

A TASTE OF ART



blueknobhall gallery

Blue Knob Ceramic Studio
Blue Knob Cafe

Gallery & Cafe hours:
Thurs 10am - 3pm, Fri 10am - 3pm
Sat 8:30am - 3pm, Sun 10am - 3pm

Ceramic Studio: Thurs - Sat 10am - 3pm
Ph: 0266897449 www.blueknobgallery.com

Cornucopia at Blue Knob Hall Gallery



'Things I'd like to take with me but can't - The mystery III' by Christine Wynyard (above)

'Gold cornucopia' by Theodore Kennett-Raj (right)

Canopic jars by Ali Walker

the waste we create and the joy of a delicious piece of fruit, a flower in bloom, the delight in the re-shaping of recycled wood and this exhibition explores some of these paradoxes.

the traces death leaves behind, and how they are registered by those still living.

There's a clear sequence to the exhibition as well, beginning with Wynyard's lovely representation of the Heart Sutra and end-stopped with Walker's 'Cup of Life and Death'. In between, Wynyard's minimalist, precise Buddhist-inflected paintings embrace Walker's spectacular 'Grave Goods of a Warrior Queen'.

It's an exhibition to take some time over, to reflect on. Death is, after all, present in everything, in every moment and this exhibition - which it is not possible to praise too highly - shows us that in embracing it is what makes living possible.

Both exhibitions will run concurrently until Saturday 9th November.

Artists & Friends Lunch

The next lunch will be held on Thursday 31st October at 12.30pm with a set menu for \$20 incl main and dessert.

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Cornucopia

The new exhibition at Blue Knob Hall Gallery is titled 'Cornucopia'.

This classical and mythical idea of a 'cornucopia' is usually shown with the image of a goat's horn or a woven basket in the shape of a horn overflowing with the bounties and abundance of the land.

This has been expressed in the artist's works on display in the gallery, but also a gesture to the loss of abundance in the world today with Fiona Shadwell's hand-painted cloth titled 'Parched Landscape', and Christine Wynyard's interactive piece 'Abundance Lost'.

They are both a reminder of the peril there is when we don't take care of this planet.

We live with the contradiction of

'Til death do us part

Review by Stephen Wright

'Til Death Do Us Part' brings together two significant local artists, Christine Wynyard and Ali Walker whose small scale works have been popping up at Blue Knob exhibitions for several years.

For the attentive, these works have often been small disruptions in the general local art discourse and bringing both artists together shows us what local artists are really capable of when they put their thinking caps on.

Wynyard and Walker have taken an unflinching view of death, impermanence, separation and loss that is panoramic, delicate and robust, and isn't afraid of whimsy. They show us

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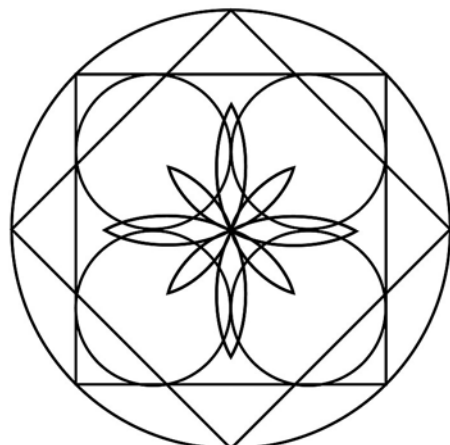
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Open: Wednesday to Saturday 10am - 3pm, Sunday 10am - 2pm

SPRING ARTS OPENING



Another impressive range of locally-produced artworks, in almost every conceivable medium, went on show at Nimbin Town Hall on Saturday 28th September, following the artists and friends opening the previous night (pictured, left).

The exhibition was officially opened by Brett Adlington, director of the Lismore Regional Gallery, whose speech praised the School of Arts institutions for their support to local communities, socially and culturally.

The involvement of the open night crowd, and the quality and variety of the art on show gave ample weight to his words.

The exhibition runs throughout the school holidays until Sunday 13th October.



David Hallett and Brett Adlington



New work by Gilbert Laurie (above) is among the wide selection of art.



The Art of the Small



Deborah Lees, 'Sunbather' (far left)

June King, 'Bird of a Feather' (right)

Sandra Joran, Buddhist Parasol Mandala (bottom right)



This month Nimbin Artists Gallery is showcasing the delights and surprises of some of our smaller works by local artists.

Each of our artists has honed and highlighted their skills to deliver truth to the saying: "Good things come in small packages".

"Small?" Maybe, but detailed in every way, embroidery, carvings, paintings, in oils or acrylics, resin tiles, ceramics and pottery – each piece provides an artistic impact as a treat to yourself or as a treasured gift to others.

Why not pop in?

We are open 10am to 5pm (mostly) at 47 Cullen Street, in the heart of the village.

Phone 6689-1444, email: nimbinartistsgallery@gmail.com and why not be our friend on Facebook?



Jeremy Birrell, 'Green Waves' Handpainted Carving



Marley Miles, 'Wild Heart' Embroidery



'Kyogle skies'

Landscapes of Australia

by Ruth Tsimbinis
Cultural services officer

The landscapes of Australia have been an inspirational driver for the creative journey Bev Leggett Simmons has taken in producing works for her first solo exhibition at the Roxy Gallery titled 'Border Lines'.

This exhibition starts on 9th October, and is on exhibit until 10th November, with the Official Opening celebrations taking place on Saturday 12th October, 1-3pm.

As a mixed media visual artist, Bev relies on colour and texture to create vibrancy and strength in her works. Expecting the unexpected as she applies multiple layers of paint and texture to canvas and paper, Bev finds this approach to working often changes the direction to what had been a loosely defined beginning to an artwork.

Bev has incorporated the environmental surroundings of the Kyogle landscape into her works; however her main focus, underpinning this exhibition is on the changing borderlines that



'Forest Sentinals'

mark off spaces, one from another, whether they be natural occurrences or social constructions.

Bev has followed a self-directed learning journey in art education taking a liking to pushing boundaries, to experiment and to discover transformation processes in art making.

Her art practices have won her many awards and opportunities to exhibit widely in the Hunter region and beyond, and as the founding member of two art groups that regularly exhibit

together Bev has maintained fueling her interests and passion for making art.

Once again, the Roxy Gallery is very fortunate to have high quality senior, local female artists offering up opportunities for the public to engage in their creativity and experience the skills and knowledge they bring with them in making art.

The Roxy Gallery, at 131a Summerland Way Kyogle, is open Wednesday to Saturday 10am to 3pm, and Sunday 10am to 2pm.

The face of street art



Jasmine O'Shea



Peter Bourke



'Forgotten' by Maire Douglas

by Fiona McConnachie

By the time this article comes out the Serpentine Gallery will have mounted its annual 'Scarlet' exhibition which runs until 22nd October.

The opening night is 4th October, but as this is the day the NGT hits the streets, you probably won't have time to attend; however, if you're in Lismore around 6pm, do come to the Gallery as the opening nights are always fun, and there'll be some great art on show.

'Scarlet' is a popular members' exhibition and is held annually at the Serpentine, which explores sexuality, love, lust and the erotic (or your own interpretation of the colour scarlet with all its connotations), and we have encouraged all our member/artists to participate in this exciting and fun show. Guests are always welcome and it's a good opportunity to doll up and look fabulous!

After 'Scarlet', well-known artist Jasmine O'Shea is having a solo show called 'Surreal Watercolours' in Gallery 1 from 13th to 26th November. Alongside in Gallery 2, is a photographic show 'The Face of Street Art' by Peter Bourke.

We've had an unexpected cancellation, so there is gallery space free between 3rd October and 12th November. If any artist is interested in hiring the space for a show, please contact us on the number/email below.

Our current opening hours are Monday to Friday 10am to 4pm, and 10am to 2pm over the weekend. You can contact us for any enquiries on 6621-6845 or email us at: galleries@serpentinearts.org

The Serpentine Community Gallery can be found at 17a Bridge Street, North Lismore, and we welcome all members of our Northern Rivers community to come along and check out some really brilliant local art.

Not just another food store



Neil and Bee



Beginnings, September 2014

Food Matters

by Neil Amor

Five years ago, Nimbin chose to support a community focused, sustainable, locally-sourced food supply.

Through the efforts of a small group of committed people and the financial support of the greater Nimbin community, the Nimbin Organic Food Co-op was born.

The Nimbin Organic Food Co-op is 100% community owned and volunteer run.

From small beginnings, the Co-op's volunteer base has grown to over 40 locals, many of whom have been with us for years.

There is a wide range of positions that can best utilise your talents. Nina, who oversees the volunteer program, can find just the right place for you. You will always be appreciated.

You can contact Nina on 0497-833-717.

We currently deal with over 20 local fresh food suppliers, many of whom rely on our support, as well as local farmers markets, to continue to contribute to the local food bank that we will all be increasingly relying on in the future.

You can contact Evie, our local produce co-ordinator on 0422-166-944.

And don't forget to check out our new website: www.nimbinfoodcoop.org.au It contains information about our suppliers, and how you could become

a supplier plus other useful information about the Co-op.

Memberships are now due

This year membership will be a bit different; in order to receive your discount you must present your card or membership number.

This is to help us assess how many people who shop with us are non-members, so hopefully we can get them to join in the future. \$25 per year; 10% off most items.

Help us celebrate our first five years by indulging yourselves! This month's member's discount is 20% off our entire bulk chocolate range (vegan and non) and also our Nimbin Co-op hessian shopping bags to carry it all home in (while stocks last).

Here's a couple of Co-op favourites to get you started on that chocolate.

Chocolate Ganache

(perfect for dipping strawberries)
1/2 cup heavy cream / 1tbsp salty butter / 1tbsp sugar/honey / 110g dark chocolate.

Grate, process, or chop the chocolate. Combine cream, butter and sugar in saucepan, bring to gentle boil, stirring occasionally. Remove from heat and add chocolate. Swirl to cover and wait three minutes, then gently whisk. Dip strawberries.

Spicy Orange Hazelnut Chocolate Bark

250 gm dark chocolate, chopped / 1/4 tsp cayenne pepper / 1 tsp finely grated orange zest /

1/2 cup toasted hazelnuts, coarsely chopped / Flaky sea salt

Line a baking sheet with parchment paper or a silicone baking mat.

Melt chocolate over simmering water in a double boiler; alternatively, place it in a microwave-safe bowl in the microwave and heat in 30-second bursts until melted.

Stir cayenne, orange zest, and about three-quarters of nuts into chocolate. Using an offset spatula or the back of a spoon, spread chocolate mixture on the prepared sheet.

Sprinkle with remaining nuts and flaky salt. Refrigerate until firm, 15-20 minutes.

Break into pieces and store in an airtight container at room temperature.

Until next month, eat well.

RENOS in Kyogle

by Simon Thomas

"The problem is that people nowadays just don't lubricate their taps often enough," opined the lanky shop assistant at Kyogle Building Market, while he cracked my spindle open with a deft stroke of the shifter.

A strange guilt crept over me as I recalled the thousands of faucets which have provided me with the water of life, not one of which had been lubricated by the hands they washed.

"I dunno... I thought it would be wet and slippery inside there," I offered like a cornered schoolboy.

For me, a person who only resorts to repairing plumbing out of economic necessity, just removing the strange gadget from my kitchen mixer tap had been an operation which required a texted photo and two phone calls.

Now that the thing was completely dismembered, I was dubious whether I could ever make it work again.

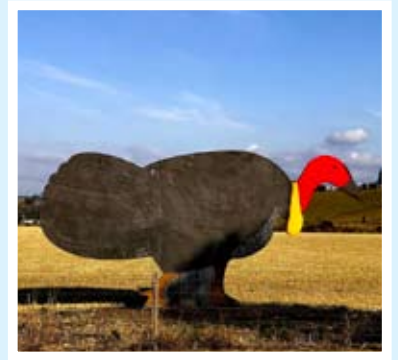
"Look!" he exclaimed, displaying the inner workings of the tap mechanism. Peter demonstrated how a brass screw draws the plunger and washer up into a tube, allowing the water to flow through to the spout when you turn the handle.

I do not usually think much about taps, unless they are dripping while I am relaxing in the bath, but somehow I was intrigued with this simple, elegant design.

The moving parts were covered in powdery corrosion and creaked as they turned. "Clean her on the wire wheel," Peter advised, "then replace the O-rings and washers. No need to need to spend 70 bucks on a new tap."

He threw me a conspiratorial glance. "Here's the trick; you gotta lube her up with Vaseline." He stared off into the distance as though reliving a scene from the long distant past. "Yep, good old Vaseline."

Typical Kyogle; you go into a shop thinking you need to buy a new tap, but walk out with a dollar's worth of rubber and new appreciation for



a simple but vital device. That's real community.

In my recent renovation binge, I have had many similar experiences with Kyogle shops and tradespeople; you bring them a problem, and then work together to solve it in the most economical way.

They say that we each have six degrees of separation from anybody else in the world. In Kyogle, it seems like there is at least six degrees of connection with any given stranger, as long as they have lived in the area for a decade or so.

While this is great when you want to get a job done or borrow a certain tool, it also means that you can kiss any idea of personal privacy goodbye.

For example, I always feel a bit paranoid when shopping in the supermarket, as though someone might judge me by the contents of my trolley, and that by Saturday market time, the gossip will be all over town.

I needed to go shopping anyway as I had run out of chocolate, so with my pocket full of corroded tap parts, I made my way to the checkout with two blocks of Lindt and a tub of Vaseline in my basket.

The girl on the checkout was the spitting image of Audrey Tautou in the movie *Amélie* which gave me an unaccountable urge to add a pack of condoms to my basket, just to complete the look.

Back in the kitchen, the tap dripped harder than ever. It only required one more trip back to the shop and another set of O-rings to dry up the mess, and what a pleasure it was to feel the smooth Vaseline action of the handle as I washed my dirty dishes!

Eliminating attachment through acceptance

Attachment comes in so many forms. We can be attached to people, objects, a job, a property, a social identity, even to ideas and beliefs.

We are often unconscious of just how strong these attachments are until we lose something, or face the threat of loss. Then all of a sudden, something that gave us comfort, security or pleasure is now causing us pain.

What causes this pain is craving.

The nature of attachment is therefore craving, as when a craving is not met or is taken away from us or does not meet our expectations – we suffer!

How can we live a life without attachment? Is it even possible?

Naively or bravely I called for a release of attachment earlier in the year, as one of my new moon intentions, not fully realising the gravity of this request!

Being the powerful co-creator of my experience, the manifestation of that intention bought forth lessons

hard and fast!

First through the loss of a relationship, then through the releasing of a property that I'd initially unconsciously identified myself with.

Who was I without this relationship? Who was I without this land?

The uncomfortable feelings lurking below the surface were illuminated and I deeply understood just how my illusionary expectations of outcomes had created these attachments in the first place.

Acceptance that these attachments existed was key, as I already had the awareness to understand that resistance would just lead to more suffering; using compassion and patience in seeking to understand why they existed in the first place; feeling into the attachments and not just intellectualising them; observing what was underneath the surface – the root of the attachment; identifying what fear or insecurity existed and sitting with the



by Kathy Smith

"Love is freedom from attachment. When you love everything, you are attached to nothing."
– Mikhail Naimy

uncomfortable feelings that arose.

This is much easier said than done! Because most of the time our attachments are caused by illusionary fantasies of how we want things to be, and it's so much easier not to face

reality, as the illusion is much more comfortable than the truth.

But the ultimate freedom that comes from having the integrity and self respect to truly look deep at yourself and release all illusions is absolutely life-changing!

Relinquishing the facade of control and understanding that we are indeed helpless to life fluctuations.

Detaching from the need to have things work out in a certain way – letting go of control and stepping into surrender and trust in the perfection of the universe.

Deepak Chopra said, "Impermanence is not something to be afraid of. It's the evolution, a never-ending horizon."

Now I sit in Love and appreciation for what is. Radical acceptance. Grounded in the present, I understand that nothing is permanent. I immerse myself in the richness of experience with no expectations for outcomes. As a friend shared when discussing

relationships: walking the fine line between deep connection and detachment.

Detachment is an art of enjoying something deeply while always being open to the possibility of losing it someday. It's not about refusing to feel or not caring or turning away from those things that you love. Detachment is profoundly honest, grounded firmly in the truth of what is.

Eliminating attachment is not to be forced. When we fully understand the motivations behind our attachments, they will begin to fall away on their own.

Kathy holds a Bachelor of Psychology and Education and a Diploma of Counselling, and practices energy healing for both children and adults at the Green Bank every Friday from 10am-5pm and home visits by appointment. Kathy is also available for distance healing sessions via Skype, FaceTime or Whatsapp.

Does punishment actually work?

It's clear to most of us, especially in Nimbin town, that we live in a punitive society.

From its 'criminal class' white beginnings, our Australian culture has been particularly based on the idea that punishment is a good deterrent for future acts of crime by the person or can be used as an example to others. But I'm beginning to wonder if it really works?

Based on my last article, on the significant lack of truly conscious choice by the individual, often guided more by pre-existing ideas, genetic factors and environmental stressors, I would also argue that punishing the individual for these often unconscious choices doesn't actually hit the mark most of the time.

In the example of the 19th century English 'criminal class' who we inherited, many infringements were of minimal severity, like a piece of bread stolen out of starvation. Most of the more accurately described 'poorer class' had no choice, once again, to employ the sleight of hand to survive and certainly couldn't pay for their case to be heard, let alone have any true justice prevail.

Is there really much difference in the state of affairs as it now stands? Sure, we have some very limited and often overstretched, free legal counsel available, but is there any attempt to understand the circumstances leading to an individual's actions by the system that helps create them?

This may in fact, be all too hard to do, as so much of our behaviour is buried in the layers of our culture and subconscious, but I find the easiest way to get to the heart of most people and what's truly going on for them is to check in with their 'inner child' at the core of their makeup.

In the moment
by Dr Jacqueline Boustany
Medicine woman

Many of us hide this under the layers of who we think we are, and how we would like to be seen by others, but to the compassionate eye, the true master of ceremonies is often the reactive, childlike self, still learning its way through this world. Just getting an idea of how and where the person grew up is a good start, but most of us get a feel for the tender heart of a person by using our own vulnerability to sense it.

We learn in paediatrics that children pass through various stages of physical, mental and social growth, but if the safe environment for this growth is not there, the opportunity is missed, and may result in that part involuting or lacking. So we may grow up on the outside but parts of us, may not have been allowed to grow on the inside, like the inability to deal with certain emotions.

As a parent I have the option of punitive control over my children. Do I punish them in the hope that they will learn the lesson and change their behaviour, or do I go deeper and try to understand the motivations for their actions? Perhaps if I take the time, they too will understand themselves more fully, and actually have more control over their behaviour, rather than just fearing the consequences.

Certainly fearing the consequences can work, but it seems only in the short term, until the underlying drive kicks in again, and the unconscious mind takes over any conscious choices. In the same way, warning someone of the long term health effects only works in 10-15% of the population, those able to self love and advocate for their

future selves.

I feel that the threat of punishment only works 10-15% of the time, or at least in 10-15% of the mind, which equates to the conscious mind. Once under pressure or stress, the mind often flips back to unconscious patterns and all control is lost.

I've met many a man involved in domestic violence with their partner who can't believe they have acted this way with the person they love the most. It is simply 'mad' rather than 'bad', when the growing mass of unmet emotions finally bursts under the last straw of stress.

I'm not a legal analyst of course, but it could even be argued that the marking of a criminal as just that, could serve to reinforce the behaviour. This has also been relevant to me as a parent, where once again if I decide my child is 'bad', and say that to the child enough times, then I will certainly convince my child that is true and cause them to demonstrate further 'bad' behaviour, probably from the frustration of not being understood.

It is said that all children and I would say all humans need two things: positive attention and a sense of empowerment. If they don't get that, then the next best thing is negative attention. Beggars can't be choosers, and any attention is better than nothing, as without it, growth cannot occur. I've seen children stunted from lack of growth hormone due to lack of love.

Children are highly suggestible, malleable sponges, seeking to learn how to survive the world, whose sense of self comes directly from their caretakers and their environment. Certainly jail is often an environment where survival is reliant on a further hardening of the

heart, and a further slice of self condemnation.

Of course there are situations where the individual needs to be removed from society for their own or others safety, but wouldn't it be nice if their deeper needs could be addressed in the process and some restorative questions asked.

I have found in parenting that natural consequences often work better if I can be patient enough, than if I impose my own sense of right and wrong, and that may include some sense of social isolation that comes with pissing me off! They say this works for most pack animals.

But when we have cooled off and have come back together, we are also discovering the power of Non Violent Communication, as an opportunity to delve into the deeper feelings and needs presented by the situation. I would absolutely recommend your own reading of the book by Dr Marshall Rosenberg, and believe it would help most of us in the health and justice service industries, but the basic premise is this: 1) When this happens... 2) I feel... 3) I need... 4) Would you be willing to...

Don't be fooled by its simplicity. It often takes real presence of mind to work out your own feelings and needs if you have been programmed to ignore them in your past. And amazingly it works, not just for children who really respond to the truth of the heart as undeniable, but also in some pretty hairy situations if its proponents are to be believed, possibly more effective than telling people how they should behave.

Or punishing them and expecting them to work out strategies they have never been taught or supported to believe they could even achieve.

Where there's a Will there's a relative*

by John Adams

There's only one way to prove a will against attack; spend the lot before you go. But generosity towards surviving family seems a common impulse. Another impulse, of course, is greed.

In NSW a will can be attacked by an application, usually to the Supreme Court, for family provision orders under Chapter 3 of the *Succession Act 2006* ('the Act'). My first task as an admitted solicitor was instructing counsel in a claim under the old *Family Provision Act*. I read some law. The court could make orders making adequate provision for the applicant's proper maintenance, education, and advancement in life. High Court judges have written a great deal about what these terms mean. Fairness is not an issue. The best bit, for lawyers, is that we're paid out of the estate, so don't need to bill any client.

We acted for the deceased's daughter, a factory worker. The estate was a suburban house. Under her mother's will she and her brother inherited a quarter between them, the rest going to a few charities. The charities backed off and the brother did quite well because of his alcoholic dementia.

A couple of years later some clients filed into the office. My secretary brought in extra chairs. They were the middle-aged children of a popular fellow who'd recently died. They brought with them a letter from a solicitor in a nearby town asserting that his client was entitled to the whole estate, despite the will, which divided it equally between the children of the deceased. None of them had heard of the woman.

Their father had been into ballroom dancing, which, in the country, meant travelling and staying overnight in motels. The applicant's sworn evidence was that she was his dancing partner and that they'd fallen in love, their plans to marry tragically interrupted by his death. I set to work, drafting twenty affidavits of family and friends of the old fellow, and sent the siblings off to do some detective work, to find out what they could about this woman.

Section 57 of the Act lists those eligible to make a claim: spouses, de-facto partners, children, former spouses, persons who were, 'at any particular time, wholly or partly dependent on the deceased', grandchildren who'd lived with them, or 'a person with whom the deceased person was living in a close personal relationship

at the time of the deceased person's death'. The dancing partner had, it appeared, 'lived' with the old fellow in occasional motel rooms.

It was hard to see how she was eligible at all, but we were in court and compelled to fight. Before the Registrar's mediation, one of my detectives had discovered another of the lady's dancing partners. This gentleman was persuaded to come and see me, and brought with him a beautiful thing, a motel receipt in both of their names. I drafted yet another affidavit and postponed calculation of my costs until it was all over.

This was a bad mistake. The Registrar began by asking me what my costs were. I did a rapid calculation in my head. 21 affidavits at three to four hours each, plus extra conferences.

'Twenty-five thousand, Registrar.' Then he asked the applicant's lawyer, who'd filed two affidavits, and who answered, 'Thirty-five thousand, Registrar.'

The application was, of course, dismissed. The estate was now \$60,000 less than it would have been, and the ensuing brawl between the eldest sister and the dancing partner in the street outside the Supreme Court afterwards was probably predictable.

**Old legal maxim*



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How do I manage my stress levels?

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

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

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert.

In emergency situations, stress can save your life, giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid a car accident.

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

The effects of chronic stress

Your nervous system isn't very good at distinguishing between emotional and physical threats. If you're super stressed over an argument with a friend, a work deadline, or a mountain of bills, your body can react just as strongly as if you're facing a true life-or-death situation.

And the more your emergency stress system is activated, the easier it becomes to trigger, making it

harder to shut off.

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

Chronic stress disrupts nearly every system in your body. It can suppress your immune system, upset your digestive and reproductive systems, increase the risk of heart attack and stroke, and speed up the aging process.

It can even rewire the brain, leaving you more vulnerable to anxiety, depression, and other mental health problems.

Health problems caused or exacerbated by stress include:

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

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

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

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



by Sonia Barton

serenity.

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

Connect to others. The simple act of talking face-to-face with another human can trigger hormones that relieve stress when you're feeling agitated or insecure. Even just a brief exchange of kind words or a friendly look from another human being can help calm and soothe your nervous system.

Eat a healthy diet. The food you eat can improve or worsen your mood and affect your ability to cope with life's stressors.

Eating a diet full of processed and convenience food, refined carbohydrates, and sugary snacks can worsen symptoms of stress, while a diet rich in fresh

fruit and vegetables, high-quality protein, and omega-3 fatty acids, can help you better cope with life's ups and downs.

Try Bowen Therapy autonomic nervous system re-balancing.

This may be one of the most profound and important effects that Bowen therapy has on the body and where the self healing and relaxation mechanisms of the body are mostly stimulated.

The autonomic nervous system controls over 80% of bodily functions – cardiac, respiratory, peripheral circulation, reproductive, endocrine, gastrointestinal, and so on and is very susceptible to stress and emotional states.

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

During a session your body has time and space to literally unwind and digest physical and emotional stress. This is what Bowen therapy does.

During a session your body shifts from the sympathetic state (stress) to the parasympathetic state (relaxation), allowing you to experience deep relaxation and healing which can continue for hours or even days.

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The role of HIV/AIDS in raising consciousness

Throughout time there has been much racial and religious prejudice as well as prejudice towards people with certain diseases and handicaps.

Some diseases have created a lot of fear and stigma, such as leprosy, tuberculosis, AIDS/HIV etc. In my work as a regressionist I have found most of these people have volunteered for roles where they are shunned, feared and judged.

They come to teach people something. How do you react when you see someone in a wheelchair or a mentally handicapped person? Everyone learns something from them.

I was recently stopped in my tracks by a young man in a wheelchair. He was beautiful, my immediate thought was he is an angel. He had such deep joy, peace happiness and intelligence on his face and exuded a rare depth and quality of love.

My heart nearly exploded, he reminded me of the true unconditional love that is our fundamental nature, if only we can allow it to shine without all the layers we place over it. My learning,

My older sister has been mentally handicapped since she was one year old. She lives in Melbourne and has had wonderful carers looking after her since my mother died 20 years ago. Michele has so much love to give, all her carers have been deeply emotionally affected by Michele's love.

What about people with HIV/AIDS? Did they choose it? Here are two stories of clients diagnosed with the disease.

Michael, young man in his 20s, visited a past life as a young woman, married, pregnant, desperately poor, living out west in the USA, extremely hot, dry, nothing grows there. Husband has no work. No money for food. Wife walks two hours into town to trade her body for that is all she has to buy food. Husband turns a blind eye to the food that appears.

When she is unable to walk into town to visit the men they become angry and she tells her husband the baby is not his. Enraged and shamed, he beats her so violently she and her baby die. All



by Auralia Rose

the while he is beating her the husband is calling her a whore and she dies with the shame imprinted on her consciousness.

In this life Michael chose to experience AIDS to end the shame, suffering and judgement and to find acceptance. Michael was part of a large group of souls whose plan was to help put an end to judgement of all kinds through healing the energy trapped in their past lives. Consider how fear and judgement of people with HIV/AIDS has radically shifted in the past 10-20 years.

Toby is a highly evolved soul in his 40s. He has been

on HIV medication for many years and wishes to lessen the uncomfortable side effects. As a gay man in this life, Toby suffered much discrimination in his work, resulting in him being physically attacked. For many years he carried the anger and hurt and could not forgive his attackers, although being spiritually aware he knew he needed to.

Toby was also looking for a new direction in his career. During the session he received healing from his Higher Self and was able to reduce his medication levels. He was also able to find forgiveness for his attackers. Toby now works as a dog groomer, work he loves as he adores dogs. He has a natural healing ability and is able to tune into dog's physical and emotional needs and provide it to them.

He is much loved by his tutors, employers and clients. He has transmuted his past experiences and found fulfilment, self love and acceptance.

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Spring harvest for medicine making

Nature's pharmacy is bountiful at this time of year. Many of our traditional remedies are from plants that bloom in the Spring.

I've been busy harvesting and making tinctures this month. Most commercially available herbal tinctures are made from dried herbs, as they yield a stronger concentration of active ingredients. Also it's for convenience, as drying the herbs means they have longer shelf life, and can be sent to other parts of the world for manufacturing.

I'm noticing an increasing interest however in the use of fresh plant tinctures. Whilst they are less concentrated in actives, there is a school of thought amongst herbalists that fresh plant tinctures capture the essence and energetics of the plant. They certainly contain a vibrancy that's different from dried plant tinctures.

I recently attended a wonderful gathering of herbalists up in the mountains at Tyalgum. It was very different from seminars run by the commercial manufacturers of herbal medicines.

The focus was very much on the love of plants and nature, with workshops on the energetics of plants, manufacturing our own tinctures and distillation of herbs to make hydrosols. It was so uplifting.

There is one Australian manufacturer at present producing pure fresh plant tinctures. These are grown on a farm in Tasmania, which is the best climate for growing traditional herbs from Europe and the US. I like that they are organically grown and manufactured here in Australia.

I've also been inspired to make some of my own fresh plant tinctures. Previously I've made *Bidens pilosa* ('farmers' friends'), organically grown in my back yard! I've also made *Houttuynia*, *Motherwort*



Nature's pharmacy
by Trish Clough, herbalist

and *Calendula* flower as fresh plant tinctures. My current project is a large batch of California poppy fresh plant tincture.

The beautiful flowering plants were generously donated by the Lismore Community Garden, where everything is grown organically and tended by volunteers. The range of colours from red to golden yellow to white reflect the content of carotenoids in the individual plant. I've made one batch in the traditional way using flowers, leaves and stems, and in the second batch I included some roots as well.

They are infusing ('macerating') in sugar cane, alcohol and water and will be ready for pressing in two weeks.

California poppy (*Eschscholzia californica*) has similar properties to the opium poppy, but it does not contain narcotics. Traditionally it is used for pain relief (especially nerve pain), anxiety, nervous tension, insomnia and bed wetting. The plant contains numerous alkaloids, which are strongly active constituents.

The root is the highest in alkaloid concentrations. It was traditionally used by Native Americans as a toothache remedy, with the juice of the cut root applied topically to the source of the pain. It can also be effective against some forms of tinnitus.

Pharmacological studies



California poppy



Fresh plant tincture

showed the sedative effect of the poppy acts on the GABA receptors in the brain, thereby affecting the neurotransmitter balance. GABA is considered to be the dominant calming neurotransmitter in the central nervous system. A French study of office workers suffering from anxiety found that California poppy treatment (combined with hawthorn flowers and magnesium) "produced a rapid and progressive fall in anxiety". Another study found California poppy combined with corydalis to be very effective at reducing anxiety and agitation. It can often be used effectively in helping people discontinue

opioid use. The dosage of the tincture varies for the specific situation and should be professionally prescribed. A note of caution: although California poppy is considered "child safe", and has no known side effects, it should not be taken by pregnant women, nor should it be taken concurrently with mood altering drugs (tranquilisers, anti-depressants, opiates, anti-epileptics). It is contraindicated in glaucoma.

Trish Clough conducts her own practice in Club Lane in Lismore. For consultations by appointment, phone 0452-219-502 or email: herbalist.trish@internode.net.au

When the pain keeps returning

by Tonia Haynes

It is most irritating when one is having treatment for back, neck, shoulder or limb pain and the pain keeps returning, either in the same place or somewhere else.

First of all, even though they seem to be far removed, dehydration or digestive issues will always interfere with the alignment of muscles and bones, because the body works as one unit.

But there are a few other reasons why a treatment may not be holding.

One may not have had enough treatments to change the habit of the body wanting to carry itself in a particular way, because it is used to it.

Similar to the challenge of letting go



of a habit that we know it's bad for us: incorrect posture, or a bed or pillow that does not support correct posture.

- Vertebrae in the spine are still misaligned;
- Misaligned ribs – a rib out of place can create huge amounts of discomfort.
- Dysfunctions in the jaw that have not been addressed – the jaw hinge, or temporomandibular joint, contains extensive nerves that affect the whole body and the jaw moves every time we breathe.

Finally, at times muscles refuse to do their job, because, for varied reasons they are still irritated with some other muscle in the body.

This is called muscle reactivity and unfortunately, even though one may have seen an osteopath, chiropractor,

excellent masseur, Bowen therapist or a physio, unless they know how to treat muscle reactivity, a muscle may still be pulling another muscle out of position.

This will continue to disturb the alignment of the whole body.

Reactive muscles need to be recognised in a particular way and then addressed in a particular manner, so that they behave themselves.

Clearing reactive muscles is a favourite of mine, along with settling digestive troubles.

When treating those with back, neck, shoulder or limb problems, I always address these two issues, because they are a paramount part of a pain-free future, along with spinal realignment, remedial massage and Bowen Therapy.

I work from home in Nimbin and my hours are flexible. Phone for an appointment on 0439-794-420.

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Nimbin Crossword Solution
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