 metres, setting a new world record that would not be bested until this year's competition where not one, but two,

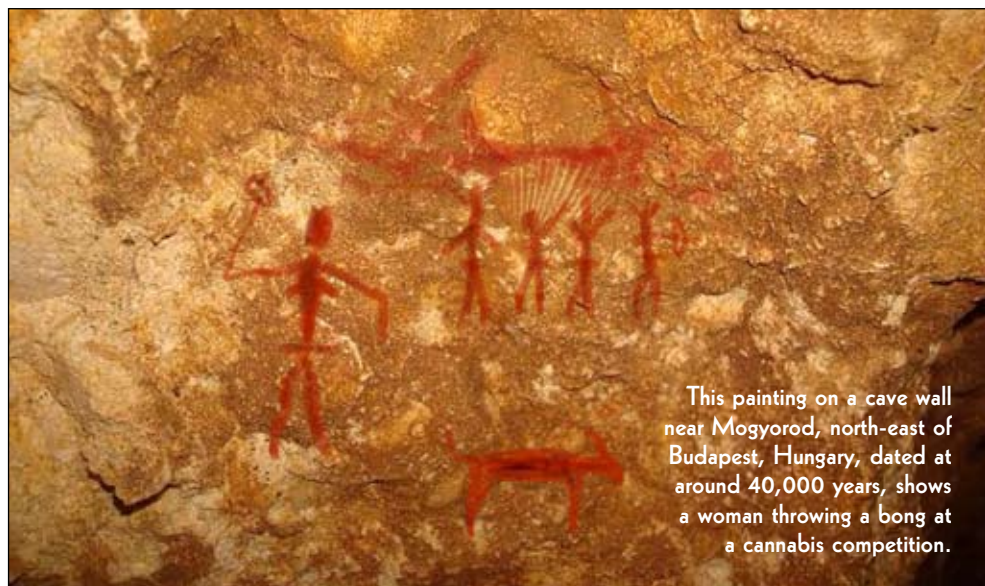


throws of 41.4 metres broke the 10-year record.

Garry, who died last year, would be proud of the sporting prowess of the next generation.

Alan Glover & S Sorrensen, when not officiating at Hemp Olympix around the world, are stand-up comedians, and *A Spectator's Guide to the Hemp Olympix* is the funniest read since *Adani Mine Environmental Safeguards*.

The book is available from the Nimbin Hemp Embassy or from the authors at: glover.sorrensen@gmail.com It costs \$15.



This painting on a cave wall near Mogyorod, north-east of Budapest, Hungary, dated at around 40,000 years, shows a woman throwing a bong at a cannabis competition.

The Boss calls me, says it urgent, and when I get there he's staring at the computer. "Siddown Bethany. You must have noticed the Coles delivery trucks all over the hills these days? Your hills Bethany."

"Hard to miss them sir, and hard to infiltrate. I did wonder, but they won't pick up hitch hikers."

"No surprises there. Just what exactly do you think they're delivering Bethany?" He looks at me like I'm in with them on something scurrilous.

"Groceries I imagine sir."

"Maybe, but how are they paid for? What do those trucks bring home from the hills woman?" I hate it when he speaks to me like that, even if I do get chuffed by him forgetting who I really am.

"You don't think they're swapping groceries for pot do you, sir?" Even I hadn't thought of that.

He stood up and came around to the front of the desk.

"Even the cameras monitoring traffic have come up with an alert because the trucks are endlessly back and forth so often. That's extreme Bethany. Those cameras on the bridges rarely activate."

Not sure if you've noticed like I've noticed how many small delivery

STREET SHUFFLE

Journal of the North Coast's longest serving covert

vans are endlessly driving in and out of hippy communes around the Bin lately. I'm trained to notice stuff like that so don't feel dumb if you didn't. I started mentally counting them for my monthly reports and the numbers just kept increasing.

"Definitely you could be onto something sir. Quite possible this is the Mr Big we've been hunting sir." I can see he's excited. "How should I tackle the job sir? I've already tried hitch hiking, several times, but they never pick me up. Which makes me even more suspicious sir."

"Take one of the cars for a week Bethany. One of the old utes, so you look like you're going to a commune. Follow one as far as you can and see what they're unloading. And loading of course."

"Yes sir." Not my way of operating normally but I did what I was told and followed four deliveries and went back to the Boss.

"It was hard to tell sir. Each time they unloaded several large boxes of groceries and I couldn't see what was inside them. I waited half an hour at one place and went to the

door saying I was lost expecting to see the boxes half unpacked, which they were. A lot of cereal and vegetables and fruit. Everything really. A big shopping, a lot of chocolate and cigarette papers. I did notice that. No tobacco but a lot of papers."

"The gossip in town is it's just ordinary home deliveries sir. People have sold their cars some say and not driving any more. They get a free delivery if they spend over a hundred and fifty so they shop when the cheque comes in and never have to leave the house. Free delivery's twice a week for some of them."

"Is this the hippies getting old and too senile to drive Bethany or what the hell is going on? I'm extremely suspicious. We all know delivery vans are regularly involved in trafficking. What's going on? What are they smuggling?"

I went back and followed several more unloadings and they were all similar. And in two out of three the

car was in the garage but when I followed up the regos they were all expired.

The pub gossip sorted it as usual. I heard the staff whingeing that a certain local was never holding up his end of the bar any more because.....he'd been busted with the saliva test, lost his licence and simply wasn't seen any more. Then I heard about the person who started getting deliveries. A serious stoner who decided he was sick of being neurotic driving in to the Lizard and coming home a twitching mess with a migraine, once a week. Then he'd had an accident he was so out of sorts without his morning bongos and it was his mother who suggested it. She's over ninety, lives in Newcastle, and gets all her shopping delivered.

"There's a whole commune who decided they're just not going to drive any more sir. They decided to stop worrying about it and save money on the car expenses anyway someone said. Their licences are

too important and may be needed urgently at some point, said someone else. Then I heard about another who is simply too scared to drive and get busted. Even if they don't smoke for a week it makes no difference she said."

"Many have apparently been busted after not smoking for days so the delivery vans have come into their own sir. Or that's the best intel I can pick up. I believe them sir. The saliva testing has stirred a hornet's nest."

"You may believe them Bethany, I don't."

"After they discovered the delivery for free bit, it's spread like wildfire sir. They'd rather smoke and relax at home than stress out on the weekly shopping drive. And I talked to the Coles truck driver and he said they can't keep up and are getting another three trucks, one of them four-wheel drive because the trucks keep getting bogged."

Somehow the news really upset him. He was sure it was criminal and of course it is somehow related, but no Mr Big. Again..

"Get me the addresses of these home deliveries Bethany. I don't care how you get them, just get them. The helicopter boys will like to know them I'm sure."



Hand maidin

by Fiona McConnachie

The Serpentine Community Gallery is very proud to host 'Hand-Maidin', an exhibition of ceramics by an excited and eager group of women. This is their first mixed media exhibition at the Serpentine and it runs to 14th May.

The women have been meeting regularly now for years and have seen many members come and go but a stoic core group of dynamic artists share ideas, inspire each other, laugh a lot and produce some really remarkable art works.

A tangible and valued friendship has developed amongst this eclectic group of talented artists who have supported each other through grief and tragedy but also through a genuine concern for each other's wellbeing. What binds them together is their joy of creation.

The 'Hand-Maidin' exhibition is a result of their pottery group coming together each week to express themselves and their art in an eclectic, diverse and fun way. Fun being the main objective of course. So please, come along and be a part of their enjoyable journey.

The next show will be a members' show called "Jewels of Our Region" running from 15th May to 4th June so do have your work into us by 15th or 16th May. The theme is fairly self-evident, and we hope that it inspires our members.

For more information about our exhibitions (or hiring gallery space for a solo or group show) please contact the gallery on (02) 6621-6845 and one of our volunteers will answer any queries you might have.

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

Roxy refit continues

by Ruth Tsimbinis

As the successful Woodenbong Arts Group exhibition concluded on 4th May, the Kyogle Roxy Gallery will be closing its doors for the rest of May while work is undertaken on the outside verandah of the Memorial Hall.

Kyogle Council apologises for any inconvenience this may cause, but the structural work being undertaken will make this space accessible by those visiting the gallery.

Not only will people have an opportunity to view exhibitions in the gallery but be given the added

bonus of stepping out on to the verandah to experience viewing the Main Street in its day-to-day action.

This is an exciting new development for what is already a wonderful gallery space that provides the community and visitors to our region an insight into the creative talents living in the Northern Rivers.

The Roxy Gallery will open its doors again to the public in early June with a lot more newness to how it looks, with new exhibitors to this space.

Wow, everything old will be new again, so stay posted by following the gallery on social media.

Nimbin Artists Gallery: Art Fair winners

by Karen Welsh

Community support is at the heart of this year's success of the Nimbin Art Fair.

Local artists raised the bar of presentation and quality of their works to achieve records sales again this year, and combined with a great crew of volunteers, it was a great outcome for us all.

It is hoped that the new name of 'Nimbin Art Fair' will grow and provide a wider platform on which to continue to market our village and art community – so we aim even higher for 2020.

The 2019 'Sally Award', was presented to Leigh Arnold for his 'continued excellence in development and contribution to his art'. The Sally Award is a \$500 cash prize and is selected by a local art-loving benefactor.

A very big thank you to so many: artists (and their families), volunteers (and their families), the local community and to all the lovely visitors that graced our 'first' Nimbin Art Fair – put it in all your diaries for April 2020.

Now that the excitement of our annual Art Fair has passed, our Gallery space has now had a major change-over in works exhibited – why not pop in and enjoy? Nimbin Artists Gallery, Cullen Street, Nimbin 02 6689-1444. Open every day in May. 10am to 5pm (mostly).

Photos by Colin Turner



Leigh Arnold, winner of the Nimbin Art Fair 'Sally Award' receives his prize from Pauline Ahern, Secretary of Nimbin Artists Gallery.



Claire and Karl of Blue Knob with their birdbath by local artist John Hoskins.



Kevin from Crystal Creek with 'Blowfly' by artist Rod Johnston.

Blue Knob Gallery exhibitions

The Sacred

This exhibition has been well received and the visitors over the holidays and Easter were suitably impressed by the different expressions of the sacred, it was a timely show and some exceptional conversations were had due to some of the artworks on display.

The opening night for this exhibition was enhanced by the Blue Knob Choir singing a selection of sacred songs and along with Darmin's performance piece we had quite a 'happening' in the true sense of the word.

Performance, music and art made for a unique moment at Blue Knob Hall Gallery. Everything and more often than not, nothing is sacred, and when it comes to art and artistic expression that surely rings true. This theme has been given life and the two exhibitions run concurrently until Saturday 25th May.

Papa Tango Sierra Delta

This solo exhibition 'Papa Tango Sierra Delta' is an attempt to visually express the experience of PTSD; the confusion, the shock, the variety of an individual's unique experience.

Each piece is a wild explosion of colour, depth and movement, an assault to the innocent viewers'



'Apparition' by Eric Smith

perceptions.

The opening night event 'Sierra Oscar Sierra' was what it implies: an SOS, a 'cry of help', an improvised performance piece that demonstrated the journey from despair to hope, a solution instead of a sacrifice, a healing instead of a horror.

During 'Sierra Oscar Sierra' Darmin carried a 2 1/2 metre tall cross covered in dollar signs from the road-level carpark to the main stage, all the while videoing himself with an iPhone on a selfie-stick.

Darmin said, "My opening performance theatre piece was about showing the compromise needed and the sacrifice it entails to making a dollar, the deep personal cost, showing the damage the 'dollar-making system'



Darmin Cameron 'crucified' while Sam Voolstra meditates during Darmin's 'Papa Tango Oscar Sierra' performance theatre.

can do, and then the journey back to health by choosing mindfulness, by resonating and harmonising with Sam Voolstra, Yoga Teacher from I Love Myself Yoga." Sam Voolstra serenely meditated throughout the whole performance, to the soundtrack of a ticking clock, and then the music of Buddha awakening.

Ceramics studio

Artists of the Month for May is a family concern with Ruth Nielsen, Kylie Costello and her daughter Mallee exhibiting. Ruth has only been

working in the ceramic studio over this past year.

Her work is primarily hand-built organic forms, but she has recently embraced throwing on the potter's wheel.

Kylie's hand-built containers lend themselves to rich underglaze decoration with a retro touch, while Mallee's hand-built pieces depict a story.

Artists and friends

Artists and Friends Lunch will be held on Thursday 23rd May at 12.30pm, with a set menu for \$20 including main and dessert.



Don't panic, it's organic

Food Matters
by Neil Amor

The first quarter of the year 2019 has already passed and it has been very busy at the co-op, both in store and behind the scene.

With many motivated volunteers and new energies, the Nimbin Organic Food Co-op has developed new multimedia perspectives to improve communication with members and with the community.

The co-op is now visible online for you to visit us when the store is closed at www.nimbinfoodcoop.org.au

The aim of this website is to provide further information on local producers, products in store and volunteer recruitment. We also wish to facilitate contacts between producers, members and our friendly volunteers. As a matter of fact, we wish to play a role for the rainbow region to become more resilient regarding food matters, by connecting producers to consumers, sourcing quality and healthy food and

providing good food value for money.

Our communication plan extends to keeping the Nimbin Organic Food Co-Op Facebook page regularly updated and a newsletter to be released each quarter. Interested in having news from the co-op? Don't want to miss an update regarding future plans, specials, new products etc?

Join the Nimbin Organic Food Co-Op Facebook page, subscribe to our newsletter or drop into the shop for a little chat with our friendly volunteers!

We are also extremely grateful to count many generous sponsors in the Rainbow Region Community.

So far, our sponsors are local businesses, schools, restaurants, community organisations and more may join soon, showing a real consciousness in our community regarding food safety and consumption of local/seasonal products.

Thank you so much for making our community so united!

Speaking of new products,



we now have a full range of organic macrobiotic products from Japan including ponzu sauce, umiboshi plums, nori sheets, mirin, (real) wasabi paste, and much more.

And while you're there, have a look at our new bread display (pictured, above).

And to celebrate, here's a great Japanese inspired sauce that goes with just about anything, especially crumbed chicken, pork or eggplant.

Until next month, eat well.

Tonkatsu sauce

½ cup tomato sauce
¼ cup Worcestershire sauce
2 tbsp Tamari sauce
1 tbsp Mirin
1 tsp fine sugar
1 tbs English mustard

Of Mother Earth

by Simon Thomas

With Mother's Day around the corner, I can't help but think of my two mothers and what they have in common; the woman who gave birth and raised me, and the Earth which nurtures me still.

Sadly, both are in serious decline.

Mum's diabetes symptoms crept into her life some 25 years ago. It was diagnosed early enough to have some chance of slowing it down through diet and exercise, but unfortunately, this was never going to happen.

Mum always shied away from physical exertion, and has a famously sweet tooth.

Many tried to convince her into embracing lifestyle change, but to no avail.

Watching a person you love succumb gradually to the pernicious consequences of disease is heart-breaking.

I tried to fathom the mindset which allows this mental disconnect between actions (or inactions) and consequences to flourish in such a smart, well-educated person.

Most of us engage in some form of gratification which we know may have negative consequences. It is a semi-calculated risk which, in most cases, we are hopelessly ill equipped to judge.

With each physical setback mum encountered, we hoped that this loss would be the wake-up call.

However, she viewed each symptom as an individual event to be treated with yet another medication.

As a community, it seems that we are witnessing a



similar malaise on a global level.

Humans have, since ancient times, personified the earth as mother. People who live in cultures which draw their sustenance directly from nature intuit their own place within this web, such that harming any part the system seems foolish.

Paradoxically, we have created such a sense of security in our separateness, that our attitude towards nature's incremental demise is breathtakingly arrogant.

Although the biosphere still provides us with 100% of our daily needs, we act as if our pollution harms something external to ourselves, a price that nature needs to bear for us to maintain our lifestyle.

We never consider that with each piece of packaging which passes momentarily through our hands, we are contributing to the extinction of our own race; a death by a billion cuts.

One tragedy of Mum's physical decline has been that damage to her blood

vessels has caused difficulty with reasoning and memory.

As her physical symptoms became more debilitating, her ability to make sense of the situation declined.

Likewise, the psychological conditions created by our apparently secure lifestyle inhibit our ability to intuit the true peril we face.

Water still comes out of the tap, the servo has fuel, and there is always plenty of food at the supermarket. No worries mate!

Will we ever experience enough symptoms of Mother Earth's malaise for us to really question our energy-hungry, product-addicted economy? The Great Pacific Garbage Patch is the size of France, which pings a little guilt about turtles. Does it cause the governments of the world to take urgent action to eliminate disposable packaging? Not at all!

Some time back, Mum awoke with such pain in her back that she needed hospitalisation, complications from the relentless march of her disease.

This time, damage caused by the infection rendered her bed-ridden, and the chances of her walking again are remote. Her capacity to take action is now exhausted, and all she can do now is wait and see what happens.

How many warnings does our society need before we understand and address the scale of the calamity unfolding around us? Will we wait until the problems are so complex and entrenched that we are impotent to intercede?

Please consider your mother and your children when you vote this month.

Try a little kindness

by Philippe Dupuy

The first day of last month was April Fools day, but it seems everyday now is April Fools.

The constant stream of lies from the major parties, the coalition in particular (Labor being usually less blatant) is astounding.

Wild claims of a surplus budget for the next term in office, climate change action meeting the Paris target, the economy best ever, with millions out of work or underpaid, open government but with dark secrets. The list is ad infinitum.

The media, whose role it is to challenge these false assertions, are not only silent but endorse the claims, and so public ignorance and apathy grows a little more each day, and with it intolerance.

Jimmy Dore, a comedian and social and political critic puts it simply: "If you do not read the paper you are uninformed and if you do you are misinformed."

Everyone knows that, yet the game goes on. For the elections, the discordant Murderous press has turned the volume to max, making

Shakespeare's lines more relevant: "O thou monster, Ignorance, how deformed dost thou look."

Witnessing the con job that is corporate media is taxing for those who look for information from a diversity of sources. Through the lens of frustration and anger, these people see the pernicious comedy, the fog of lies that blinds so many and so react and call the status quo believers morons and fools.

The bait plays straight into the establishment hands who seek to divide through ignorance and intolerance the dividing tools of the powerful.

Except for the people in countries that have suffered revolutions and regime change, few of us appreciate the gift of being able to boot out an incompetent government.

Politics for the majority is the game of Party politics with left and right ideologies. But this simplification does not reflect reality.

Beyond this we find people who are on the left and want equal pay for equal work but somehow aspire to be billionaires and support tax cuts while some on the right want to end corporate power but blame refugees

and illegal migrants, victims of corporate power.

Of course mass media love the contradictions and promote the culture of adversarial system which has bred a growing level of ignorance and intolerance.

In fact, ignorance breeds meanness which is the order of the day and that has made many lose track of what's in their interest and what's not. Too many have been fooled into getting their well being confused with that of billionaires such as Palmer.

The deformity of Shakespeare's monster find its way in the public concerns about climate change and the very visible disastrous effect it has on other creatures that share this planet.

Climate catastrophe is not just CO₂ parts per million in the atmosphere but also deforestation, increased acidity of our rivers and oceans, pollutants of all kinds, out of control mining and fracking etc.

Yet the authorities and those with vested interest continue to preach to their followers that it has little to do with human activity and get away with it.

The many thus in ignorance fooled cannot debate these issues without getting angry as they are incapable of rational thinking. The challenge here is for those who understand the

issues to toughen up and have the courage to put aside frustration and at times despair to search within for a better way to reach out.

Martin Luther King Jnr's words come to mind: "There is little hope for us until we become tough minded enough to break loose from the shackles of prejudice, half truths and downright ignorance."

The Place Making experiment of Lismore Environment Centre, operating for about five years now at the Transit Centre in Molesworth Street, inadvertently brought about a little clarity to this culture of apathy and ignorance.

In return for cheap rent, we agreed to help members of the public with bus and other public transport timetable and information, seeing it as a way to make others more aware about environmental issues while having a presence in town. There was a stream of criticism, but our volunteers persisted.

In these years we have come to realise that we are offering an invaluable service to our fellow Australians: kindness.

Just a little bit of kindness such as calling the bus company about precious items left on the bus, getting a train ticket for someone who cannot make the call, helping someone desperate

for accommodation or even giving someone a glass of water has helped us and I am sure similar groups in the community restore faith in humanity, when governments at all levels have lamentably refused to help and thus failed.

It is this kindness and tolerance that have been pushed hard under a heavy coat of ignorance and indifference that we need to rescue.

The two party system of politics where the major parties compete in nastiness has to go. We need to make room for kindness and caring to diffuse ignorance and prejudice and win the real battle of the hearts and minds, for it truly has the power to change the world.

The mainstream press in its now inverted role of spreading lies through omissions, half truths and downright fabrication has formulated hard rooted ignorance and through it intolerance, acrimony, prejudice and meanness.

This has to be undone. Murdoch, that teacher of ignorance we all know so well, has to face a Royal Commission and answer for his misdemeanours and outright malice.

This is best put by Thomas Jefferson, who wrote back in 1816: "If a nation expects to be ignorant and free, in a state of civilisation it expects what never was and never will be."

Emotional Intelligence

In this Moment
by Dr Jacqueline Boustany,
Medicine Woman

I have just finished watching *Married at First Sight* on other people's TVs, and am still reeling from the addiction to heart-strings in drama.

Is it something about our human resonance with the emotions of others that we travel this insane rollercoaster willingly?

It certainly feels like we are experiencing all the emotions ourselves, the elation of love, the disappointment of disharmony, the desperation to get our emotional needs met.

It also strikes me how there are often at least two selves operating, the self we would like to be and the one that is acting from reaction and separation, often perpetuating behaviour we ourselves would be shocked at. 'Let those who have not sinned, throw the first stone.' (J8)

We could thank these souls for showing us our own need to love and the lengths we will pursue to attain it. They say that at the core of all of us is the need to love and be loved.

Interestingly the vibrational frequency of love is a little different to the signature frequencies of other e-motions, being 'energy in motion', experienced by every cell of our bodies.

Noticeably Joy and ultimately Inspiration being in a high frequency, could correlate with high speed gamma brain waves of super learning but is often hard to sustain and takes practice like advanced meditation.

It's not hard to imagine that Anger would reside in the higher Beta state of overthinking and anxiety, and Hate could only exist in the lower beta realm of active thought and judgement.

Slipping into slower brain waves states, we enter Alpha as we move into sleep, but if sustained this is the meditative state of integration and reconnection and certainly could include this deeper curve of Love. EEG studies of the brains of children under five show they permanently function in alpha mode, but children with ADHD may have more high beta with alpha blocking.

Alpha and the even deeper Theta brain wave states may facilitate deep physical relaxation and mental clarity, reduce pain, promote euphoria and better synchronise the two hemispheres of the brain.

The deep dreamless sleep of the slowest brain frequency is Delta where healing and regeneration occur, but is also said by therapists that use deep hypnosis, to be the resonance where soul memory resides, which we return to on a daily level or go crazy without. This is deep singularity of consciousness, like returning to the black hole and being reborn in the white hole of every day.

This was similarly expressed in the Veda as the 3½ parts of the creation sound of AUM.

The first sound of Om is the manifest world: The sound of waking consciousness: The sound of gross experience... AAAAA which may also correspond to the thinking brain wave states of Beta.

The second sound of Om is the unmanifest world: The sound of dreaming consciousness: The sound of subtle experience or intuition...



OOO/UUU which could correlate with the Alpha optimal state of relaxed alertness and the Theta brain wave light sleep of REM.

The third sound of Om is the non-manifest world: The sound of dreamless sleep and potential experience... MMMM which may be characteristic of the Delta brain wave of deep sleep.

These different frequencies also align with colour generation, which may explain the way different colours make us feel, art, sound and music of course and the wave geometry of gravity on earth and cosmic orbits.

It is clear that all chemicals have signature frequencies from adrenaline to serotonin manifest in our emotional physical sensations.

This also effects our DNA expression with stuck frequencies of fear and particularly shame closing down our DNA and higher emotional frequencies opening up our DNA potential. We will talk more about the DNA as a superconductor of energy.

For now, it is interesting to note we can hold many different emotions in our bodies at the same time and this brings in a whole other science of harmonics, coherence and sympathetic resonance with other people and the planet, if not the cosmos.

Let us start with the exploration of how these emotions play inside of our bodies and learn how to utilise the technology of our body intelligence.

Accessing the physical sensation of emotion is sometimes tricky if we have been trained to ignore our feelings and do what we are told, or that cognitive intelligence is more important.

Certainly many of us have had to stuff down certain emotions if it wasn't safe to express them, especially in childhood. This often comes about if our caretakers haven't felt safe with these emotions from their own childhoods and so on.

The reality is they are just sensation, chemical expression that will run its course if allowed, so the key is simply witnessing without judgement or acknowledging how you feel about the feeling.

Feelings are often layered so when you allow the experience of one and that is fully heard, then the body may present the next layer for your perusal if it feels safe enough.

So what are you feeling about your present situation? Really nail down physical attributes of the feeling in your body; where is it, what is it, can you visualise it, does it have temperature or sound?

Is it OK to feel this, or do you absolutely hate the feeling or want to run away from it? That will be that other feeling, burning or dragging away. Move between them acknowledging both are there.

There is nothing to do about them for this moment, no resolution to make except the allowing and then what happens? For many this allows movement of the e-motion, and with each layer we move through, we uncover what is underneath. Our pure, simple vibration of love.

"The following half syllable of Om is silence. The sound of the unmanifest world. It is the ultimate goal. That incomparable target." – A River Sutra, Gita Mehta

Allowing your true self to emerge

by Kathy Smith

"Until you make the unconscious conscious, it will direct your life and you will call it fate." – Carl Jung

Have you ever wondered why you're stuck in a perpetual loop of pain and suffering? Or why your relationships may continually steal your energy and not fulfil you on any level?

Do you reflect on those rage full reactions that seem to come out of nowhere?

Or perhaps are perplexed as to what this depression is all about? Given that you seem to have a blessed life, so why do you struggle to get out of bed in the morning or don't have enough vitality to do the things you once loved to do?

These questions all lead to one main issue that your subconscious or unconscious patterning, conditioning and beliefs and suppressed traumas have created energetic blocks within your body, mind and spirit that are limiting you living your greatest expression of yourself.

Energetic healing offers an opportunity to dive deep into your psyche and shadow space to make conscious the unconscious.

To illuminate areas of your psyche that maybe painful and uncomfortable to acknowledge and sit with, but will after transmuting, allow space for shifting you into a higher vibrational version of true you.

Perhaps you have unconscious creative blocks that were created during your formative years by being belittled, put down or made to feel insecure. Or your basic sense of your own



the anger was an unconscious way or reclaiming a sense of power and control in my own life.

However, underneath my dyed black hair, black eye makeup, black clothes and dark shadowy energy was a vulnerable, grief stricken young girl, suffering alone in her shame and unworthiness.

This state was created through an environment of no boundaries and children not being accepted in their wholeness. Anger and sadness were not openly emotionally supported and passive aggressive communication styles were modelled by the adults surrounding me.

Energy healing has cleared these unconscious behavioural patterns from my life and now enables me to create compassionate sacred space for clients to express similar blocks and challenges.

I have and am continually healing whatever comes up for me to allow a sense of spaciousness, so I can be of greater service to my clients.

Ultimately I'm doing nothing more than creating space to be an open channel for universal consciousness to work through me and lead my clients back toward greater balance, harmony and complete connection to their vital source of wellbeing.

Kathy holds a Bachelor of Psychology and Education and a Diploma of Counselling, and practises energy healing for both children and adults at the Green Bank every Friday from 10am-5pm and also works from home, by appointment, phone 0428-189-641.

individuality may have been in conflict with that of important parental figures that were a powerful influence upon you as you were growing up.

These experiences may have had the effect of causing you to be wary of actually coming out with who you really are.

You may feel a strong sense of wanting to be your own unique and independent self, fully in touch with your inner being, but fail in the actual event.

You may even have experienced radical blockages, such as accidents or other "fateful events" that have prevented you from achieving your full creative potential. You will continue to have painful experiences as long as these issues and their deep-seated emotions are relatively unconscious within your psyche.

Another example maybe a feeling of overwhelming anger that literally comes out of nowhere and hinders you relating to others in an intimate, loving way.

As an angry teenager, I now understand through years of healing that my anger come from a place of deep powerlessness as a child and

Poo can change the world

View from the loo
by Stuart McConville

I have a sticker in my toilet that reads "What I poo, changes the world", and in fact it does change the world.

Every time I leave my scat in the composting chamber, millions of micro and macro-organisms get a feed. Fungal hyphae extend their ghost like tendrils through the chamber and convert the lignin in the bulking agent into more food for micro-organisms.

By the time the compost reaches the vestibule where it can be removed, it has literally been eaten and excreted so many times that it no longer resembles anything like the scat I originally deposited.

The resultant rich dark humus is the natural fate of the food I ate to create the scat in the first place. The compost toilet is just a continuation of what began with the saliva in my mouth, as my brain registered the food I ate, regulated and produced the necessary enzymes to break it down, and then passed it over to the first set of bacteria to have a chew, my own gut micro-biome.

As our own system is anaerobic, that is it produces methane in the absence of oxygen, the next stage of de-composition in the toilet must be aerobic, to prepare the resultant compost for introduction into the food chain, healthy aerobic soil. And so the cycle begins again.

Flushing our by-products down the loo by mixing it with potable water and sending it

off to a septic tank is a luxury we may not be able to afford much longer. The methane produced by the septic contributes to climate change and the nutrients in our by-products gas off uselessly into the atmosphere or are distributed sub-soil so they pollute our groundwater.

This is now the only part of my business that I can describe as waste management. It is such a waste.

Here are a few tips on managing your compost toilet to ensure it works beautifully and helps to change our world for the better.

- Use a bulking agent that will readily break down and not too much (a handful is fine). Pine shavings do not break down easily as pine oil acts as a disinfectant and micro-organisms cannot do their job.
- Make sure there is airflow through the compost chamber by clearing cobwebs and ensuring the fan is working (if installed).
- Check the liquid drain to make sure liquid is not building up in the chamber. Disconnect it and use a hose or a stick to clear it.
- Keep the toilet seat seals in good order and make sure you shut the lid after using the loo. The air flow will short circuit if left open and the compost pile will get too wet.
- If girls are using frequently for peeing, set up a bin for the loo paper rather than putting it in the chamber. It gets saturated and can cause an ammonia smell.
- Feel free to add food scraps or leaf litter to the pile. Even micro-organisms like a bit of variation in their diet.



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Fermentation matters: A glossary

by Thom Culpeper

A glossary usually pertains to a particular tome by way of an explanation, a guide to language.

Here I shall attempt to set down a general vocabulary guide to the culture, science and the practices of the useful understanding of one of the human arts of survival, fermentation.

The practices of the people's knowledge of the universal need/want for food preservation by organic fermentation and with renewed hope, we may be led to some insights into a pathway, so as to sideline the energy-indulgent fridge and as a consequence, coal...

Holding to my encounters, and there were a number, with Bill Mollison from his solid work, *Fermentation and Human Nutrition* (1993) together with some others, namely the Joseph Needham Institute, Cambridge, and their monolithic SCC series, and especially H. T. Huang's *Fermentation and Food Science* (2000) and of course, Sandor F. Katz's magnificent *The Art of Fermentation* (2012), with William Surtleff and Akiko Ayoagi as guides to miso and tempeh.

The miso and tempeh material can be found at: www.soyinfocenter.com

Here's a list:

Acetobacter aceti: (vinegar manufacture) and ssp. xylinum (kombucha), principal agents.

Amylase enzymes: Convert starches into sugars.

Anaerobic bacteria: In fermentation, do not require oxygen but can cope with a small amount. *Aspergillus oryzae* is a Koji mold, a general safe fungi used to ferment a plethora of products: Amazake, Mirin, Miso, Tempeh, Sake, Tamari, Natto etc.

Back-slopping: Inoculating a fresh fermentation batch from a prior active mature batch.

Bacteria: *Acetobacter aceti* (vinegar) and ssp. xylinum (kombucha), principal agents; *Bifidobacterium bifidum*: infantis, longum (yoghurts and cheeses); *Lactobacillus acidophilus brevis* 'LAB' (dairy and vegetables), producer of 'Kefiran, promoter of the polysaccharide precursor of the gum-binding yeast linking the bacto in Kefir grains, 'Bulgariis', yoghurt and cheeses; ssp. *cusei*: cheeses; *Bacillus megaterium*: rice fermentation, Kirsk etc.

Botulism: A rare but toxic illness caused by BAD

Bio-cleanliness. Watch the techniques. Clean hands... always!

Brine and brining: the use of Salt (sodium chloride)



dry and/or immersed in a pickle to preserve biological material. Time is critical. Do not guess! Use a salinity meter or have competent balances (scales).

Coagulants: Rennet (calf-gut) or a (vegan) botanical coagulants, eg: *Mucor meihei* – rennet mold 'Marzyme Supreme': microbial enzyme used in commercial cheese-making;

Rhizopus oligosporus: used in kecap, regi-tapeh, shoro-koji, tempeh and toucou.

Curds: Product of coagulation.

Decoction: Plant extracts extracted by heating in liquids or steam.

Daikon Radish: A large oriental radish used universally in Kimchis.

Distillation: Concentration of alcohol by evaporation and concentration in a still.

Germination: Awakening seeds from dormancy.

Incubate: Keeping emerging life in a specific environmental range so as to encourage propagation.

Inoculation: Introducing a live culture.

Kimchis: A family of fermented vegetables based in the main on oriental cabbage and root vegetables and a rich pepper-ginger-garlic sauce.

Kombucha: The yield of fermentation on a sweet tea substrate for the propagation by SCOBY (see below). The SCOBY 'mother' is also a useful by-product of this reaction always!

Krauts: Fermented European cabbage and root vegetables.

Kvasse: Liquid vegetable and fruit ferments.

Lacto-fermentation: Fermentation by lactic acid bacteria.

Lactose: The sugars of milk.

Lees: The residuals left after the decanting or racking (transferring under gravity) of wines and other fermentation stocks.

Malting: Germination so as to activate enzymes that reduce starches to sugars that may then feed fermentation.

Saccharification.

Mycellium: The fungal network that is the body that supports the fungal fruiting bodies, eg. Mushrooms.

Oxidation: A chemical reaction involving oxygen eg, reduction and rusting.

Pectins: Compounds found in plant cells, utilised in food preparation to gell. eg. Jam.

pH: Measurements that explain a scale of acidity/alkalinity, over a range of 1-14. The lower number indicates acidity. The mid-range 4+ to 7+ is the range of interest to life-propagation.

Photosynthesis: Energy from light by oxygen evolution in the chloroplasts of plants, some fungi and some other life forms such as bacteria.

Pickling: Preservation in acidic media, eg 6% vinegar.

Probiotics: Beneficial bacteria that may benefit organism that ingest them.

Phytates: Compounds located in the outer skins, the rind of seeds, that discourage digestion so as

to protect the 'live' seed.

Salinity: Level of a salt solution as measured by a percentage of salt in fluid. A salinity meter aids the realisation of the value of the required salt dilution. Salt Ratio table for vegetables, Brine method: 1.5-2.5% by weight of vegetables; Dry-salt method: 5% by weight of water (1 litre H₂O = 1 kilo). Grains: 1.5-2% by weight of grain. Miso: 13% by weight of beans for long-age miso; 6% by weight of beans for short term miso.

Sugars: Sucrose, glucose, lactose, galactose, maltose, fructose, dextrose are the names of the commonly available sugars. Regional names: Arabinose, Carob syrup, Corn syrup, Date sugar, Demarera, Jaggary, Beet, Cane, Palm, Rice sugar, Malt extract, Mannose, Maple sugar, Muscavardo, Honey, Grape sugar, Coconut sugar, Birch syrup, Barbados sugar, Barley sugar, Agave nectar, Sorghum syrup, etc...

Symbiotic Community of Bacteria and Yeasts (SCOBY): Starter culture for Kombucha and similar ferments. Kvasse etc.

Starter: Yeast and bacterial culture used to initiate fermentation.

Thermophilic bacteria: Bacteria that are capable of propagation above 43 o C.

Vinasse: The remnant by-product of distillation also known as 'dunder', it is rich in potassium, fulvic acid and trace elements, and is utilised as a high-value fertiliser.

Whey: A liquid, high protein separate from curds, yoghurt and cheese, of dairy origin. If not heated it is a fine starter for other ferments.

Wort: Malted grain and fruit extracts used for brewing beers, ales and meads.

Yeasts: A large family of fungi, one of which is *Saccharomyces cerevisiae*, it is the main species and its many selections are varieties that are utilised in general fermentation and the subsequent distillation of alcoholic beverages. May it all work with energetic effervescence.

Should you have any enquiries, we shall be at the Fermentation Festival at Blue Knob on Saturday 11th May with a range of ferments and fermented preserves. thewholeearthveg@gardener.com

The Mediterranean herb with secrets

Nature's pharmacy

by Trish Clough, herbalist

Cistus incanus – Also known as Mediterranean rock rose, this valuable herb grows wild on the rocky hillsides of the Mediterranean.

It has pretty pink or white flowers, and also boasts an interesting history and powerful medicinal properties.

It was traditionally used as a tea as early as the 4th century BC, offered to guests as a "wellness tea" throughout the Middle East, northern Africa and the Mediterranean. Moving forward, it was nominated as Europe's "plant of the year" in 1999.

The plant is beautifully aromatic, producing a fragrant resin which intensifies in the midday sun. Historically the resin, known as labdanum, was harvested by combing the hair of goats that had brushed against the plants while grazing.

It is also harvested using long leather straps which rake the resin in the heat of the day, and then allow it to dry for removal from the straps.

The labdanum resin was widely used for incense and also perfume, being a base of the "Chypre" type of perfume (French for Cyprus, reflecting the trade that occurred in highly valued aromatics) created in the 13th century when labdanum was more expensive than gold.

Its aroma is described as heavy, sweet and balsamic. Many authors believe labdanum to be the biblical Balm of Gilead, although there are others who do not



agree.

I first became interested in cistus as a medicinal herb through the work of Dr. Dietrich Klinghardt, a medical doctor from Germany who specialises in chronic health issues and does a lot of work with Lyme Disease.

Dr. Klinghardt recommends cistus incanus as a central remedy for late stage Lyme Disease (and related tick borne infections), combined with whole leaf stevia drops, and he claims to get beneficial results with the most serious of patients.

For people who are very depleted, the dosage is commenced at just a few drops of cistus tea. It is recommended that it be brewed in a closed pot (so the valuable aromatic components are maintained), simmered for several minutes, and consumed throughout the day. The same tea leaves are then

brewed two more times, to further extract the medicinal components. A few drops of whole leaf stevia tincture should be added to the tea.

Cistus has anti-inflammatory, antimicrobial and antioxidant properties. It contains very high amounts of polyphenols (powerful anti-oxidants). It protects against cell damage and numerous diseases. It inhibits an inflammatory pathway called NF-kB.

Overactivation of this regulatory response to infection has been linked to inflammatory and autoimmune diseases as well as cancer. Many viruses as well as allergic inflammatory reactions are triggered by NF-kB, so the benefit of cistus in damping down this pathway is valuable.

Traditionally, cistus tea has been used in Mediterranean countries such as Greece for rheumatoid arthritis,

infections, skin and kidney problems, as well as general immune system support.

It is used for allergic skin itching, acne and fungal infections of the skin.

Modern scientific research has shown it to be effective against HIV infection and Avian flu virus, with some patent applications in place for medicines made from the plant. So it clearly has powerful antiviral effects.

I have long been fascinated by seeing that scientific research so consistently endorses traditional use of herbal medicines.

I find the cistus story fascinating, so I sourced some dried herb to make a range of cistus products. I have packets of cistus tea for sale in my clinic, and I made a tincture for my dispensary. The commercial brand recommended by Dr. Klinghardt is ridiculously expensive, unlike mine.

I also sourced labdanum resin which I transformed into a roll-on perfume. I love its warm earthy fragrance and can understand why it was so highly prized that people stealing it in Ancient Greece were put to death.

Not that I would agree with this! But it is beautiful.

Trish Clough is a Lismore herbalist who conducts her own clinic practice in Club Lane. 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.

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Is Bowen therapy suitable for children?

Most certainly! When I was living and working in Sydney I had lots of children come to see me for Bowen treatments in the school holidays.

I found that many children needed only a few sessions, even for deep-rooted and chronic conditions such as eczema or asthma. Children these days carry heavy backpacks to school that can cause back or neck pain.

Growing pains are something else I can help them with as the pain is caused by the muscles growing faster than their bones. I know I suffered with them when I was growing up.

My partner's grandson loves a session as he is diagnosed with ADHD. Whenever I see him he can't wait to jump on the massage table. It makes him feel calm and relaxed for the rest of the day as it calms down their nervous system.

I've seen it help children with autism as well with positive results. These children need treatments regularly, like once a week.

And can it help babies?

Yes, for sure. Especially after the baby is first born, a little treatment can help to reset their whole nervous system and it always tells their body that the emergency is over.

Infantile colic can be relieved very simply and in the case of asthma, the parent can be shown a single Bowen move as a first aid treatment to arrest an on-coming attack, although in this case medical help should always be sought immediately.

Babies and very young children are often treated in their parents' arms or on the lap, and I treat the occasion as a fun time. The breaks are not necessary for young children and there is nothing alarming, no pain, discomfort or separation from the parent. (It should be noted that a parent or guardian seek conventional medical advice for any child's ailment).

As Bowen is extremely gentle, it is ideal for babies. When treating them and small children we utilise



by Sonia Barton

specific procedures known as "Baby Bowen". Generally when treating babies and young children "less is more", so a session will only be between five and ten minutes.

I have used Baby Bowen successfully in my practice for a variety of symptoms/difficulties. Some of these include: birth trauma, feeding difficulties, digestive problems such as colic and sleeping problems. I find that babies and youngsters respond much quicker than adults to treatment and often significant improvement is seen after a couple of sessions. This in turn makes a big difference to the family

dynamics in that when baby is settled, the whole household feels settled.

Bowen can also be used safely at all stages of pregnancy and is beneficial for treating side effects of pregnancy such as back pain, digestive problems or discomfort and is also useful in preparing the body for labour.

Furthermore, the technique can be used with infertility and to balance hormones, which I will write about in future articles.

If you have any questions I can answer them for you and we can have a chat on the phone beforehand. I'll be going away for the month of May so if you have any enquiries you can email them to me to the email address below, or call me when I am back in June.

Key information source: *Anatomy Trains* book and website: www.anatomytrains.com

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Nimbin Crossword Solution

From Page 35

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