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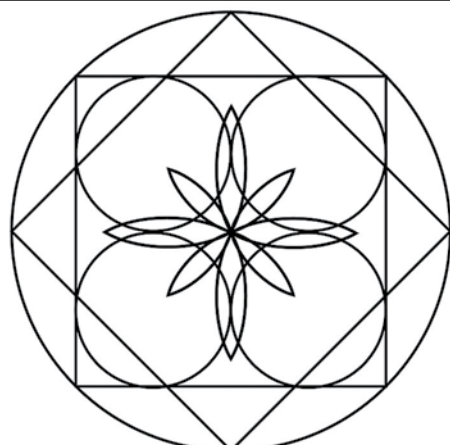
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The artist's choice at Blue Knob Hall



'Wollumbin' by Shirley Miller and Heather Kimber



'Rebel at Heart' earrings by Amanda Doran

Due to the conditions with the fires in the area, the opening of 'The Artist's Choice' exhibition was delayed a week, as everyone took care of their own homes and needs.

With Blue Knob covered in smoke, we were still able to get this show on the road on Friday 22nd November, with a good turn-out and the Vocal Minority Choir singing on the night.

This is our last exhibition for the year and is not themed. Because of this, our artists get to bring in what they choose out of their collection or new work recently created for this

exhibition. As is often the case any given exhibition can serendipitously reflect what might be happening around us at the time.

Fiona Shadwell's hand-painted cloth 'Fire' was left with us a month ago, little knowing what was about to happen. Andrew H Daley's photographic image of 'Bush Smoke over the Sacred Rocks', and Theodore Kennett-Raj's 'Year 2050' with our mobile oxygen respirators, remind us of the craziness of our times and that art can reflect the preciousness of our resources, as does Rebekah Seriah Webster's recycled wood

sculpture 'Conversation in Perspective'.

We have a gallery full of diverse and colourful work, with felted wall hangings from Year 7/8 students at Rainbow Ridge Steiner School, and some artworks generously donated to the gallery by Joline Shervey as a fundraiser for the hall.

There is artwork here that celebrates what we have to be grateful for, and that also reminds us that so many things are held in the balance. This exhibition runs through to Saturday 1st February.

The Management Committee would like to thank with the deepest

gratitude the exhaustive work that has been done by all the firefighters, men and women of all the Fire Brigades of the area, the CWA Nimbin, everyone who organised and helped our community over this difficult period, which still continues for many.

Artist & Friends Lunch

The next Artists and Friends Lunch will be held on Thursday 19th December at 12.30pm with a set menu for \$20 including main and dessert.

Summer Nights

An Evening of French Cuisine will be held on Friday 13th December with Chef Julie Naturel, 6.30pm for 7pm dinner. Three course meal for \$35 per head.

Bookings essential – please call the Gallery 6689-7449 or email: bkhgallary@harbourisp.net.au

Closing dates

The Gallery/Cafe and Ceramic Studio will be closed for two weeks from Sunday 22nd December at 3pm until Thursday 9th January at 10am.

This is a much-needed break for all the volunteers, and we wish everyone the best possible festive season and coming New Year.



Nimbin Artists Gallery

by Karen Welsh

Art is such an amazing part of our culture, providing us with beauty, peace and solace in both prolific and dire times.

Now is such a time that we certainly need to balance out the global negative tensions to enjoy moments of colour, creativity, form and texture.

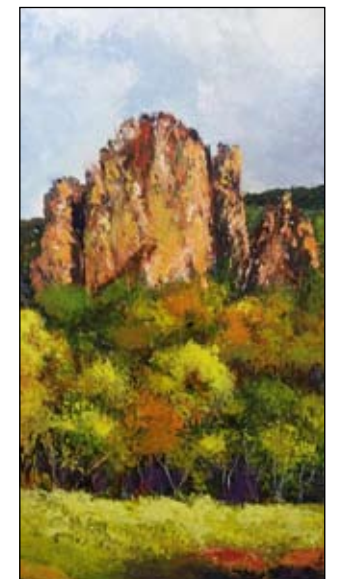
Works by our local artists are but one of these positive moments, some might say an essential tool, to appreciate

our home, our neighbours and our environment while we await more rains and a brighter future.

May we all enjoy a festive season of creativity, colour and form, hope, and rainfall.

Call in and see us at 49 Cullen Street, in beautiful downtown Nimbin, open 7 days a week (except in some flood and fire episodes).

Mostly we're open between 10am and 5pm – and we're on Facebook around the clock.



Top: 'Heart Plates' by Donna Sharam; 'Peacock' by Joanna May

Left: 'Singer and Songwriter' by Marie France Rose; 'Kookaburras' by Edith Streiner

Right: 'Nimbin Sentinel' by Janet Hassall; 'Sea Turtle' by Edith Streiner



The Roxy Gallery presents Dasher's Hope

by Ruth Tsimbinis
Cultural services officer

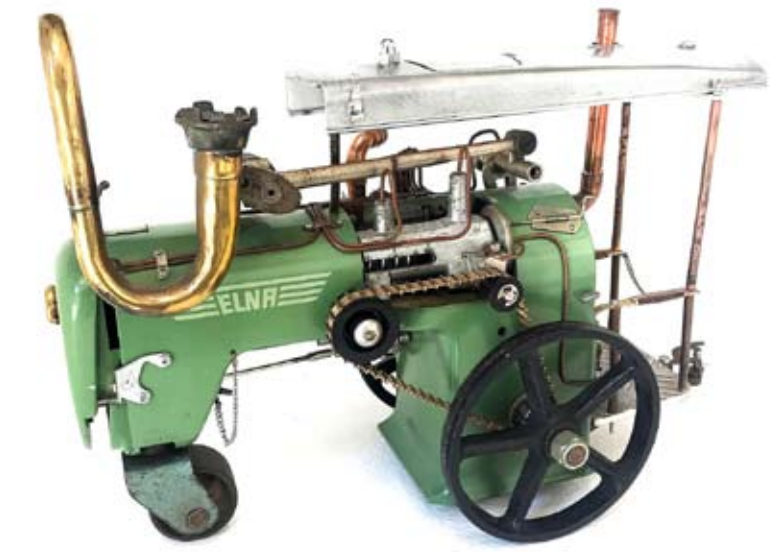
The end of year / beginning of new year exhibition at the Roxy Gallery takes on the title of 'Dasher's Hope' will be on show from 18th December until 26th January.

This exhibition is an opportunity for local and regional artists to exhibit in a group exhibition that is about offering: offering up ideas for gift purchasing and providing artists opportunity to get their works out into the public domain.

The concept of this exhibition has been a traditional activity of the Roxy Gallery over its 20-year history. By opening up the gallery to practicing artists and those who just casually engage in making art, this type of exhibition showcases what is happening in the creative world of our region.

The official opening for this exhibition will be on Wednesday 18th December from 6 to 8pm and all interested members of the public are welcome to come along to this social event and mingle with the creators.

There is opportunity for any



'Juggernaut' by Charlie Hurcomb

purchases of works to be removed and ready for Christmas stockings. So keep this in mind if you are looking for that something special and original during Christmas gifting time and support local artists with their creative development through the purchase of their works.

As Dasher leads the sled into a New Year, we all hope for a change

to the current situations that have been affecting so many. The director of the Roxy Gallery and Kyogle Council would like to extend many thanks to all the people who assist in supporting the gallery.

Firstly, a huge thankyou to all the artists who have shared their visual delights with us all, and to the many volunteers who happily give



'Australian Summer' by Jenny Kitchener

their time opening up this amazing facility for the general public, both local and visitors to our region to engage in. Thank you all for your

commitment to the arts in our community.

May our festive season be embraced with a change.

BIRTH, DEATH & REBIRTH



by Fiona McConnachie

Our current show at the Serpentine Gallery is called 'Birth, Death & Rebirth'.

The exhibiting artist is Jessi Luna and this exhibition is a result of over 12 months of ceramic work and research.

Jessi's clay sculptures are inspired by ancient fertility figures (eg the Venus of Willendorf) and are intended to help women connect with the history of veneration and respect of the feminine in pre-history and their close affiliation with nature.

One of Jessi's installations comprises small votive figures, one made each day for a year – beautiful, intimate little goddesses that you can hold in your hand!

'Birth, Death & Rebirth' runs until the second week of December, after which we will be mounting our end-of-year Member's exhibition, 'Quality Assortments', which will run from 13th December to 14th January. The opening night is on the 13th starting at 6pm.

Members, please have your work in by 9th December, ready to hang (or install) so that we can best organise what should be a great show to see 2019 out.

If you have any special requirements, give us a call on the number below and we will be happy to accommodate your needs.

Performance artists and musicians are more than welcome (again just call us), and as this is also our "artist's social networking event", we encourage everyone to bring their friends and family along.

If you can manage it, bring a plate to share, the bar will open... festive times!

You can contact us on: 6621-6845 or via email at: gALLERY@serpentinearts.org

The Serpentine Community Gallery is located at 17a Bridge Street, North Lismore, phone (02) 6621-6845, web: facebook.com/SerpentineArts

We have a great team of volunteers who are more than happy to help with any enquiries and requests.



All the work pictured is by Jessi Luna, including her beautiful dance.



The detrimental effects of catastrophic thinking

Catastrophic thinking can be defined as ruminating about irrational, worst-case outcomes. Needless to say, it can increase anxiety and prevent people from taking action in a situation where action is required.

This can be especially true in a crisis situation. The media inundates us with constant catastrophising, which is especially evident during the current bushfires.

“Catastrophic conditions” create fear and worry in everyone, even those of us not prone to worry or anxiety. However, the difference in the coping strategies used by those of us who are more positive in our outlook, compared to those more pessimistic are glaringly evident.

Why do so many of us expect the worst, feeling into failure and futility, always expecting things to turn out bad, yet others can look at our lives with hope, trust and excitement about what it has to offer?

When you are expecting the worst, it is super-hard to fully enjoy your life. How could you possibly if you are constantly in a place of mistrust, fear and angst for the future? It's that foreboding feeling of being destined to suffer, struggle and live with stress.



by Kathy Smith

So why do we feel this way? The roots of catastrophic thinking are in the unconscious mind and are often born out of early conditioning. Constantly being inundated with negative, worrying narratives goes a long way to creating a catastrophic inner dialogue.

Also, we expect bad things to happen, because lots of bad things have happened, and when these unhealed/unconscious traumas or experiences occurred we felt so blindsided, powerless and unable to understand why, that we unconsciously decided we had no control over our lives and were at the mercy of fate and a cruel world.

Therefore preparing for the worst became a coping mechanism, so we

wouldn't feel blindsided, or shocked again. However, what actually happens is self-sabotage and a life filled with anxiety and unfulfilling experiences.

Life generally gives us what we feel we deserve even if its not what we consciously desire. If you yell “No!” to the universe, you are going to get whatever you are resisting. As I've mentioned previously, energy flows where your focus goes.

Just because you've experienced something negative in your past, does not mean it's going to happen again in the future. For example, not every relationship is destined to fail, just because they have in the past.

Of course it is natural for us to focus on the bushfires and lack of water when it's glaring us in the face, however our true power lies in the internal, not the external. Truly diving in and feeling uncomfortable with the worst case scenario – deeply expressing your innermost fears and writing them down.

Look at what you can control and what you cannot. Everything that you cannot control needs to be let go – ie government corruption, climate change, other people's reactions etc.

What you can control is within

your power – ie making your home fire-ready, preparing food for community, packing up your car to leave etc.

For example, I fell into extreme anger, born from powerlessness over the choices our present governments are making toward the environment, and all this did was to make me feel anxious for the future of my children.

I took my power back by sitting out in nature with the boys and focusing on rain, lush green landscape and flowing clear waterways, imagining raindrops on our roof every night as we went to sleep. I'm not saying this is easy, but it's where our power lies!

We can work toward creating our own reality through our visualisations, focus and internally-guided action.

The goal here is to make peace with the worst case scenario. Chronic worriers actually resist their fears, so when you truly face them head-on, the enormity of them decreases.

An important point here though is to not resist any emotional response. Allow and get comfortable with the uncomfortable feelings.

The example I gave above about feeling powerless over authority stemmed from early father issues for me, so again it was another healing

opportunity, to go deeper into knowing myself and shedding all unwanted conditioning and trauma.

There are enormous gifts in adversity if we are willing to trust and flow with it rather than resist and push against. What we resist will always persist, and what generally happens is the lessons get harder and harder until we finally let go of old beliefs and patterns that are no longer serving our now reality.

This is a deeply challenging time for all of us. Change is the only constant in this lifetime. However if we feel into the uncertainty with a sense of adventure rather than heaviness or worry, we will help to shift our perception from a pessimistic perspective to a more trusting and allowing attitude.

As Albert Einstein said, “The most important decision we make is whether we believe we live in a friendly or hostile universe.”

Can you feel into the perfection and acceptance of what is and believe that universe does indeed have your back?

Kathy practises energy healing for both children and adults at the Green Bank every Friday from 10am-5pm and home visits by appointment.

The drug swab and Section 10 – part 2

by John Adams

You've told the Court Officer (with the clipboard) that you're unrepresented and they've marked you present. Now all you need to do is sit in the back of the court. As you enter the courtroom, if the magistrate is 'on the bench', you should bow to them. Not a genuflection, or a curtsy, just a little bow. Then watch and wait.

Notice how the architecture and furniture arrangement are designed to intimidate. And how it need not affect you.

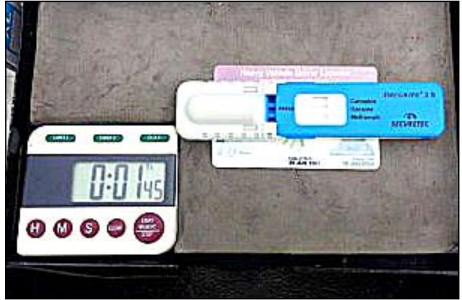
You will be told ("called") when to go to the bar table. The prosecutor is the person at the right-hand end with the stack of files in front of them. Give them a copy of anything you want to hand up and go to the microphone at the other end of the table.

The first thing the magistrate will ask is how you plead. You say, 'guilty, your Honour.' If it's not guilty, you'll need a lawyer. In that case, ask for a two-week adjournment to get legal advice. Take a note of the date, go home, and call a lawyer. Legal aid is not generally available if there's no chance of a custodial sentence, which there isn't for 'drive with drug in saliva etc'.

You will have prepared submissions. Under sub-section 10(3) of the *Crimes (Sentencing Procedure) Act 1999*, the court 'is to have regard to', in making the order; your character, antecedents, age, health and mental condition, the trivial nature of the offence, any extenuating circumstances, and 'any other matter the court thinks proper to consider'. These are what you address.

For character, two or three references from respectable people. One of them could refer to your need for a licence. Legal Aid have a pamphlet to assist the referee: lacextra.legalaid.nsw.gov.au/Publications/Website/Publications/Details/23

Antecedents means criminal history, which the magistrate already has, and if you have a record, you might need a lawyer. If there's only a minor indiscretion many years ago, you're probably alright. Your age should be obvious. If there's a health or



mental issue, a short report from a doctor or counsellor is a good idea. Magistrates also like to know a bit about you; like whether you have a partner or kids, your employment, and your basic financials; income, rent or mortgage repayments.

The written submission, neatly typed or hand-written, is easiest read with bullet points. One sentence each, like:

Family: One line will do. Married/separated/children/grandchildren

Occupation: A brief CV, like one line for each job if you're a working person, or retired or unemployed or whatever.

Finances: [Net income \$] [Rent/mortgage]

Extenuating circumstances: [If there are any, keep it to a couple of sentences. Don't criticise police.]

It's best not to mention the trivial nature of the offence. Police didn't believe it was trivial. After the magistrate has finished reading, you'll probably be asked to say something. This is when you explain why you need a licence. Living in the country with limited public transport is worth mentioning.

The only rules are: tell the truth, do not speak unless asked to, use as few words as possible, and don't argue with the decision-maker. Politely listen to the little lecture and then, at the end, after the decision has been announced, say, 'Thank you, your Honour.' And make sure it doesn't happen again. Police car computers have your registration number.

The magistrate might put you on a bond but let you keep driving. Don't argue. Silently congratulate yourself and get out of there.

A BREAKFAST TALE

Food Matters

by Neil Amor

The idea of a cereal-based breakfast is a relatively new concept in the western world, and the history of its development is a surprisingly strange one.

John Harvey Kellogg, the father of the prepared breakfast food industry, was born on February 26th, 1852. He lived for ninety-one years, perhaps thanks to the fresh air and vegetarian diet he advocated for, as clean “biological living.” A physician, nutritionist, inventor, and medical missionary, Kellogg was part of the great wave of social reformers of the Progressive Era. A Seventh-day Adventist until he was thrown out of the church in 1907 over differences in theology, Kellogg was a firm believer in the Protestant movement that tackled social problems with Christian ethics.

He also believed in foods that would not “excite the passions...specifically the debilitating scourge of masturbation” (!), which was said to lead to a host of ailments, and then insanity.

Prescribing a bland diet led to Kellogg's special creation, corn flakes. His younger brother took over marketing the product (leaving out his brother's original claim that it would cure masturbation). And the rest is history.

Other great moments in breakfast:

1910s

The Quaker Oats Company acquired a method of forcing rice grains to explode under pressure, marketing Puffed Rice and Puffed Wheat as a breakthrough in food science, and “the eighth wonder of the world.”

1920s

A health clinician accidentally spilled a wheat bran mixture onto a hot stove, creating what would come to be called Wheaties.

1930s

The Ralston Purina company introduced an early version of Wheat Chex, calling it Shredded Ralston. It was intended to feed followers of Ralstonism, a strict, racist social movement that included a belief in controlling the minds of others (*you couldn't make this stuff up*).

Adding some substance to breakfast, Swiss doctor Maximilian Bircher-Benner invented muesli in 1926. It seems that the first muesli was neither a breakfast dish nor mainly based on oats. The original recipe, though it contained oats, was more about apples and

called for combining a small amount of oat flakes and water with chopped apples, lemon juice, condensed milk or cream, honey and chopped nuts. At the good doctor's health clinic, this dish was served at the beginning of every meal, not just at breakfast time.

Today the choices are almost over-whelming.

We at the Nimbin Organic Food Co Op want to make it easier and healthier for you. For the month of December, we have our 20% discount Membership Special on both varieties of locally made Mindful Foods Muesli/Granola.

'Eros' which has an abundance of pomegranate, rose petals, pecan, ginko and more; and 'Golden Granola' with turmeric and lemon myrtle. Both are vegan and come with activated nuts and seeds to ensure nutrition is as available and digestible as possible (we have another four varieties for you to try).

In keeping with its creator's intentions, here's something you could put on top.



Stewed spiced apple

Six Granny Smith apples peeled, cored and copped / 1 tblps rapadura sugar / 1 cinnamon quill / 1 star anise / 1 tsp vanilla / 2 cloves / 1 bay leaf / a squeeze of lime / 1 cup water. (Additions: diced dried apricots / prunes).

Place all ingredients in a small saucepan and cook on a low heat for approx 20-30 minutes with the lid on, checking water level regularly.

The apples should be soft but not mush. Remove from heat when water absorbed and, when cool remove the bay leaf, cinnamon, anise and cloves. Scoop stewed apples into a glass jar and refrigerate. Can be used as puff pastry filling, as dessert with yoghurt and almond biscuit, or simply pile on top your muesli.

The volunteers at Nimbin Organic Food Co-op wish our members and customers a safe and merry season.

A fiery future for forests

by Dailan Pugh,
North-East Forest Alliance

The scale of these fires is breathtaking. They are comprehensively burning out a large proportion of the forests we spent decades protecting.

Hundreds of ancient Brush Box and other rainforest trees, many over a thousand years old, have been felled in the head of Terania Creek, their bases eaten out by fire. While the loggers were stopped 40 years ago, this time nothing could stop the assault by human-induced climate change.

In early November, fire swept into the basin at the head of Terania Creek, consuming ferns, desiccating shrubs and cooking thousands of Bangalow Palms. Towards the valley floor the remnant moisture slowed the fire's assault, though the fire ate at the trees bases, toppling immense trees that smashed through the rainforest canopy, spreading the devastation. Three weeks later, fallen veterans were still smouldering and fire trickled through the leaf litter deep in the rainforest.

The last time fire burnt into the heart of this rainforest was around 1100 years ago. Now we have so fundamentally altered the climate that a regime change is occurring and such events will happen with increasing frequency.

From August to November this year the Rural Fire Service (RFS) mapped 1.7 million hectares of north-east NSW, from the Hunter River to the Queensland border and west onto the tablelands, as being burnt in wildfires. So far 958,000 ha of public lands and 752,000 of private lands have been affected.

The scale is already massive, encompassing 20% of the land area, and 32% of our remnant native vegetation, and at the time of writing the fires are expected to continue for months.

The fires are coming on top of a drought, compounding each other's impacts.

The bush is so dry that fire is burning



through the moist areas, the gullies and rainforests, that we could rely upon in the past to stop fires spreading. These are also the refugia that so many of our species depend upon in hard times. The RFS mapping encompasses 120,000 ha of rainforests, and while not all this will have burnt, as shown by Terania Creek, a lot has.

The big old trees are irreplaceable, the eucalypts may live for 300-500 years, or more, and the Brush Box at Terania Creek have been aged at over 1340 years old. The older they get, the more essential nesting/denning hollows, nectar, browse and other resources they provide for a multitude of species.

Most old trees have been lost through clearing, ringbarking and logging. Now the death of the survivors is being hastened by drought, and in huge numbers as successive fires eat away at their bases. They are also routinely cut down and bulldozed to control fires.

Over half our remnant oldgrowth forest has been burnt this year. Hundreds of thousands of the oldest remaining trees have perished. Their loss is tragic.

As exemplified by Koalas, numerous species have been hit hard. The fires have burnt out 23% of the high quality Koala habitat identified in north-east NSW, including a third of that on public lands. Only small refugia have survived within the burnt areas, and the Koalas are under immense stress in these.

The situation is more dire than indicated, as much of the highest

quality habitat has been degraded by intensive logging, and most of the remaining core populations have now been hit hard by the fires.

The Busby's Flat and Myall Creek fires have burnt out most of the regionally significant Koala populations of the Richmond Lowlands, the Bees Nest and Liberation Trail fires burnt out most of the nationally significant Koala populations on the Dorrigo plateau, and the Crestwood Drive fire burnt out the major refuge left south of Port Macquarie.

While the rednecks are quick to blame national parks for fires, parks only represent 36% of the burnt area, with private lands 44%, and most of the ignition is likely from humans. Given that logging dries forests, creates fuel and increases the likelihood of canopy fires, it is the bigger threat.

There is a belief that we need to burn forests more frequently to reduce fire threat, though it only takes two to four years for leaf litter to build up, and in extreme events prescribed burning does little to stop the spread of fire. It is telling that 151,000 ha of the area burnt this year has been burnt in either wildfires or prescribed burns in the past three years, with 73,000 ha burnt in the previous 12 months.

As well as affecting rainforest and oldgrowth trees, too frequent burning adversely affects many seed-producing shrubs, along with refuges and resources for a variety of fauna.

The protection and expansion of forests is essential to take up and store the carbon we emit if we are to have any chance of limiting the worst of climate heating. As we continue to slash and burn our forests, we are increasing their flammability and turning a vital carbon sink into another source of emissions.

We need to undertake a rigorous review of how we manage forests, manipulate fire and protect property if we are to adapt to this brave new world we are creating. Business as usual is an unfolding catastrophe.

The physical and emotional effects of trauma

by Tonia Haynes

We are all suffering the effects of trauma in NSW and Queensland right now and maybe we have all been suffering the effects of low level trauma for some time.

There is a saying, 'if a butterfly flaps its wings in Peking, there may be a cyclone in California' (or something like that) because all is one.

And apart from the trauma that might be happening in our personal lives, it is brought to our attention continuously, the sad plight of many refugees in other parts of the world, who face rejection daily and have lost their home and loved ones.

Added to that, we are faced with an ever increasing amount of homeless people in Oz, a rapidly depleting water situation and the continual loss of flora and fauna that we are told will never return.

One might say, if one prefers to seem polite, "it's a bit of a time!"

The recent fires, which are still with us in Northern NSW left many people huddled in evacuation centres, living in rough conditions and assailed with unusually hot temperatures and smoke, while they worried about the possibility that their sanctuary homes might burn to the ground.

On the other hand, the brave fire



fighters, volunteers most of them, were faced with outcomes of win, or failure at every second, while they watched the beauty of this very special land burn around them.

If I may be so bold as to put forward a plea for the evacuees and the fire fighters. If at times their behaviour was less than kind and compassionate towards themselves and others? Please forgive. The potential trauma of such an event is huge.

We all cope with trauma in different ways. Some yell and scream. Subconsciously hoping that their actions of control might chase it all away. Others go to ground and withdraw from those around them.

Others may appear to be cool and calm, but a month or so later suddenly suffer depression, or repressed anger that makes them less attractive to be near. Personally, the toilet becomes my best friend and I cry a lot. So I'd never make a firey.

No matter how it is expressed, we are all suffering from an overload of flight and fight hormones that are messing with our heads and our bodies and creating subtle feelings of fear and anxiety.

I say bodies, because as well as messing with the brain, fight and flight hormones also get locked in our muscles

and our connective tissue, (the stuff that keeps us together) Over time this can cause problems of muscle soreness, spinal misalignment and at worst, depression, sickness and disease.

Repressed trauma is not good for us and I salute the masseurs who volunteered their services to the freys at the Nimbin Showgrounds. They would have helped a lot by releasing trauma from the tissue of the bodies they worked on.

The work I do also does much to release trauma. As well as releasing muscles and connective tissue with a mix of massage and Bowen therapy I have a few other tricks that release emotions from the head and heart.

Works for kids too. Kids often show trauma in a different way to adults, but the symptoms are just as valid, if not more so, because what happens in our childhood can affect the rest of our lives.

I spread business cards at the showgrounds offering a free half hour treatment to evacuees. Many of you had left the grounds by the time I got my act together, but the offer still stands. If you and yours were evacuated and wish for a free half hour release and respite, give me a call. These days I'm working from home in the Nimbin CBD.

Love and light to us all.

Phone for an appointment: 0439-794-420

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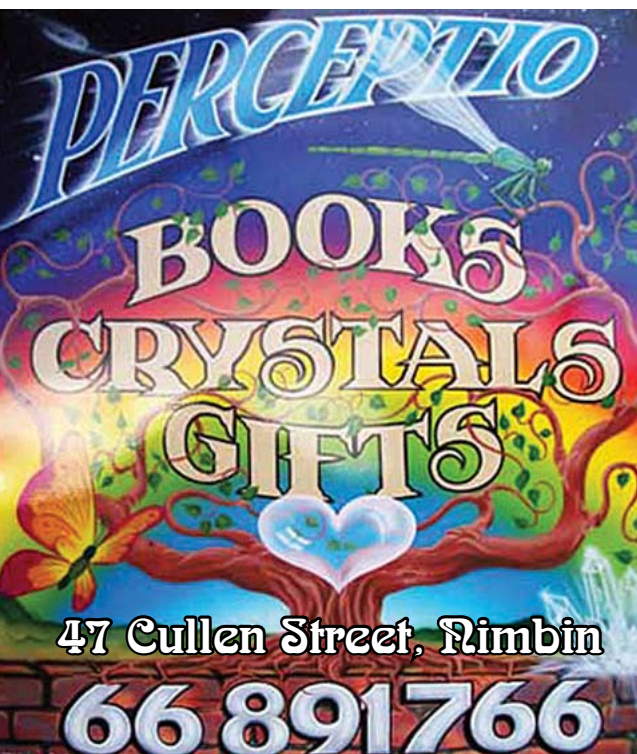
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DOLPHIN FUNERALS

The secret language of your body

Have you ever thought about the things that might be causing the pain in your body?

For instance, when people come to me with neck pain asking for Bowen Therapy, I sometimes ask them, "Who is being a pain in the neck?" and they usually smile and say, "Yes I do know who that is."

A person who has a bladder infection is usually "pissed off" with someone or a situation. A pain around the heart can feel like they are being stabbed in the back and can mean that someone is doing that to them – being unkind and talking about them behind their back. Pain in the glutes or buttocks could mean that someone close is being a pain in the butt.

We are all affected emotionally with situations happening around us. In time, these annoyances can turn into actual physical conditions.

I had a dentist who came to me with plantar fasciitis (foot pain). It was preventing him from playing social soccer. I asked him how long he'd had it and he said it had been

bothering him for about eight months.

When I asked him what was happening in his life eight months ago, he told me he'd decided then that he was tired of being a dentist and realised that he wanted to do something different but couldn't because dentistry was all he had been trained to do. He felt frustrated and couldn't move forward or change.

So in this case, his plantar fasciitis represented feelings of moving in the wrong direction, ignoring his intuition, feeling lost, ungrounded or feeling stuck and bogged down. So this condition had created itself in his body – the secret language of his body was trying to speak to him.

Unless we are really in tune with our bodies, we would not even think that all these feelings and emotions could create such pain in the feet.

Bowel issues could mean that you have difficulty in letting go of old, outdated beliefs, judging others as wrong and yourself as right. Feeling stuck, frustrated and



by Sonia Barton

fearful of change. Fear of the unknown. Ask yourself this question when you recognise that you are clinging to a destructive pattern, person or situation, or holding onto a job that you need to leave: "Can anything else come into my life when I hold on to negativity?"

I saw myself in this pattern recently when I had terrible constipation. Once I realised what I was doing to myself I told myself that I was ready to let it go, "Now!" and minutes later I was able to go to the toilet and I let go of all the pain I had in my stomach as well.

If we do not pay attention to our feelings and the messages from our body, then our body

will assume we do not enjoy life and get us out of here as quickly as possible! Stop living your untrue self's life, which others have imposed upon you.

Be open to the universal language of the spirit and unconscious as spoken through our bodies. Let your body help guide you to the right choices and treatment and ultimately the self-healing of your life too.

The book *The Secret Language of your Body* by Inna Segal, is an essential guide to health and wellness. This book is a reference guide that can help you understand how your feelings, experiences, energy, and thoughts can influence your physical, mental, and emotional health.

And it teaches you how you can help to heal your body yourself by doing a relevant process pertaining to the condition.

Sonia Barton is a Bowen Therapist and Reiki Master who works in Nimbin and Bangalow.

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Magic happens...

After discussing the limitations and wonders of science, I can now broach the subject of magic, 'the bastard sister of science.'

A book by Dean Radin, professor of Noetic Science called *Real Magic* shares the research done on the scientific evidence of 'paranormal' phenomenon such as telepathy, clairvoyance and psychokinesis, independently repeated in labs around the world.

He bases this on the premise of our increasing understanding of the nature of consciousness as the glue that connects us all and the word magic from the old Persian word *magush* merely means 'be able' or 'to have power' within this matrix.

If "information appears, quite literally, to shape our universe" (Charles Sife) and "information can also be used to explain the origin and behaviour of microscopic interactions such as energy and matter" (Vlatko Vedral), then it seems quite probable that life is affected by our intention or energetic projection, with some of us more effective than others.

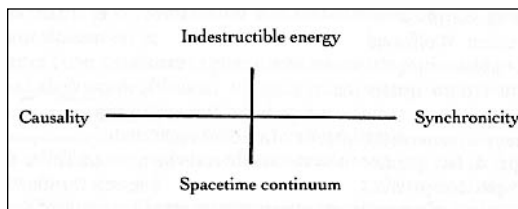
Throughout human history, a belief in magic appears in every recorded culture on the planet. But magic did not fit into our western mechanistic view of reality, so it needed to be abandoned. Maybe the rationalist part of our brains needed to first investigate by breaking down systems into its parts, but as science swings back around to a more holistic view with the discovery that quantum physics is a more reliable account of reality, we discover the same principles that the shamans described eons ago.

For example, quantum mechanics reveals that there is no true 'physicality' in the universe; atoms are made of focused vortices of energy, miniature tornados that are constantly popping into and out of existence. "What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter." (Einstein) Atoms as energy fields interact with the full spectrum of invisible energy fields that

In the moment by Dr Jacqueline Boustany

comprise the universe, intimately entangled with one another and the field in which they are immersed.

These fields are all interconnected with each other via quantum phenomena such as resonance, non-locality and tunnelling. "If two quantum particles interact with each other as everything did from day one, they become correlated in the sense that their fates will be intertwined for ever, however far apart they get." (Jim Al-Khalili) In the bigger picture of Chaos theory we start to see the life sustaining connections of this universal information matrix. "What is randomness in one context may reveal itself as simple orders of necessity in another broader context." (D. Bohm)



Even Carl Jung believed life was not a series of random events but rather an expression of a deeper order, which he and physicist Wolfgang Pauli referred to as 'Unus mundus'. This deeper order led to the insights that a person was embedded in a universal wholeness and that synchronicity was a principle which explained his concepts of archetypes and the collective unconscious. It described a governing dynamic which underlies the whole of human experience and history – social, emotional, psychological, and spiritual.

If this reality can be thought of as a web, this can be influenced directly by a magician, shaman or any person in fact who is aware they are at the centre of this web, as if all things are indeed relative to the observer. Dirk Meijer's *Theory of Mind* holds that the 4th dimensional field of mind is a torus that interacts with these

cosmic and global information fields, which might explain transpersonal and psychic experiences we could not previously explain through mainstream science.

But it is also made evident in the Goat (non believer) vs Sheep (believer) studies, that "if you don't believe in magic, then no magic for you." (Dean Radin) It is hard to believe that the mind has such power when it is so caught up in the 'reality inertia' of what we usually believe is true. And science itself is so caught up in old religious doctrine and a sense of rationalist superiority, that it may take a long time for these effects to be authenticated.

But belief in the supernatural is still alive and kicking, even among people who don't believe in a god. Research on atheists and agnostics around the world has revealed that almost nobody can claim to completely reject irrational beliefs such as life after death, astrology, and the existence of a universal life-force. (NS June 2019) I personally find it important just to ask my clients what their spiritual beliefs are as it frames their illness.

As we open further to Physics ie. 'knowledge of nature' and move into the era of 'Metaphysics' ie. 'after physics', we also need to be aware of the responsibility that comes with such power and our 'dominion over the earth'. "When the concept of the human spirit is understood as the mode of consciousness in which the individual feels connected to the cosmos as a whole, it becomes clear that ecological awareness is spiritual in its deepest essence, and it is then not surprising that the new vision of reality is in harmony with the visions of spiritual traditions." (Fritjof Capra)

World famous magician Peter Carroll stated that "science has brought us power and ideas but not the wisdom or responsibility to handle them. The next great advance that humanity will make will be into the psychic domain." I invite you to be part of this greater evolution and pay attention to the 'coincidences' that happen in your life, and investigate their possibilities as "enlightenment occurs when personal consciousness realises it is identical with Universal Consciousness." (Dean Radin)

A lot has happened in the past month. Our communities have been devastated by bushfires. The reality of catastrophic climate change is all around us, with hundreds of fires in most states of Australia, some still at emergency level. With tremendous support from RFS and local people, fires closer to Nimbin and Terania have been contained without loss of lives and homes. Not so in other locations. In spring, not yet summer. And of course much more catastrophic droughts further west.

I recently came across a website for United Plant Savers (Medicinal Plant Conservation) and was alarmed to see so many of my favourite herbs are on the “at risk” list, with more on a “to watch” list. This is a US organisation, so my sense of alarm increased when I realised it doesn’t include medicinal plants from the remainder of the globe. The website (*unitedplantsavers.org*) states “United Plant Savers’ mission is to protect native medicinal plants



They point out that these plants are in decline because of worldwide demand, combined with reducing habitat. This has several reasons, including land clearing for agricultural and resource mining, expansion of urban areas, climate change, reduction in natural pollinators and

I was discussing the issue of sustainability of *Rhodiola* with herbalist friends recently. My dispensary bottle is low and I am deciding whether to replace it. *Rhodiola rosea* grows on the high mountains of the Northern Hemisphere, mainly in Russia. It requires a very cold climate. Very likely its habitat will reduce further with climate change. It has become very popular worldwide as a performance enhancing energy boosting supplement. Currently available extracts of *Rhodiola* are very concentrated, requiring larger quantities



by Trish Clough, herbalist

My current thinking is to be cautious with using these at risk plants, but not necessarily to discontinue them completely. Where available I can use plants with similar actions. I am also sourcing herbs from tincture manufacturers with their own farms cultivating herbs rather than wild harvesting. And I am growing some plants to make my own tinctures. My echinacea is developing flower buds and will be magnificent next month.

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

With the help of some excellent practitioners, I was able to clear all the energy

Of course, my specialist was adamant I needed surgery to have my uterus removed. I was equally adamant I was not going to have the surgery, particularly as it would be conducted by a male, on the advice of a male! I was enraged. My mind screamed, men were the cause of my disease!



by Auralia Rose

She responded by saying

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