

A TASTE OF ART



blueknob hall 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 of art at Blue Knob



'Cornucopia' is the current member's exhibition at Blue Knob Hall Gallery. This has been a well-received exhibition with both a classical and imaginative expression of the theme.

The classical image being that of a goat's horn or a woven basket in the shape of a horn overflowing with the bounties and abundance of the land.

We often live with the contradiction of 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 the paradoxes of abundance with an ever changing climate, waste and destruction of flora and fauna.

"Til death do us part" by Ali Walker

and Christine Wynyard in the Solo Space is an exhibition to take some time over, to reflect on.

This exhibition shows us the traces death leaves behind, and how they are registered by those still living. Death is, after all, present in everything, in every moment and this exhibition – which has been highly praised, shows us that in embracing it is what makes living possible.

Both exhibitions will run concurrently until Saturday 9th November.

The Artist's Choice is opening on Friday 15th November at 6.30pm. This annual exhibition is a 'free for all', with no theme for artists to work from so we get to see what our artists' choose to

'Still Life with Blue Cup and Saucer' by Rodney Brown (above)

'Fibonacci Urn' by Ali Walker (above left)

bring along out of their collection and new work. More about this show will be coming in the December Issue.

If you would like to come to the opening night, Vocal Minority choir will be performing. A set meal is available on the night for \$20 including mains and dessert. Please contact the Gallery: 6689-7449, bkhgallery@harbourisp.net.au

Artists & Friends Lunch

The next lunch will be held on Thursday 28th November at 12.30pm with a set menu for \$20 incl main and dessert.

PIANO CONCERT

Michael Hannan and Fred Cole – piano
Works by Hannan, Cole and James Penberthy

Nimbin School of Arts Hall
Sunday November 10, 2pm

Tickets: \$10, \$7 (concession), \$5 (students)
Door takings will be donated to the 2020 Tyalgum Music Festival



Nimbin Servo

02 6675-7906



- Fuel, oils, automotive needs, ice, gas refills & Swap'n'Go
- Nimbin Bakery pies & sausage rolls, drinks, icecreams
- Bread & milk, newspapers, cigarettes, Nabropure water
- Stock food, horse & cattle food, lucerne, pet food & bones
- Local grass-fed Wagyu meats, and lots more

NIMBIN SERVO SHOP
Open 7 days: Mon-Fri 7am-6.30pm,
Sat-Sun 8am-5.30pm, Pub Hols 8am-4pm

NIMBIN TRAILER HIRE
Phone 0423-926-228

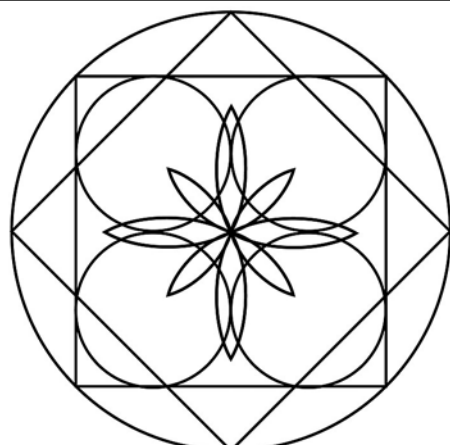
Fin de siecle fantasies
yantraseeds.com



ARMONICA

Espresso Bar & Wood Fired Pizza
50 Cullen Street NIMBIN
66890094





ROXY GALLERY

131a Summerland Way Kyogle
Open: Wednesday to Saturday 10am – 3pm, Sunday 10am – 2pm



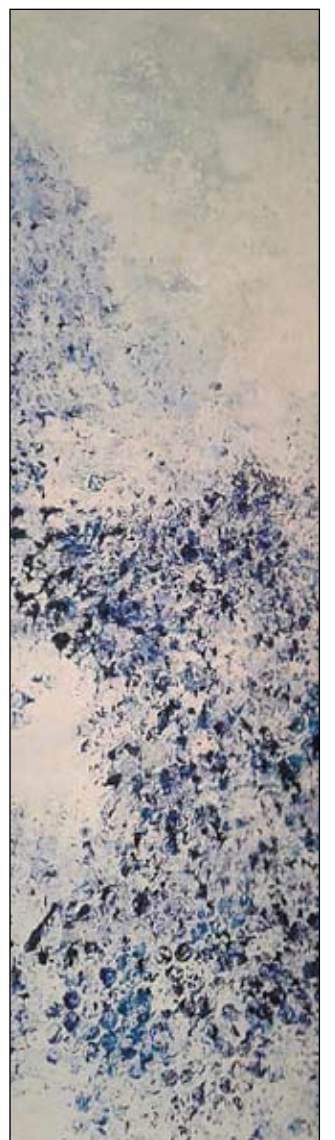
The art of Carole Barrett

Carole Barrett attended the Christchurch University School of Fine Arts (Ilam) NZ, and TAFE in Lismore.

She taught drawing and experimental art at the Community Centre in Nimbin for many years, and has had involvement with the Blue Knob Gallery and the Nimbin Artists Gallery. She is also a longtime committee member of the Nimbin School of Arts.

"Art for me is not about copying, rather it is about responding. Textures, light and atmosphere are the main elements I try to incorporate into my art practice."

Carole's new work is currently on show at Nimbin Artists Gallery, 47 Cullen Street, open 10am to 5pm, mostly.



Colour is the key

A new exhibition of artworks by Kerry Anne Harvey and Kathy Devine will be on show this month in The Channon.

'Colour is the Key' will be opening at The Channon Café and Gallery at 10 Standing Street on Friday 8th November and running until 13th December.

To attend the opening, at 6-8pm on 8th November, please RSVP to Kerry on 0418-776-546 or Kathy 0401-573-990, and snap up some beautiful art.

Life and death at the Roxy Gallery

by Ruth Tsimbinis
Cultural services officer

Maybe life and death are just another one of those throw-away lines.

In the latest exhibition on show at the Roxy Gallery, '104 Live and Die', four contemporary local artists respond to phrases from the American contemporary artist Bruce Nauman's work '100 Live and Die'.

Nauman's work consists of four columns containing one hundred works relating life and death with different actions, emotions and colours.

Jodie Harris, Kate McGain, Jill Runciman and Rebecca Tapscott have come together to find inspiration for creating this current body of works through participating in a standard knife-throwing ritual, receiving prompting phrases extracted from those used in Nauman's work '100 Live and Die'.

Works in this exhibition have been created using a mixture of mediums from photography, multimedia, cyanotype printing, oil painting and ink drawing to respond to phrases used by Nauman in his work, such as Cry and Lie, Sit and Die, Fall and Live, Know and Die.

With an aim to challenge the practice of the artists by considering concepts that are at once throw away lines and life and death, '104



Live and Die' opens on 13th November, with the official opening evening on Friday 15th November from 6pm.

This exhibition will be on display, with works offered for sale, until 15th December.

'Dasher's Hope' – Expressions of Interest sought

The Roxy Gallery is putting out its feelers for artists wishing to be part of its annual end of year start of new year exhibition, 'Dasher's Hope'.

Expression of Interest Forms (EOI) are available at the gallery, or you can email: roxygallery@kyogle.nsw.gov.au

This non-thematic exhibition offers creatives

living in our region the opportunity to get a taste of putting their works out into the public domain.

Artworks can be in any medium or form, two or three-dimensional, and put on offer for sale. Artists will need to submit their EOI by the end of November and provide works by 16th December.

'Dasher's Hope' will be on exhibition from 18th December to 26th January.

'Nature Transforming' – A collaborative adventure

An exhibition involving artists and writers will be held in September 2020 at the Roxy Gallery, Kyogle. The Kyogle Writers Group is working with the Kyogle and District Arts Group to create

an exhibition where writers and artists collaborate.

Together, they will explore the theme of 'Nature Transforming'. Each entry will be a collaboration of two works: one an artwork, one a literary work.

Expressions of interest from artists and writers, 15 years of age and over are being sought from people living in the Kyogle Local Government Area. A writer may invite an artist to illustrate their prose. An artist may invite a writer to interpret and write about one of their works. Or an individual, who is both an artist and a writer, may illustrate their own work. The Roxy Gallery can facilitate the pairing of a



Works by Rebecca Tapscott (left) and Jill Runciman (above)

writer and artist, if necessary.

The writer's work may be a poem, short story, or essay, up to 300 words. The artist's work may be in any medium. The cost of entry is \$10 per artwork: \$5 from the writer and \$5 from the artist. Selected entries will be published in a booklet, to be made available for sale.

Contact Ruth Tsimbinis by 30th November at: ruth.tsimbinis@kyogle.nsw.gov.au or phone 6632-0230 to register your interest, and for the conditions of entry.

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

ART FOR ART'S SAKE



Above and below: paintings by Jasmine O'Shea



by Fiona McConnachie

Due to a couple of cancellations, we've decided to extend the member's show Scarlet for another two weeks, so there's another fortnight to view some the great art by our artist members.

Our next show which was mentioned briefly last month is a double solo show featuring in Gallery 1 work by well-known local artist and member of the Lismore Art Club, Jasmine O'Shea called 'Surreal Watercolours'.

Jasmine said, "I am an artist from the west of Ireland who has been living in this region of Australia for over seven years. This is my first solo exhibition (at nearly 40 years old!) despite the fact I've been exhibiting and selling since my teens.

"The idea for this exhibition came within my first year of living in Australia. I wanted to paint what was personal to me, my thoughts and feelings. The emotions of my experiences such as giving birth to my daughter, encounters with snakes in the forest and the climate crisis.

"I love Expressionist and Surrealist art. I was

influenced for this exhibit by Salvador Dali's later works, the infinite repetition of fractal images, the BBC documentary *Everything and Nothing About Space*, the vacuum and anti-matter. Also, photos of sperm and water drops. Observing opposites and similarities in our world, all painted in my favourite medium, watercolour on paper."

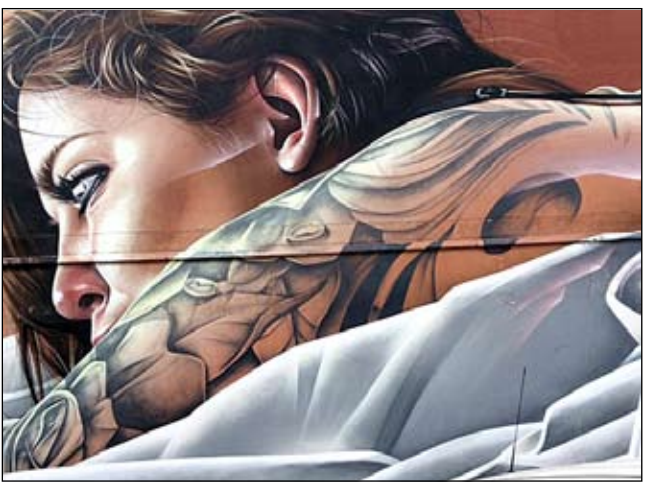
The other artist exhibiting in Gallery 2 is Peter Bourke, a first-time exhibitor. The show is called 'The Faces of Street Art' and Peter's intention is to preserve the ephemeral images we see graffitied everywhere so that there is some record of the skill involved in the execution, and the genuine the beauty of these anonymous and mysterious images.

Jasmine's and Peter's shows run from 14th to 26th November, with the opening night on the 15th at 6pm.

Any enquiries about this show or any upcoming exhibitions and bookings can be made via the Serpentine Gallery, 17a Bridge Street, North Lismore. Phone (02) 6621-6845, email: gallery@serpentinearts.org Web: facebook.com/SerpentineArts



Above and below: paintings by Peter Bourke





by Kathy Smith

"The mind is a wonderful servant, but a terrible master"
– Robin Sharma

It's interesting that I chose to write about anxiety this month, as even though it has had an extremely debilitating effect on my life, I have been virtually free of its symptoms for years.

That is up until today, as I sit and wait for my littlest guy to come out of surgery.

That old familiar feeling of the worst case scenario plays out in my head, yet now after years of healing and meditating, I'm gently observing that angst that sits like a queasy jelly wobbling all around my tummy.

Gone is the excessive sweating and shallow breathing, replaced by

gentle surrender, acceptance and presence.

However, when feeling into the fear of uncertainty and the what-ifs, the discomfort is still present.

Softly realising that those plaguing, worrying thoughts can corrupt even the quietest of minds.

Anxiety is extremely common. We all experience it to some degree.

It seems our own biology can sabotage our bodies and minds. When we feel fear or stress, our bodies are flooded with chemicals that are associated with the fight or flight response. This response once enabled us to run from predators or jump out of the way of falling rocks.

However in today's world, these kinds of dangers aren't as relevant – yet our bodies still have the same biological reaction to stress.

Any time we perceive danger, our body reacts the same way it would if our survival were at risk and our fight or flight response is triggered.

The body releases cortisol and adrenaline when someone confronts us, or we are cut off in traffic, or even if we cannot afford

to pay our bills on time.

What's more is our bodies release cortisol and adrenaline whenever we think a fearful thought!

So chronic debilitating anxiety results when the fight or flight responses become triggered too easily and too frequently.

So is anxiety just all in your head? Well it doesn't feel that way when you're experiencing it!

Some of the physical symptoms may include: unease, apprehension, palpitations, shortness of breath, excessive sweating, nausea, increased blood pressure and even skin rashes.

Our modern everyday existence is filled with stress and anxiety inducing scenarios, so increased cortisol and adrenaline levels are wreaking havoc on our day to day lives.

They interfere with memory and learning, lowering our immune function and bone density. They cause an increase or extreme decrease in weight, heightened blood pressure, heart disease and they can trigger other

mental illnesses and increases the likelihood of depression.

What's the cause?

Anyone who suffers from depression has a problem with one of our basic human needs and that is certainty.

Certainty – that feeling of internal security, that we know that we can avoid pain and gain pleasure. Those of us that have anxiety are not consciously aware that this basic human need is not being met. Instead feel powerless in our own lives. We feel fear and that causes our body to trigger the fight or flight response that causes the release of cortisol and adrenaline, and when that happens we feel more anxious and the body releases more chemicals... and so it goes on.

Yet the constant quest to live a life without anxiety creates more anxiety.

It's vitally important to radically decide to experience anxiety with acceptance and presence.

Sitting with the emotions and asking, "Why?"

Anxiety is subject matter rising

from the unconscious to the conscious, and anytime it arises it's something you perhaps didn't know about your hidden shadowy subconscious self.

Oprah Winfrey said, "There is no point in blaming myself for my anxiety, because what I was experiencing was actually a spiritual law. The worries running around my head were nothing more than the natural force of negativity at work, the shadow that lives in all of us trying to convince us of our unworthiness."

So obviously more knowing leads to more integration and transmutation of unwanted aspects of yourself.

When you're truly able to observe your anxiety and accept, you are creating an opportunity to dive deeper into knowing yourself.

Learning to feel anxiety and continue to live.

Moving forward WITH your anxiety not despite your anxiety.

Wherever your focus goes your energy flows, so constantly telling yourself you're feeling anxious creates more anxiety.

Ask yourself if you have very strong expectations for outcomes and seek to come back to the present.

It's human nature to yearn for certainty and resist change – to want the world to remain consistent. Yet nothing in the human experience remains static.

The unknown is where the magic lies.

Perhaps instead of anxiety – anticipate with curiosity and excitement, as you wonder what is coming in on the shifting winds....

I offer healing holistic processes and a technique to heal old traumatic experiences that could be creating anxiety in your now reality. Also becoming consciously aware of how you perhaps absorbed a stress and anxiety ridden childhood environment, so being conditioned to this becoming your 'natural' state of being.

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

Has Australia gone to the (sniffer) dogs?

by Simon Thomas

After a hectic few months back in the Northern Rivers, I am enjoying the quiet life across 'The Ditch' in the "Castle of Clear Light" overlooking picturesque Corsair Bay.

There is something comforting about Kiwi society that breeds nostalgia for an Australia that I once knew, and can now barely recognise back home.

Twenty-seven years ago, I was a footloose traveller with a European partner with the dream of settling in a place where our children could thrive in a clean, healthy environment within a supportive and caring society. Although we had options throughout the EU, the Rainbow Region was a no-brainer.

Conservation battles had been won, the climate was kind (no 39 degree days in spring), and if things went downhill financially, we could always find government support without being treated like a criminal.

On my recent visit, it seemed like every time I looked at the ABC, I witnessed some new atrocity against our society, our well-being, and the very land which supplies all of our daily needs. These crimes are committed by our own governments and the corporations which fill the troughs from which their political snouts guzzle.

I find it incomprehensible that at this late stage of ecological collapse, our government is not only selling us out to mining billionaires and water thieves, but threatening to jail anybody who has the



temerity to speak out about it; journalists, whistle-blowers and activists alike. It is a dark day when even the Murdoch press are protesting against the secrecy and obfuscation of the bungling lackeys that they themselves installed.

They say that Nero played the violin while Rome burned. In Australia, our cack-handed, self-serving so-called leaders are bulldozing coal onto the fire while criminalising the fire brigade.

The New Zealand prime minister recently brought down her 'Wellbeing Budget' saying: "Nobody wants to live in a country where, despite a strong economy, families are homeless, where our environment is being rapidly degraded and people with mental health issues do not receive the support they need." Amen, crack a tube.

Have Australian people got meaner along with the government policies over the past couple of decades? When I was an apprentice in the 80s, I used to attend protests. The guys with whom I worked thought it was a bit strange, but they didn't hate me for it.

Nowadays, I see vile vitriol and death threats being spewed out against protestors, even children, by apparently ordinary people.

What is going on? Why would a hefty percentage of Australians feel so angry about children appealing for a less polluted world?

It seems as though our divisive majoritarian two-party political system has fanned the winds of hatred, empowered the amoral, and set our country on a catastrophic course of self-destruction.

I find it instructive to note that New Zealand, like the Scandinavian countries, has a multi-party system of governance. This means that successful leaders need the skills to empathise with and unite disparate groups.

In Australia, it is the scum of Machiavellian ideologues, whose only skill is to undermine and vilify, that rises to the top of the swamp. It is no coincidence that the five Nordic countries, all governed by consensus democracy, rate in the top ten globally for happiness.

Remember, we voted in a prime minister who doesn't believe that human activity could possibly affect the climate, but does believe that Noah built a boat by hand when he was 600 years old, and saved every species of animal in the whole world.

Except unicorns of course. Such a bummer about the unicorns.

Oils ain't oils

Food Matters

by Neil Amor

Native to the Mediterranean basin, wild olives were collected by Neolithic people as early as the 8th millennium BC, and archaeological evidence shows that olives were turned into olive oil by 6000 BC.

Olive oil was common in ancient Greek and Roman cuisine.

Olive oil was also popular as a form of birth control! Aristotle

in his History of Animals recommends applying a mixture of olive oil combined with either oil of cedar, ointment of lead, or ointment of frankincense to the cervix to prevent pregnancy. (*This is not a recommendation*).

Choosing a cold-pressed olive oil can be similar to selecting a wine. The flavor of these oils varies considerably and a particular oil may be more suited for a particular dish.

The taste of the olive oil is influenced by the varieties used to produce the oil and by the moment when the olives are harvested and ground (less ripe olives give more bitter and spicy flavors – riper olives give a sweeter sensation in the oil).

The Grampians Olive Company is a family-owned business established in 1943 at the foot of the majestic Grampians in south west Victoria. The heritage plantation relies solely on natural rainfall and once the olives are picked, they are cold-pressed immediately, producing a low yield of ultra-premium olive oil.

Through their careful custodianship of the land and devotion to best practice and organic principles, they have emerged as Australia's best producer of premium quality organic olive products.

Olive oil is rich in anti-oxidants. The Grampians Olive Co's organic olives are pressed on-site within hours of picking, which maximises antioxidants such as Vitamin E, phenolic compounds and carotenoids.

Their 'Signature' Olive Oil (Trophy Winner Best Oil from Heritage Trees at the 2019 Australian Golden Olive Awards) is a unique early harvest style with fruity, herbaceous flavors and a subtle peppery finish. Pressed from olive varieties including the rare Verdale, Bouquettier and Mission, this oil is unfiltered, and is available in bulk at Nimbin Organic Food Co-op.



November Members Special: 20% off bulk Toscana Signature Organic Cold Pressed Extra Virgin Olive Oil.

This simple pasta dish incorporates a range of flavors that provide balance and complement the earthy taste of the olive oil.

It has various names and variations depending what region of Italy you're in, but here at home I refer to it as:

PAUPERS PASTA (serves 4)

400 gm spaghetti / 80 ml extra virgin olive oil / 1 cup fresh breadcrumbs from stale bread (preferably sour dough) / ½ teaspoon red chilli flakes / ¼ tsp salt and cracked pepper / 2-4 garlic cloves, chopped / ½ cup chopped flat leaf parsley / grated zest and juice from 1 lemon / (options : a few chopped olives and/or capers) / freshly grated Parmesan, to serve.

Cook pasta in salted water for about eight minutes (you want it a bit firm). Drain, reserving a quarter cup of the cooking water.

In a large heavy frying pan, warm olive oil to medium hot but not smoking. Add bread crumbs and chilli flakes with a sprinkle of salt. Cook until golden. Add garlic and cook for another minute. (Add olives/capers if using).

Toss in parsley and take off heat, then stir through lemon zest. Season with pepper and a bit more salt to taste, then remove from pan and place in a bowl.

Return pan to stove top and add the cooked spaghetti, a little more olive oil and the reserved cooking water (this will help bind the ingredients).

Stir through lemon juice and add bread crumb mix. Toss well and cook for 30 seconds.

Serve with liberal amount of freshly grated Parmesan cheese.

Until next month, eat well.

The drug swab and Section 10

by John Adams

‘Legal advice’ is the sort you pay for. The following is not, so you can’t sue me if you rely on it and I’ve got it wrong.

But if you happen to find yourself by the side of the road, say at Goolmangar shop on the road to and from Nimbin, chatting with a cop, having just failed the test, and you’ve never been in trouble before, the following suggestion could be welcome.

You may have heard of “getting a section 10”. For our purposes, this is clause 10(1) (a) of the *Crimes (Sentencing Procedure) Act 1999*, where, relevantly, “without proceeding to a conviction, a court that finds a person guilty of an offence may make an order directing that the ... charge be dismissed...”

It’s good not to have a conviction, and to not lose your licence. You used to be able to have more than one section 10. I’ve had a couple myself. Sadly, now you can’t have more than one in five years.

It’s never guaranteed. Some magistrates refuse to apply the sub-section. The Judicial Commission Benchbook (recommended reading) tells magistrates they “...should be particularly cautious in the use of s 10 orders since excessive

or inappropriate use can undermine confidence in the administration of justice. Section 10 provides a useful safety valve for ensuring that justice can be served in circumstances where, despite a breach of the law, there are such extenuating circumstances or the matter is so trivial that punishment does not seem appropriate.”

But if your record’s clean and you’re charged with, say, possession of a small quantity of something illegal, or a first positive drug swab, you may as well forget lawyers and save your money.

It helps if you can read and write, but, properly prepared, the court bit’s easy. First, ring the court and find out when the next list day is scheduled. Go along and sit in the back of the court, settle back and watch the free courtroom dramas.

Preparation for your appearance means getting references – two or three is good – and writing a page or so of submission, adding any other supporting material. Then all you have to do is get there on time, find the court officer and have your name ticked off, then wait until you’re called.

Then you front the bar table, give the prosecutor a copy of your papers, and say to the magistrate, “I’ve prepared written

submissions to assist your Honour. May I hand them up?” The magistrate will read them while you wait, standing respectfully, unless you’re told to sit.

The rules are simple. Say nothing until asked, and do *not* tell the magistrate that the law is stupid. Their instructions are in sub-section (3):

“In deciding whether to make an order referred to in subsection (1), the court is to have regard to the following factors:

- (a) the person’s character, antecedents, age, health and mental condition,
- (b) the trivial nature of the offence,
- (c) the extenuating circumstances in which the offence was committed,
- (d) any other matter that the court thinks proper to consider.” (including your need for a licence).

These are what you address in your written submission. But we never refer to (b). If you follow, to the letter, the simple instructions outlined in the next monthly instalment, you should get as good a result as your average lawyer and save yourself more than a few hundred dollars.

If, however, you need it before next month, feel free to email us at: office@johnadams.com.au and we’ll send you a free copy.

30th anniversary of peaceful revolution

by Chibo Mertineit

On 9th November 1989, the Berlin Wall in East Germany came down through a peaceful revolution. It was a long and slow build-up to this point which signalled the near end of the GDR (German Democratic Republic).

Everything was very restricted, so citizens were not allowed to travel freely, criticise the government or their politics. The so-called socialist and democratic state was a dictatorship which regulated the life of everyone, so that they even told you the level of your heater setting in winter.

To keep an eye on its citizens the Stasi (Ministerium fuer Staatsicherheit, Ministry for State Security), which had millions of informers or spies watching every move of their co-workers and neighbours, was known and feared for their brutality. People were interrogated and then just vanished.

An important factor was Mikhail Gorbachev becoming in 1985 the General Secretary (leader) of the Communist Party and beginning a new chapter of Soviet politics, abandoning the Soviet hegemony and working later towards Glasnost (openness) and Perestroika (economic restructuring).

He slowly withdrew financial support from the Eastern Bloc countries, on which so many depended, and pulled his military support and in some cases troops back. The relationship between the Soviet Union and the GDR soured in 1988, because Honecker, leader of East Germany didn’t like Gorbachev’s reform politics.

From May 1989 on, the



Courtesy: grassrootsinstitute.org

Hungarian government started to dismantle its border fence with Austria and tens of thousands of East Germans fled through Hungary to Austria. West German Journalists smuggled proof of election fraud in the May seventh 1989 elections out of the country and it was shown on West German TV, which a lot of East Germans could receive, but weren’t allowed to watch.

This started protests in the following months in Berlin, which slowly spread. They demanded to observe the vote count and support free elections. The civil rights movement started to grow stronger as people saw that the old structures were falling slowly apart.

The famous Monday evening marches in Leipzig started on 4th September, after a weekly gathering to pray for peace, organised by the church. They were calling for greater human rights protections and the opening of the border to West Germany.

The church was an important part of the slow uprising, functioning as a meeting place, even though they did not criticise the regime. The reform process was driven by intellectuals, some of them being in underground opposition for years and a

few church members. They kept continuously calling for peaceful protests.

At this point, the East German economy was deteriorating, with material and labour shortages as well as the global competition impacting. Half of the domestic sewerage and industrial waste was untreated, and over 30% of rivers and reservoirs were severely polluted. Sulphur dioxide damaged the forests and air pollution was a problem. These environmental problems and people’s rising awareness strengthened the movement for more civil rights.

In early October 1989, the West German government achieved an agreement with East Germany to bring 12,000 escaped citizens from Prague, some of them sheltering in the German embassy, to West Germany. These fourteen trains had to travel through East Germany, and the police had to stop people as they were trying to jump on.

The 7th October 1989 was the 40th birthday of the republic, and there were protests all over the country. Most participants were carrying candles as a symbol for peace, but were beaten up and arrested. So on 9th October, more and more people overcame their fear of

the Stasi and 70,000 people demonstrated in Leipzig on a Monday evening. The 8,000 army and police forces didn’t step in as they were peacefully marching and calling, “We are the people” and “No violence”.

At this point protests were held all over the country from all kinds of people, especially young adults risking everything. On 18th October, Honecker, President of the GDR, was removed for health reason from his own party. Things snowballed from there and at a press conference on 9th October, a government speaker said that there were no longer any limitations to travel. Thousands drove and walked to the border, demanding to be let out to have a short look at West Berlin and then return. The border posts nearly panicked, but after hours of waiting while they checked if that was true, they opened the border.

West Germans were waiting on the other side to welcome and greet people with champagne. Some started straight away to attack the wall with hammers and other tools. This was the beginning of the end of the GDR, and the start for a unified Germany.

The wall construction started on 17th August 1961 to stop the escape of Eastern Bloc citizens leaving through the only open border between East and West Berlin after tens of thousands, mostly East German workers and academics, left. 200,000 were going daily to work in West Berlin.

At least 140 people were killed at the 155 km Berlin Wall, while at least 327 were killed trying to escape along the other 1400km of wall outside of Berlin in the nearly 29 years of its existence.

EXPRESSIONS OF INTEREST WANTED

For local Yurt / Tiny House housing co-op



– an affordable option for seniors and others.

Kit set yurts from \$15,000 (site available). Also container homes and innovative not-so-narrow fold-out tiny homes (3.7m wide).

Phone Builder / Inventor 0415-638-380

usefulyurts@yahoo.com.au

Tom Thumb Earthmoving



- Civil
- Domestic
- Environmental
- Earth & Waterworks
- Roadworks/Asphalt
- Range of Machinery
- Free Quotes

0457 895 414

tomthumbearth@internode.on.net

NIMBIN PLUMBER

Licensed, Qualified, Experienced

- Gas Fitting
- Machine Cleared Drains
- Hot Water Units
- Maintenance
- Over 25 Years Experience



PH: Rico 0459 356 270 Lic No: 185612C

nimbinplumber@gmail.com

Alan's Honey

Nimbgee - Lillian Rock

Orders to: alansnell3@gmail.com



Kathy Smith

The Children's Wellbeing Practitioner

0428 189 641

kathy@sacredtreeholistichealing.com

ChildOsophy

PERCEPTIO

BOOKS CRYSTALS GIFTS

47 Cullen Street, Nimbin

66 891 766

SKYBOTS
Aerial Film & Photography for Real Estate, Aerial Inspections
Business Promotion, Film, 3D Imagery & More
WWW.SKYBOTS.COM.AU
PH: 0490 555 418
EMAIL: SKYBOTSTUDIO@GMAIL.COM

Artistic Driveways
HOT MIX ASPHALT
Laid and professionally rolled
RECYCLED ASPHALT
CHEAP, permanent answer to your problem driveway
"Does not wash away"
We have 4WD equipment to access steep driveways
Gravel and Base work available – Free Quotes
PHONE BRIAN PERKINS 66 888 354

CHRISTOBELLE
GOD is LOVE
POLARITY ENERGY BALANCING
AUSTRALIAN BUSH FLOWER ESSENCES
0402 963 116
HOLISTIC HEALING VIBRATIONAL MEDICINE

Adam's Auto Repairs
Lic. No. 43839
0429 672 723
Nimbin and Districts
Mobile Mechanic

A PRIVATE CREMATION – \$2200 includes GST –
✓ Loved one taken into our care 24 hours, 7 days
✓ All required mortuary attention and preservation
✓ Completion of all application and registration forms
✓ Doctor's cremation certificates
✓ Environmentally friendly cardboard coffin
✓ Private transport to crematorium and cremation fee
✓ Death registration and official BDM death certificate
✓ Return of ashes to loved one's family or friends
Pre-Paid Plan Available – No Administration Fees
Locally owned by Ben & Emma Little
Servicing Nimbin and surrounding areas
All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au
DOLPHIN FUNERALS



by Sonia Barton

Often this happens after a hard fall on one's 'bum' recently or even years ago, or it can happen during a complicated childbirth as the tailbone can fracture during the delivery.

Sometimes the pain is severe, but more often annoying and chronic. So what can be done? If the problem is recent, especially related to trauma, it is a good idea to visit a doctor or hospital to do an X-ray and exclude fractures and structural damage. In many cases, however, the tail bone (coccyx) pain requires treatment by healthcare

Does your tail bone hurt?

providers who can assess mechanics and alignment of the musculo-skeletal system, especially pelvis. This is where the experience of a Bowen therapist comes in. They can work on these areas to restore the correct alignment to the coccyx segments and pelvis.

When you fall on your tail bone you can affect the alignment of your jaw as well as it can reverberate all the way up your spine and one end affects the other.

Your tail bone is made up of the lowest five bones in the spine. Usually some of the five are joined together so that you may have only three or so segments. Your coccyx is as individual as you are, they come in all shapes and sizes! These segments, like all bones are held together by ligaments. Coccydynia is the term for any pain coming from the coccyx area.

Because it is also an anchor point for many of the tendons and muscles in the

lower part of your back this is why when it's damaged, you can get pain across the area.

- Your pain is in your lower back or "tail bone";
- It feels like a deep ache in the buttocks;
- It gets very sore as you stand up from sitting;
- Sometimes you feel as if you are sitting on a knife;
- It hurts during bowel movements;
- It hurts during intercourse;
- It gets worse during your periods;
- Experience spinal discomfort or sciatica;
- People doing a lot of driving are prone to a misaligned coccyx;
- Wearing G-strings can cause coccyx problems;
- During childbirth, your coccyx can be bruised, cracked or dislocated as well.

When I check the tailbone I can feel whether it is in the correct place or not.

Sometimes the tissue around

it feels swollen and painful to touch or the tailbone is off to one side and feels jammed. I treat it very gently and then allow the coccyx to align itself during the session. Some people experience reactions like heat releasing from the area, energy moving to other parts of the body, tingling or throbbing and these are all positive signs that the body is clearing the trauma and activating the body's own healing process. Two or three sessions usually give great relief and normally totally heal the coccyx injury. I treat the whole body though, not just your tailbone as everything is affected by the misaligned bones.

If you suspect that perhaps you may have a coccyx concern, call me for an informal chat or make an appointment. I work in Nimbin and Bangalow.

Sonia Barton is a Bowen Therapist and Reiki Master
Phone 0431-911-329

www.bowenenergywork.com.au

Sources of wisdom and knowledge

I love reading *New Scientist*. It's great to see what the science community are coming to understand and how often this corresponds to the original wisdom of the elders.

But the very basis of science is flawed, and as long as it insists on 'Scientific Realism', it cannot comprehend the final 'theory of everything'.

The word science comes from the Greek 'scindere' which means 'to cut' or 'to distinguish by separating' which is then meant 'to know'. Scientific Realism is the thesis that there is an external reality that exists independently of observation. We have come a long way based on this presumption, but it will never go all the way.

The Vedic sciences recognise three levels of knowing:

1. The awareness of separation between objects (intellect); 3D physical Ego experience
2. The awareness of unity existing in the diversity of objects (intuition); 4D supramental or emotional knowing of self.
3. The awareness of the undivided unity or oneness of all phenomena (transcendent consciousness); 5D astral knowing of 'cosmic self'.

Also in this understanding, "Consciousness is fundamental and derivative of matter." – Max Planck

In the western world, Rene Descartes put the concepts of mind and consciousness together as one concept of mind, and separated them from the body, coming to his famous dictum: "I think, therefore I am". But by separating mind from matter, western science lost a vital link and it was believed that the world and the body, could best be described objectively. The evidence most trusted is still the quantitative randomised control trial, with very little credence given to qualitative subjective research. "Science deals with less than one-half of human experience, that portion of experience that is called 'real' because it can be objectively measured and quantified." (*Infinite Mind*)

But with the awareness of the 'Observer Effect', despite much scientific resistance, we have also recognised that our consciousness can affect our observations. As we can't get outside of our consciousness

In the moment by Dr Jacqueline Boustany

and the interconnected universe to really ever observe anything objectively, all experience is subjective. "Consciousness is really physics from the inside. Seen from the inside it's experience. Seen from the outside it's what we know as physics, chemistry and biology." – Christof Koch
I can still remember my physics teacher coming in to class after my trial HSC exams, stating that everything he had taught us was not really true and that true reality was as yet unclear. Even our 'Laws' of Science are tentatively reliable, whereas "Quantum theory, as far as it is known, is completely correct. Newton's laws are an approximation." (Quantum Enigma) The reason it is still called a 'theory' is because we can't get outside of the whole in order to observe it and reduce it into its parts, which we still think is the ultimate certainty. Imagine the chaos that has ensued since science in its thoroughness, gradually came round to the concepts of uncertainty, non-locality and creative consciousness, which really do echo the intuitive knowledge of our original shamans.

Even Pluto proposed a higher domain of pure ideas, where he maintained that our knowledge of universal concepts is a kind of recollection of self, as we rediscover different ways to access information. Philosopher William James described "states of insight into depths of truth unplumbed by the discursive intellect. They are illuminations, revelations, full of significance and importance, all inarticulate though they remain; and as a rule they carry with them a curious sense of authority."

Many of the ideas that led to our biggest scientific breakthroughs were perceived by the more eccentric or nonconventional thinkers at times of relaxation, such as Archimedes' famous 'eureka' moment in the bath. It is possible at these times we are more able to access our implicit nature and knowing, as utilised by traditional cultures around the world in tribal trance rituals. Don Juan, a Yaqui mystic of Mexico, talked about the 'fleeting world' and that "to be a man of knowledge one needs to be light and fluid."

"The obstacle confronting medicine so

far is that one side of our nature – the flowing and changing – has been sacrificed for the sake of the other – the stable and fixed." (*Quantum Hologram*) We must find the middle ground, giving credence to subjective and objective knowing equally. This is certainly a reflection of the way the brain works with the linear logic of the left brain and the unified concept of the right brain giving balance between yang and yin thinking. We need to recognise the importance of the yin receptivity, the surrender into trusting the flow of life, to balance the yang overdoing we are usually caught up with to the point where most of our younger generation are 'rest resistant'.

If we all have the same human physical functions, we should all be able to access the 'truth' of our reality from our own internal non verbal connection. Again most spiritual texts discuss that we are all essentially equal in our ability to access this knowledge. Most of us however are not trained to do so, but this knowledge base is expanding and in our local area, many opportunities to pursue this line of questioning exist such as yoga, meditation, tai chi, qigong, gamma breathing, rebirthing, trance through dance or shamanistic ritual medicine, in fact, isn't this what 'drugs' do to a degree. In other words, relax and you will know the answer, often as a gut feeling which your mind may dispute. Practices such as these also allow us to receive from source, energy which we can share.

Lakota shaman Lame Deer stated that "human beings have come to a point where they no longer know why they exist" but fortunately, even though we fell from grace, we can work our way back up the spiritual hierarchy by attaining gnosis of our true being. As so much destruction in the world has been generated from argument about what is objectively true, "(t)he urge to find a way out of this impasse ought not to be dampened by the fear of incurring the wise rationalists' mockery." – Schrodinger

"A world view based on the understanding of the true workings of nature and a balanced unification of material and spiritual values, could not only restore dignity to modern science but induce more harmonious and beautiful responses to our environment." (*The Key to Creative Physics*)

Individual prescribing: lymphatic herbs

People are generally familiar with the 'swollen glands' in the neck or throat associated with a viral illness. The lymphatic system is a circulation system with small vessels and clusters of glands throughout the body. The glands trap toxins and debris from infections and remove them for excretion from the body. They also are involved in the manufacture of immune cells to fight infection. The lymphatic circulation doesn't have its own pump, so it relies on stimulation from nearby blood vessels to keep the fluid circulating. This is why our best lymphatic herbs also stimulate blood flow. A herbalist will prescribe lymphatic herbs to support detoxification, and/or to help fight infections. These herbs are especially relevant for chronic recurring viruses, parasites or bacterial infections impacting someone's health.

In herbal medicine we have a large choice of herbs to treat the lymphatic system. These include calendula, phytolacca, red root, blue flag, violet leaves, cleavers, stillingia, red clover and figwort. There are many more. So how does your practitioner decide which lymphatic herb/s will be best for you? We take into account many factors, for example, is the condition acute or chronic? Which other body systems are involved in symptom picture? Which other detoxification pathways are compromised? What is the constitutional picture of the patient? Does



Nature's pharmacy
by Trish Clough, herbalist

she/he need warming or cooling herbs? Moistening or drying? What is the emotional presentation of the person?

As herbalists mostly work with a combination of herbs, your practitioner will also decide which combinations of other herbs will support the aim of the treatment. The following example shows how specific prescribing can achieve the best results. It is not necessary to have every symptom or indication in the example, but just that it is the best overall fit with the 'person picture'.

One of my favourite lymphatic herbs is Red Root (*Ceanothus americanus*). As the name indicates, it is indigenous to North America and has a long history of use there. It is a strong lymphatic cleanser, and works on the spleen (which is the major organ of the lymphatic system). It can be used for both acute and chronic conditions. Its energetic picture is neutral to warming,



unlike most lymphatic herbs which tend to be cooling and bitter.

Red Root is particularly indicated with fluid retention and sluggishness due to inadequate lymphatic circulation. This is contrasted with Cleavers which is a lymphatic and kidney tonic with cooling and moistening properties. Both herbs have fluid retention symptoms, but the one which will work the best depends on the rest of the picture.

Red Root is a blood tonic, helping sluggish circulation with thick blood and clumping of red blood cells. Sluggish digestion and liver will benefit from its cleansing action on the portal vein circulation. It has an anti-inflammatory action through improving blood and lymphatic circulation. It is also indicated for pelvic pain with heaviness, dragging and swelling.

The emotional picture that suits Red Root is also one of heaviness, with a tendency to melancholia and a lack of

direction. It can help remove blockages in the heart chakra, leaving the person more open to new experiences or moving on from past pain.

At a more physical diagnostic level, Red Root is specific with glandular fever, tonsillitis, and swollen glands. It can help with varicose veins, broken capillaries and cysts.

I use Red Root in combination with other herbs which may include anti-virals, immune boosting, adrenal and/or nervous system herbs, or in an anti-microbial mix. It is sometimes indicated with heart or liver issues or in a weight loss mix with sluggish digestion and fluid retention.

I make my own tincture as it is hard to obtain. The dried cut root (see photo) needs to be coarsely ground, which is a challenge as it dries as hard as rocks.

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

Nimbin Post

Open 7am – 5pm Monday – Friday

FULL COUNTER POSTAL SERVICES

- BANKING • MOBILE PHONES
- IT SUPPLIES • BILL PAYING

Locally owned and operated

AUSTRALIA **POST**

Trout's New World Pty Ltd
Trading As

Trout's Enviro Plumbing Plus

WE BELIEVE WATER IS THE BLOOD OF THE EARTH

NEED: BEDS, TANK & TOLST, MANUFACTURING, BIO, GREY WATER FILTERS, LIVING WATER FLOW FORMS, ON SITE WASTE WATER SOLUTIONS, DESIGN, INSTALLATION & MAINTENANCE, SOLAR INSTALLATIONS, ROOFING & GUTTERING, GAS FITTER

Phone: **66 890 331**
Mobile: **0412 966 604**
Email: trout@newworldplumbing.com
Internet: www.troutnewworld.com

NIMBIN HOMEOPATHICS

– For all your homeopathic supplies –

02 6689-1452
tarangbates@yahoo.com.au

Nimbin Tax and Accounting

PUBLIC ACCOUNTANTS

Income Tax Returns – Individuals, Partnerships, Companies, Trusts and Primary Producers
BAS & Bookkeeping Services
Business Software, Business Advice, Grant Acquisitions

Weekdays 9am - 5pm, Saturdays by appointment.
Discount for Centrelink recipients

Tel/Fax 6689-0470 Mobile 0427-855-077
Birth&Beyond Building, 54 Cullen Street, Nimbin
(Parking available at rear)
PO Box 645 Nimbin 2480 Email: accountant@nimbintax.com.au

Ancestral patterns of poverty

Poverty consciousness is very often rooted in our ancestral lineage.

Ian regressed to a time several centuries ago where he was a miner in a Welsh village. He somehow knew this man was his father's ancestor.

He had a wife and children and had lost his farm through drought, disease and wars, during which the crops had been burned. He couldn't raise enough food to feed his family and could not pay his taxes. He and his family were forced to leave.

His only choice was to work in the mines or leave his beloved Wales, the land of his ancestors and rocks and sea. His heart would break and his children would never know the land of their heritage.

So he went to work at the mine. It was worse than the laird. Now the mine owned them, body and soul. The mine owned the hovel they lived in, the food they ate, the clothes they wore. His children and wife also worked at the mine.

Still they didn't make enough money to pay for



by Auralia Rose

what little they ate, or for the terribly high rent. The mine always told him he owed more and more. By taking this job he had sold his soul and sold his family to the mine. They slaved for years, only to get deeper into debt.

Ian's present life was good, he always had enough money, he lived in a comfortable home, had a good car, good relationships with family and friends.

Yet Ian always had a feeling of hopelessness. Life was oppressive and would beat him down no matter what he did. He always felt something was missing and that no matter how much money he had it was

never enough, that someone or something would take it away. He had frequent visions of war, poverty and starvation.

Chronic depression and poverty ran in Ian's family. Ian's regression clearly showed him the reason for his sense of hopelessness. His father's ancestor (who chose this time to incarnate into Ian's body) could not make a living farming so he made a decision based on the best choice available to him. He and his family were even worse off, filled with loss, pain and drudgery. The pain had been transmitted to and through his children to Ian in this life.

This sense of hopelessness was pervasive in Ian's family, with poverty being a continuing challenge through the generations.

Curious about his mother's lineage, Ian then regressed to a time where he was a female slave somewhere in Europe, being beaten by a huge blond man.

She was worried about her daughter who when she turned 13 would be handed over to the warriors as a sex

slave.

Her life and the lives of her children were an endless horror of beatings, starvation and humiliation. There was no escape, no freedom and joy.

Ian now understood why his life had always seemed hopeless and why he often had feelings of helplessness. Although his choices in this life had given him freedom and happiness, he still carried the energy of ancestral heritage on both his father's and mother's lineages.

After clearing both these ancestral lineages Ian reported feeling so much better. The restlessness and anxiety were gone. After setting new energy in Ian's energy field of prosperity, abundance, helpfulness and resources, Ian was able to see and feel there were positive alternatives available at every point in his life.

If you recognise a negative family pattern and wish to be free of it, please give me call, I'm always happy to chat.

www.auraliarosewellbeing.com
fb: [auralia.rose.wellbeing](https://www.facebook.com/auralia.rose.wellbeing)
Phone 0422-481-007

Sonia Barton
Bowen Therapist

BowenTherapy
ScarTissueRelease
Reiki Master

www.BowenEnergyWork.com.au

Mobile
0431 911 329

Nimbin Crossword Solution

From Page 33

I	N	F	L	A	M	M	A	T	I	O	N	S
E		A		O		P		N				
O		B		P		A		S		C		T
		S		I		O		C	A	T	E	R
A		T	A	C	K	L	E		E		U	A
R		U						R	E	P	A	S
A		R		L				S		A		H
B		U	G	L	E		I		T		D	C
I		E		F		B			A	T	H	E
C		H	O	R	T	L	E			L	A	R
A		N		I		R			E		L	U
				S		I				V		L
K		R	I	S	H	N	A			B	R	A
										H	M	A