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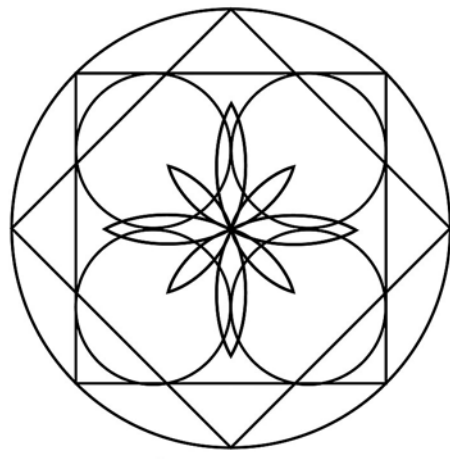
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# Spring Arts Exhibition

The annual Nimbin School of Arts Spring Arts Exhibition has already had an unprecedented number of artist registrations but, at this stage, further registrations are still being taken.

Forms are available at Perceptio Bookshop and the Nimbin Artists Gallery. The exhibition opens on Saturday 28th September, and will be open daily until Sunday 13th October.

As always, space is limited at the exhibition and the NSA management has the final say on the selection of works to be exhibited. For any enquiries phone 6689-1577 or email: [nimbinschoolofarts@gmail.com](mailto:nimbinschoolofarts@gmail.com)

'Tibetan Girl' by artist Jen Harkness, twice winner of the Peoples Choice prize at the Spring Arts Exhibition



## Art overload at Blue Knob Hall Gallery



'View towards Koreelah from Spring Creek Road' by Rodney Brown



Ceramics by Anamaya Milner

'Up & Down' and 'Rainforest Trees of Australia' are the current exhibitions at Blue Knob Hall Gallery.

'Up & Down' features large works, sculptures, landscapes and the theme for the member's exhibition has been interpreted in unique ways.

Some unusual hangings and sculpture pieces by Wendy Cain made from recycled barbed wire and her handmade ceramics have been very popular.

Peter Poropat's 'Rainforest Trees of Australia' in The Solo Space has had a great deal of interest, with his images, books and posters also being very popular.

Peter has been in attendance in the Gallery on a Saturday during the Farmers Market to answer any questions from visitors.

Peter's work spans four decades, since the age of 17. His interest in identifying

Australian rainforest trees has led him to publish two popular books on the subject; *Barks and Trunks* and *Barks and Trunks Vol 2*.

Both exhibitions will run concurrently until Saturday 14th September.

### Ceramic artist of the month

Anamaya Milner discovered a whole new wonderful world in ceramics two years ago. Before that her artistic outlet was through creating beautiful gardens.

She is still discovering her style, but her work is hand and slab built.

Her pieces are usually of a practical nature - very earthy and rustic, often with an aged look and reflecting the colours of nature.

Becoming part of the Blue Knob Ceramic community helped Anamaya to settle in the area after moving from NE Victoria, and inspired and awakened a

new and exciting creative journey for her.

### Coming up

'Til death do us part' by Ali Walker and Christine Wynyard in The Solo Space is coming up, along with the members' exhibition 'Cornucopia'.

The Opening will be on Friday 20th September at 6.30pm, with the Blue Knob Choir performing on the night. There is a set menu available on the night for \$20, including main and dessert.

For more information or to book, please call the Gallery 6689-7449, or email: [bkhgallery@harbourisp.net.au](mailto:bkhgallery@harbourisp.net.au)

### Artists & Friends Lunch

The next lunch will be held on Thursday 26th September at 12.30pm, with a set menu available for \$20 including main and dessert. Bookings essential, details above.

Lismore Art Space is holding a Spring Exhibition with works by 10 local established and emerging artists, on Sunday 8th September, 12-4pm at 1 Norris Street, Lismore.

Artists on show are Rene Bolten, Raimond de Weerd, Steven Giese, Jake Jaquiss, Hollie MacKenzie, Jay Manby, Michelle McLeod, Anna Nordstrom, Rod Poole and Michelle Walker.

Bring your family and friends or just take yourself, ready to mingle, watch and maybe purchase some great art!

The roller-door will open into the beautiful garden with comfortable seating under cover. BYO or have a drink by donation, or maybe a cup of tea and home-made cake. Great weather has been ordered. The perfect Sunday afternoon destination!



### SeedArtLab

Lismore Art Space also has a workshop coming up at the end of September exploring seed diversity through art.

The SeedArtLab workshop will appeal to environmentalists interested in seed, scientists, artists, and the general public who like to immerse themselves in exploring drawing in various forms and mediums. All levels welcome.

Facilitated by well-known artist Sophie Munns (Brisbane), it is a three-day intensive to be held 10am-4pm, Saturday to Monday 28-30th September, costing \$425 (self-catering) / \$460 (with catering) including all materials, with a free presentation by Sophie Munns on the Sunday afternoon.

For more information, contact Anna at Lismore Art Space on 0419-104-916.





'Cryptic Construct II' by Anthea Moffatt

# A love of being creative

by Ruth Tsimbinis  
Cultural services officer

Like branches on a tree, the exhibition opening at the Roxy Gallery from 11th September, 'Birds of a Feather... now and then', has three local female artists' works perched in the space as the main exhibitors, alongside some of their creative family fledglings.

Anthea Moffatt, Wendy McGain and Pam Cowgill have spent the last year fluffing around in their studios working on new pieces for this exhibition. As accomplished artists in their own right, all three ladies are true examples of committed artists who have shared their love of art with their offspring, and it is really exciting to have members of their families exhibit alongside them.

All three artists have different approaches to their subject matter and the style in which they paint. While being very individual, the viewer may get a sense of how their works connect through their use of colour and their very bold expressive marks.

The Kyogle community should feel very honored to have had the opportunity to experience, from these artists' engagement in

exhibiting in the gallery the path of development all three women have taken through their creative expression.

'Birds of a Feather... now and then' was the titled coined for this exhibition as Anthea, Wendy and Pam have engaged their children, their children's children and their siblings children in exhibiting some of their creative talents within this exhibition.

Anthea's son Richard Moffatt is a sculptor, Pam's daughter Ann Heldtz and her daughter Gosha are printmakers and painters, and Wendy's granddaughter and nieces, Saskia Flynn, Milly Hemphill and Kate McGain are illustrators, drawers and designers.

It is so encouraging to have a flock of generations flapping their wings of creative thought in this exhibition that will be on show until 6th October. The official opening on Saturday 14th September, 1-3pm will see all three artists and their contributing family members joining together to celebrate their love of being creative.

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



'Morning Cloud' by Wendy McGain



'Despair Pam' by Cowgill

## The Art of Adornment



Adorning ourselves with objects of beauty is an ancient art that is alive and well today.

Locally designed and crafted pieces are much sought after to give the wearer the look of individuality, and the ability to stand out from the crowd.

The Nimbin Artists Gallery is featuring some of our smaller sized items this month that highlight the breadth of local artists' talents and skills, that provide a big impact of individuality that many of us seek for

ourselves or for gift giving.

Pauline Ahern and Margaret Berry create quirky tactile badges, brooches and earrings. Tina Drysdale combines finely detailed leather work with natural gemstones, Heather Bedell works her fine artist skill with pewter and bone carving and Shade Price, of Bonnie Indigo designs, is fabulous with her silver and gemstone necklets and hair pieces.

Wearable art is so much more... let the art adorn you.

Pop in and see these art pieces, and so much more, at 47 Cullen Street, Nimbin, 10am to 5pm (mostly). Phone 6689-1643, see us on Facebook or go to: [www.nimbinartistsgallery.com](http://www.nimbinartistsgallery.com)

## Weave and mend gathering

by Moksha

Our annual Weave and Mend Gathering started in 1999 when I left home and, hitch-hiking to the top end and in Yolngu country, north-east Arnhem Land, I was inspired by their basket-weaving skills.

Since then, many women were inspired by the weaving we learnt from other weavers in our area.

Many personal relationships have been established over the years between women weavers from different cultural backgrounds.

In Nimbin, our local community has been greatly influenced by this cross-cultural exchange, making use of local fibres.

This year's gathering is



Weavers at String World, Arnhem Land, 1999

being held Friday, Saturday and Sunday, 4th-6th October in the Nimbin Community Centre grounds.

We will be demonstrating our skills, exchanging techniques, knowledge and weaving stories, and are also selling our wares.

Three-day camping is being

offered – food is available in Nimbin, or bring your own. Facilities include showers, toilets, kitchen facilities and it's close to shops. We welcome music in our town.

Looking forward to weaving with other women and different fibres from different places.

## Local artist shortlisted for comic book

Byron Bay contemporary artist, comic creator, film photographer and cartoonist, Holly English, has been shortlisted for the Broken Pencil International Zine Awards 2019 (comic section) with her comic *Octopus and Lamb*.

The awards are competitive and industry-honoured, with entries from around the world.

"I'm thrilled to be shortlisted," Holly said.

*Octopus and Lamb* is an 8-page, A4 black and white comic about animal rights, delivered in an intimate, accessible and sometimes humorous way.

The awards ceremony is in Toronto, Canada, on 14th September.



Holly English and a frame from her zine



# A very Northern Rivers festival

by Simon Thomas

I have been hibernating this winter, renovating the *House of Bliss*, a spacious Queenslander overlooking Kyogle.

I have sweeping views north to the Border Ranges, and a gorgeous slate-tiled bathroom with a deep, cast iron tub whose claw-feet are fashioned in the shape of crushing talons. Kiwi Kim, who fled the Christchurch winter in order to help me paint, joined me each morning for breakfast on the tall deck, which is level with the leafy branches of the eucalypts.

What a delight to share our morning routine with the magpies, butcher birds and kookaburras who call our trees their home.

One sunny August Sunday we headed out of town along the road that winds its way from Kyogle towards Cawongla. We had been invited by Shannon from Sunsparks Electrics solar to watch his band Wall of Love perform at a festival in Tyalgum, which seemed like a great chance to show Kim something of our Rainbow Region culture. By the way, when did rainbow stop meaning hippie and start meaning LGBT?

The only thing I had heard about the O'Heart Festival was a rumour that it was run by secretive cult wich sell tiny vials of water. We speculated together about what it might be like to get recruited into a cult, what would be its sales pitch?

I always feel a thrill when I round the last corner of the Barkersvale ridge and encounter the open panorama of the Tweed Valley. I like how Sphinx Rock lies on its haunches atop of Blue Knob ridge like a monstrous lion ready to pounce into the bowl of the caldera, and the many dams which reflect the sun's rays like a cloth full of mirrors.

The centre of the scene is filled with the hulking form of Wollumbin, the cloud-catcher, which some people claim is the world's largest crystal. Apparently size does count.

After a bumpy ride through the lush Byrrill Creek valley, we emerged on the far side of Wollumbin to quirky, colourful Tyalgum. Wall of Love were in full swing outside the historic general store, with Joe



(Jurassic Joe) Landers on sax, enjoying his virginal performance with the band. Joe is also the new director of the Tunttable Falls Community School – what lucky children!

In the centre of town stood a large, solar-powered stage surrounded by stalls, and in addition, local artists were performing in smaller set-ups dotted around the village. Everything was free to enter and, for a welcome change, the musicians were getting paid for their work.

Perhaps the show was better attended on Saturday, but on this heavenly winter afternoon, only a few stragglers were out to enjoy the festivities. How do they pay for all this? we wondered, as we wandered the site, trying our best to appear like perfect potential recruits for the supposed cult.

Alas, there were no beaming hugs to welcome us into the new stage in our life, no altars with flower-garlanded, photos, not even the flirty fishing that some sects are known to employ.

Two days later, Tyalgum was in the news. Three of the businesses, apparently owned by members of the 'Hermes Far East Shining' religious group, had been burned down in a mysterious overnight fire.

With the plot now nicely thickened, we decided to Google this group, or "research" as some people define it.

Turns out they do sell magic water, or alchemic artefacts, at \$85 per wand. Fortunately for business, and for the local musicians it seems, one needs a different wand for each of the archangels, and the complete set can be purchased for a little over \$1300.

# Cannna Herb Hemp

## Food Matters

by Neil Amor

The 'Cannna Herb Hemp' suppliers are a small farm and live in Nimbin. They produce a range of hemp-based products that aim to provide skin food that is so healthy you could eat them.

They grow a low-THC Hemp Sativa in the Northern Rivers using organic and bio-dynamic methods, and are hand-picked and processed.

Most products are kept simple and are scent free. Only whole plant extract full spectrum Low THC, hemp flower and bud are used to ensure maximum gain, and they use organic oils whenever possible.

You can chat to Anita and Dan about their products whenever you see their stand in Cullen Street, or pop into the Nimbin Organic Food Co-op seven days a week, where you will find a full display of their wares.



Anita on Cullen Street, Nimbin

## What's old is new again

Food lovers may have noticed the booming popularity of Vegan food, particularly amongst high-end chefs.

Nutritional yeast is a strain of *saccharomyces cerevisiae*, but unlike a living yeast used to make bread and beer, this variety is deactivated using heat.

A single teaspoon gives you 65% of the RDI of B12 when fortified with this.

It contains 4 grams of complete protein (containing all nine essential amino acids). It contains B1, B2, B6 and is high in fibre and low in sodium.

But don't go overboard. 1-2 tbsp per day is plenty.

Nutritional yeast adds a cheesy flavour to any dish and is a perfect substitute for those needing less salt in their diets.

So you better get in quick on our special this month: 20% off

Nutritional Yeast for all members of Nimbin Organic Food Co-op.

(PS. A friendly reminder to all our supporters. October is membership time, and AGM Monday 7th October, 6pm at the Green Room, Nimbin Community Centre.)

In the meantime, here's a favourite from our resident vegan:

## Roasted cheesy broccoli (vegan)

1 large head of broccoli / 1 tbsp olive oil / 3 tbsp nutritional yeast / ½ tsp minced garlic / crushed black pepper. Preheat oven to 2200C.

Cut broccoli into bite sized florets. Drizzle with olive oil and sprinkle with 2 tbsp and minced garlic. Toss to evenly coat broccoli. Spread onto baking tray (use baking paper) and sprinkle the remaining 1 tbsp nutritional yeast over the florets. Bake 15-20 mins. Toss the broccoli halfway during cooking. Season with black pepper.

Until next month, eat well.

# The people-pleasing pandemic

You know that person; the one who is constantly giving, striving, busy, busy, busy, always apologising, agreeing with everything you say just to keep the peace and generally not prioritising their own needs!

People pleasing happens when giving selflessly, helping others and staying tuned to others' feelings becomes more like a compulsion or obligation rather than a choice to be kind and loving.

Constantly giving to others, squandering their time, love and energy on anyone who asks and therefore having little or nothing left for themselves and feeling like it's selfish to do anything self-nurturing or self-loving.

It's being so preoccupied with what others think and feel that they are blind to their own needs and feelings. To the point of even compromising on their own principles and integrity if it means keeping a connection with loved ones.

They are also notoriously wary of conflict and will do anything to avoid it, hence the reason why so many people find it so difficult to say "no".

So people pleasers are pretty much approval junkies.

But, as a consequence, they often have very little idea about who they

are or what they want as people. After years of pleasing others, they may feel lost, purposeless, or even empty.

So where does this behaviour originate from? People-pleasers start off as parent pleasers. Certain behaviours evolve as a way to maintain connection and closeness with parents who are inconsistently available to their children.

A lack of parental attunement is a big part of what causes people pleasing. Many times, people pleasing parents are too worried about their own troubles to tune in to what their children are feeling and thinking.

These parents are often in a emotionally overwhelmed state, leading their children to treat them carefully, as if they were fragile.

Sometimes these children act more like the adult in the relationship, and take on a caregiving role towards their own parents, so they may get good at propping up parents emotionally.

Tracking their moods and checking in frequently, striving to make parents proud, muffling their own needs, doing their best to be very, very good and not rock the boat.

And so they begin to practise their people pleasing skills.

But eventually it gets to be

too much, and these usually "good" children can act out in unpredictable and surprising ways when things become overwhelming.

Usually these children feel a deep sense of shame about this collapse and they go back into careful hiding, trying to be good. And the cycle repeats.

In some cases, children can adapt very differently. They may act out and rebel against their parents. It depends on the child and the circumstances.

So parental emotional inconsistency is what causes people pleasing. The child, not knowing how else to secure and maintain love and connection, does all he or she can to earn a parent's love.

Children can become less interested in exploring who they are and more interested in learning about what others want her to be. Being 'nice and good' will be a way they can finally secure love for good. Or so they think!

This is what makes a people pleaser.

The trouble is that the parent's behavior generally has less to do with what the child is doing and more what is going on in the parent's life.

For example, as a child I was constantly called a "good girl", but the reality was I was stricken

"Care about what other people think and you will always be their prisoner."  
– Lao Tzu



by Kathy Smith

emotional wellbeing of the parent.

Living a life looking to others for validation is like trading your personal freedom and sovereignty for the safety of being liked.

With awareness you will realise how much energy in your life has been wasted giving your power away to others.

I seek to lead clients back to their own innate inner knowing. First up balancing the Solar Plexus which can hold a lot of shame and unworthiness, which occurs when your personal power and will has been violated.

Self-confidence and a sense of autonomy will be enhanced, with an understanding that power comes from within. Breaking free from looking outside of yourself for approval and activating a strong feeling of being good enough regardless of anyone's opinion of you.

Kathy practises energy work out of The Green Bank and can be contacted on 0428-189-641.



# The enigma that is 'choice'

'Choice' is one of the most controversial words in the English language.

So often do I hear or read the comment that this person or that group had free choice and are thus accountable, that I spend a lot of time debating the point and it has become a subject very close to my heart.

Do we really have much 'choice' amongst the myriad of decisions we make or are we mostly guided by our subconscious drives, our epigenetic precursors and our cultural demands?

I only found out about the problem with 'free choice' in the midst of my Masters in Public Health, years after graduating as a doctor. It's called 'Victim-blaming', something we as doctors and the general public are often unconsciously susceptible to, which creates a whole other level of victim behaviour.

Here we expect that information given about the consequences of a noxious behaviour will lead to the person choosing not to carry on with such behaviour. Stop smoking, stop drinking, stop polluting, stop heating up the planet etc... all in the same vein.

Unfortunately it has been well and truly proven, that this forewarning has an effect on only 10-15% of the population, those who are generally well educated, free enough and privileged enough to feel confident about themselves to make a change. And yet those of us who are privileged enough to have this knowledge, then sit in judgement when our treatment plan is not followed through. This often

means the person being judged feels even worse about themselves and continues the self sabotage.

We may have the belief that someone who has reached adulthood, is then responsible for their behaviour but how often is this actually the case. When do we even define someone as an adult? At age 18, when we have spent most of our years in a schooling system that tells us what to do until the last exam? Are we then supposed to know everything about ourselves and the world around us to make clear decisions?

I for one, graduating from this world at the age of 25, still had no idea how to feel into my own needs and understand the needs of others, although I was entrusted with their care.

Or do we follow the line of US President Abraham Lincoln who stated that every man over 40, was responsible for his face" ie the way he presented to the world.

Maybe closer to our expectations of older wisdom and yet so many of our elders are searching for insight amongst the confusion of our world, just as we all are.

In fact, I often imagine that we are all evolving simultaneously in this dimension in a certain band of consciousnesses, with some exceptions, regardless of our age. How can we not, when we are so much a product of our upbringing and our environment.

From in utero we are moulded by our experiences, from our mother's experience in pregnancy to birth to breast feeding and attachment to tribe. When

we are children, we usually cannot dictate the choices of our parents and our purpose is to act as a sponge to soak up information on how to survive in this world.

As we grow up, it is

the effects of the many choices made by our parents and others around us that, increasingly and progressively, differentiate us from others and the ego-self emerges, as a reflection of personal and epigenetic memory.

Long term memory is associated with changes at synapses where neurons meet. If you regard a choice as a Y node where the decision can go in two possible directions, the memory of self that creates ego is a combination of millions of these Y node choices in that neurons that fire together, wire together.

The years of our upbringing establish a definite bias in our decision making, where the ego is often making choices based on our previous experience. Most later decisions have the effect of merely reinforcing ego-structure.

The science of Epigenetics has demonstrated how much of our health and behaviour is determined by past stimulus, right down to the evolution of receptors in our nervous system tailored to herbs, plants, diet and the emotional environment of our

predecessors. "The nervous system of us as other animals, being like a mirror that natural selection has

polished down through the ages so that it reflects with greater and greater accuracy

the structure of the world around it." – New Scientist

This especially extends to any previously perceived survival threats and stressors, where emotional cues identified by our grandparents still have an effect on our own perceptions and behaviours. Just being in the womb of a woman who is stressed will up-regulate one's corticotrophin releasing factor (CRF), enabling the person to be more readily equipped for the perceived threatening environment but also increasing the likelihood of the stress reaction in their adult life.

"Human DNA encodes its own selfish survival software programs...There they remain to this day, buried in the limbic system and in the ancient reptilian brain stem, ready any time to override the feeble objections of mere reason. Since we are seldom physically threatened in our everyday lives, the fight-or-flight chemistry of self-preservation is now sensitized to, and primed

by, low-grade triggers and imaginary dangers. Anxiety, nervousness, phobia, and panic are the legacy of this emergency system in which our psyches are still rooted." – Darryl Reaney

Given the ongoing threats to our survival in this 3D jungle, the brain is actually rigged to be

have a 'negative bias'; to pay more attention to possible threats than positive experience, something I often ascribe to our love of cortisol enhancing drama. With our nervous system tuned to higher levels of stress it often has a hard time screening out irrelevant and distracting stimuli.

Put this in the same basket as our dysfunctional society with its inherent traumas and superficial prescriptions for happiness and it is hardly surprising that we have trouble with making life enhancing decisions.

According to the Triandis equation, we are only consciously aware of 3 out of the 15 different parameters that influence any decision like what our family or other people think or do.

In fact many of us who 'choose' to smoke or drink or even eat the 'wrong' foods are doing so to survive, even just in the short term, and do not have the luxury of looking at long term survival.

Many of these choices have relaxant effects that allow physiological actions to occur like sex hormones or digestive enzymes that do not function well in a stressed environment, so really the body craves this relaxation response and often drives addiction in this way.

Unfortunately we are mostly not taught any other techniques to give us the same response so we self medicate, even through shopping or overworking. Most of us would do anything to fill up the black hole we often feel inside, because no one has ever taught us how to deal with this, let alone who we truly are.

So what of the polluters, the heaters, the corrupt. What excuse do they have?

Well, I don't think they know who or what they are either, running around thinking power and money will fill the black hole when it all goes back to mum and the tribe.

Studies on poor early childhood attachment show under- development of neuronal connections between the heart /midbrain emotional centres, and the intellectual prefrontal cortex, allowing especially the left brain with its predilection for novelty and intellectual adventure to operate without regard to well-being or the feeling of guilt.



**In this moment**  
by Dr Jacqueline Boustany  
Medicine woman

This allows humans to develop things like the atom bomb without feeling the possible ethical ramifications.

"And, by implication, insofar as adulthood is deemed to be the afterlife of childhood, what keeps adults sane is proximity to something akin to the mother's body." –Adam Phillips, *Going Sane*.

Are we merely replacing mummy with money? Is the ultimate poor attachment that of Ego and God-self?

Human beings are meant to co regulate better than self regulate (Rhea Lolla) and maybe we all just need a hug, but our past traumas and societal ignorance are so deeply embedded that they leave indelible grooves in our neurology that may take a completely different perspective to heal.

Counsellors in lateral violence, where we turn on others around us like crabs in a bucket, rather than confront the situation that effects all of us, would start with naming the behaviour as we have done here and then asking one self, "What has happened or what is happening to this person which makes them behave in this way?"

Even applying this question to one-self is a helpful way to begin the path to self- forgiveness and the opportunity for learning we may not have had when we were young.

As 95% of brain activity is unconscious and at least 50% of behaviour habitual, we need to use such tools to step into the cyclic pattern of our thinking and start changing our perceptions of our thinking, of who we really are, of what this all means, the one thing we truly have free will to do.

They say that everything changes when we move on from the question of 'why is this happening' to 'what are we learning from this experience' or even maybe 'what are we teaching ourselves'?

Here there is an opportunity to use your higher consciousness to make a choice as your organic, real self of love and connection, so fragile and so infinite at the same time, and act accordingly.

"Our inner lives are something we ignore at our own peril, and many of the greatest problems we face in today's world are the result of such neglect." – Dalai Lama 2011

## Water – more precious than laws

As our climate changes and weather extremes become the norm, we will look to our adaptive nature to survive. How do we best adapt? Trial and error, preparation and access to information.

Trial and error involves taking risks and sometimes failing before arriving at a fruitful conclusion. We may even weigh up known risks, sometimes deciding to proceed given the benefits outweigh possible negative outcomes.

Unfortunately, our system of government has evolved reactively to lessen and outlaw risk-taking behaviour, and many known risks may not be taken without flouting regulations and codes, no matter the imperative need.

One area of special interest to me is that of greywater treatment and re-use. The current NSW Health regulations do not allow the

use of greywater (household wastewater that has no human excreta) for use above-ground as irrigation unless it has been treated to a secondary level and disinfected.

The costs involved in carrying out this high level treatment are prohibitive and most people will not proceed.

Although there are some minimal risks with pathogen contamination of greywater (all of which can be effectively managed by the educated user), there are more benefits to re-using greywater for irrigation in times of drought.

Many of my clients, for whom I have designed approvable waste water treatment systems, are justifiably annoyed at the prospect of having to spend thousands on sub-soil beds and trenches for disposing of greywater which they have no intention of using past



**View from the loo**  
by Stuart McConville

council's first inspection.

They instead divert their treated greywater down to their Banana patch and enjoy a bountiful harvest.

Laws that are outdated and no longer serve the community are bound to be broken and undermine the overall rule of law, something we must hang on to at all cost if society is to weather rough seas ahead.

By disallowing experimentation and risk taking behaviour, some laws actually tie our hands behind

our backs when it comes to our natural adaptive capacity.

Human evolution is based on risk taking behaviours and we have managed through ice ages and every environment the Earth has yet thrown our way. Will we go to the next phase of evolution with one hand behind our backs due to outdated laws?

NSW Government and Local Councils must re-assess the way that current laws and regulations restrict our capacity to adapt and innovate in the face of climate change or face their demise through increasing irrelevance.

At the end of the day, waste water in a drought is more valuable than the improbable fine that should never be levied in the first place.

Stuart McConville is a waste water consultant and compost toilet re-seller/manufacturer. See: [www.poohsolutions.com](http://www.poohsolutions.com)



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# Taking control of your wellbeing

by Tonia Haynes

Arthritis, or calcification of the bones is a problem that many humans and domestic animals suffer in their latter years. Louise Hay maintains that arthritis is caused by resentment and criticism and her affirmation for healing is: "I am love. I now choose to love and approve of myself. I see others with love."

Considering her shocking beginnings, Louise did well with her avid belief in the power of the mind over the body. Nevertheless, in my book, in order to have lived a life that does not include resentment and criticism, one would need to be enlightened, or a robot.

I'm sure that Murray the bull ended up with arthritis, because his owner refused to allow him into the next door farmer's paddock to play with those gorgeous cows. And he was also severely criticised for his valiant efforts to break the fence.

We have all been criticised in one way or another for our valiant efforts to break the fence. And if one feels resentful? Surely, this is a natural conclusion to feeling restrained. But unfortunately the outcome can be excruciatingly painful.

It has been a mission in this house this year to send the demon arthritis back to where it belongs; a hell that is off-limits to this planet. And I have discovered a few usefuls that are actually working better than the script of eight osteopaths a day prescribed by most doctors, who, genuinely, don't know what else to tell us.

I say a few usefuls, because there are more than one. Foods like wheat, sugar, processed meats and dairy, which add to



the inflammation already present, will only increase the hurties. So resist them as much as possible. The turmeric recipe helps reduce the inflammation, but it needs to be strong and twice a day at least.

Colloidal minerals assist in rebuilding bone and muscle. I call minerals and trace elements the fairies of the body, but unfortunately, most of us are not receiving nearly enough of their magic, due to our mineral deficient diets.

Two recent discoveries are working like a charm. I was gifted an Earthing mat, which works on the theory that we are no longer grounded, or earthed. This is due to synthetic clothes and shoes, and not wearing bare feet, because of bities and bindi.

The people who invented the Earthing mat claim that it removes inflammation and I believe this to be so. I have been sleeping on it for a month and my back is definitely feeling better. I go to bed sore in the back after a day's work and wake up free of pain.

The company is based on the Gold Coast and the website is called 'Better Earthing'. Well worth a look and perhaps even a phone call. The woman was very helpful. The mat is one of the best presents I have ever received.

The second discovery is still to work for me, because I am only up to day two, but a farmer friend, who works with horses and does the usual fencing repairs maintains that the arthritic pain in her hands disappeared after five days.

It's fresh celery juice on an empty stomach first thing in the morning.

The book, written by Anthony William,

*Medical Medium, Celery Juice* is about \$20 and the e-book \$4.

In the healing game, one hears of all sorts of miraculous cures, so when my special, integrative doctor told me about celery juice, I thought, oh yeah, here's another one, and quietly dismissed it, powered by the way, from thinking about the rigours of cleaning a juice extractor. I truly wish that someone would invent a self-cleaning juice extractor!

When the farmer friend explained her success, I pulled out the juicer and bit the bullet. Celery juice first thing is not so bad. The only issue being I will probably need to buy a celery fridge. But if it sends the arthritis to a not returnable hell, another fridge and the daily scrub of a juicer is a small price to pay.

I have a dilemma at times, between sharing information that may be of use to everyone and sharing what I can do to make individuals feel better with my experience as a Bowen, Remedial Massage and Pranic Healing therapist.

I know from personal knowledge that curing arthritis is a journey, which takes more than one treatment and needs the willingness of the person involved to take their health into their own hands.

Nevertheless, there are many other, back, neck, limb, digestive and emotional issues that can be alleviated relatively quickly, with the assistance of the skills that I have acquired during the past 34 years.

If you have back or limb pain and stiffness, or digestive problems that are not going away, give me a call and make an appointment. My ultimate goal is to make you feel better.

Phone for an appointment on  
0439-794-420.

## Do you feel like you've been cursed?

Are curses real? Can curses be carried forward from a past life into the current one? My experiences in both my personal and professional life confirm they are indeed very real.

There are many types of curses, some are intentional and others unintentional. Whenever a person uses phrases such as "Damn you", "Go to hell", or has strong negative thoughts where they desire someone suffers in some way, that is a curse and can have a drastic effect on the person. I am sure we have all done it, as well as been on the receiving end.

Our thoughts, words and emotions carry great power and we have a moral responsibility to not project harmful energy on anyone. Many people do not realise that cursing another can leave them open to being cursed themselves, through the law of attraction. What you wish for another can rebound, including well wishes and loving thoughts. So choose your thoughts and words wisely!

There are also psychic curses which occur when someone has an invisible psychic energy hold on another person. These are quite common. When a



person is in contact with a controlling, negative, or jealous person, these people can intentionally or unintentionally send negative energy towards another which is programmed with their desires, wishes, thoughts, or intentions. Their destructive thoughts create a psychic curse through "energy barbs" which get lodged into a person's energy field and stays there until they find someone skilled in identifying and removing the curse.

Intentional curses such as voodoo and black magic have been used in many parts of the world to cause havoc, relationship problems, illness and even death to people. Our Australian Aborigines have traditionally used

this type of voodoo through their practice of "pointing the stick". Often the witch doctor or sorcerer will condemn subsequent generations with the same curse.

The effect of a curse can become lodged in a person's DNA and get passed down from one generation to the next.

During a past life regression, people often experience the time before coming into this life where they were choosing

their families and major players. Some strong souls actually choose to be born into a family where they will suffer abuse, hardship, or ill health, in an attempt to heal a family situation or gain valuable personal soul lessons, thereby growing spiritually. If they choose to incarnate into a family where one or more members are carrying a curse, they do so in attempt to resolve the curse.

How do you know if you have been cursed? If you suspect a curse is involved, it probably is because suspicion comes from a deeper, subconscious, psychic knowing. Often you will be able to sense or feel that you or another person has been cursed. Something feels out of place, yet you can't quite



by Auralia Rose

seem to place your finger on it or explain it.

Curses are not be feared when you understand them and know you have the power to remove them. The important thing to remember is that curses arise from and are directed by negative energy. I work in the light with my clients. Light and love and standing in one's power as a sovereign being are always infinitely more powerful than the dark. By invoking the power of the light, dark energy is instantly transmuted, it doesn't have a chance.

If you feel a curse is affecting your life, let's explore its origins, zap it and watch your life and the lives of your family transform.

Contact Auralia on 0422-481-007 or visit: [www.auraliarosewellbeing.com](http://www.auraliarosewellbeing.com)  
Facebook: [www.facebook.com/AuraliaRoseWellbeing](http://www.facebook.com/AuraliaRoseWellbeing)



# PEA: A safe, natural painkiller

Palmitoylethanolamide, known popularly as PEA because it's impossible to pronounce, let alone spell, is a wonderful option for management of chronic pain, especially nerve (neurological) pain.

Technically it is a fatty acid amide molecule. It is naturally produced in our bodies, and helps to damp down inflammation and protect our nerve cells from damage. In people with chronic illnesses or chronic pain, the body sometimes does not produce enough PEA to manage the degree of inflammation.

Because it is produced naturally in the body, and is found in foods such as eggs, meat, soy beans and peanuts (PEAnuts), it is very safe in supplement form. It can be taken alongside prescription medications, including painkillers. There is some impressive research over several decades showing its effectiveness as a pain reliever in many different health conditions. There are also some impressive case studies in the medical literature.

Although PEA has been studied extensively and prescribed overseas, it is relatively new in Australia, first through compounding pharmacies, and now also through herbalists and naturopaths. I have only recently been using it in my clinic so I don't yet have many case histories to describe.



California poppy is one of the herbs used for nerve pain

Currently I am prescribing it as part of a treatment protocol for neuropathy, endometriosis, and hyperaesthesia. Unlike orthodox painkillers, PEA is a gradually acting supplement, giving incremental relief over 2-3 months. For some people the relief can be within days or two weeks, but most research shows maximum effect after seven weeks. So patience and perseverance are needed.

The patient with hyperaesthesia presented with a recent sensation of extreme nerve pain on her thigh, affecting a quarter of her upper leg. It was not in the typical sciatica location, and had no apparent cause. The area was extremely painful, sensitive to touch, and she said it felt 'neuralgic'.

Concerned that it could become long term or permanent, we did a combination of herbal tinctures, PEA powder, and a cream containing PEA and St. John's Wort.

After four weeks the pain was completely resolved, and she reported that it was a very slow gradual week by week improvement. She no longer uses the cream, but wanted to stay on the PEA for longer "just to make sure".

Clinical trials have shown benefit from PEA supplementation for back pain from sciatica and from failed back surgery, neuropathy caused by chemotherapy, diabetic neuropathy, recurring migraine headaches, endometriosis, dental pain, arthritis, chronic regional pain syndrome (CRPS), pelvic and vaginal pain, and neuropathic pain from multiple sclerosis (MS). It particularly helps people who are getting insufficient relief from nerve pain medications, as the combined effect can give a lot more relief.

Two clinical trials were conducted with migraine sufferers. They were given 1200mg per day for 90 days. The treatment proved to be



Nature's pharmacy  
by Trish Clough, herbalist

safe and effective for reducing pain intensity, frequency and duration of migraines.

I generally recommend the PEA to be taken in addition to a specific bioavailable B Complex supplement, as deficiencies in Vitamins B1, B6 and B12 can contribute to neurological damage and symptoms. In addition, herbal tinctures including lion's mane, devil's claw, California poppy, St. John's wort, black cohosh, turmeric, ginger or wood betony can be prescribed for specific symptom pictures.

I am very delighted to have such a safe option in PEA to add to my herbal management, as I treat a lot of people for a variety of neurological issues.

Trish Clough now conducts her own clinic practice in Club Lane in Lismore after owning 'Traditional Medicinals' for 20 years.

For consultations by appointment, phone 0452-219-502 or email: [herbalist.trish@internode.net.au](mailto:herbalist.trish@internode.net.au)

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by Sonia Barton  
Bowen therapist and  
Reiki master

## My experience with Reiki

over 10 years about her headaches who blew cigarette smoke on her for healing. I helped her with her jaw misalignment and her headaches disappeared.

I volunteered in a healing centre called Amazonian Clinic near Iquitos, 14 kms into the jungle. The woman who ran it was a German Naturopath. She had healed her colon cancer many years previously through help from a Peruvian Naturopath, so she decided to move to Peru.

When I arrived at her centre she was extremely ill, she'd lost so much weight, lost her appetite and had no energy, she really looked like she was at death's door. She had given so much to the local people freely, helping women heal from breast cancer with 100% results. She had not been outside the house for weeks. Her family were very worried about her.

She asked me if I would give her Reiki which I did, only once a day for an hour for five days. I told her that if she wanted more I would be willing to give her more but an hour a day seemed to be sufficient.

On day four her energy started to come back, and her appetite. She actually got out

of bed and started to cook for herself as she was so hungry. By day five she decided to go to the cinema with her friend, she got up, put on some make up and nice clothes and waited for a taxi to take them the 14kms into Iquitos.

To me this was truly miraculous – how could someone seemingly come back from the dead and look and feel like this after five days only using Reiki? It was then that I realised the power of pure universal energy.

The Peruvians asked me, "Can you teach me how to do Reiki?" so I knew that when I got back to Australia I would have to train as a Reiki Master so that I would be able to attune anyone who was interested in having healing in their hands and especially when I travel again.

I love it, it just flows from my hands when I think "Reiki on!" I have been told that it comes through in my work when I'm treating people with Bowen therapy. They can feel my hands are really warm.

Reiki is a Japanese energy healing technique for stress reduction and relaxation. It is given by "laying on of hands" and is based on the idea that an unseen "life force energy" flows through us and is what

causes us to be alive. It can be given seated or lying down.

If your own "life force energy" is low, then you are more likely to get sick, or feel stress, and if your energy is high, you are more capable of being happy and healthy.

The word Reiki is composed of two Japanese words – Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

During a treatment, it can feel like a wonderful glowing radiance and warmth that flows through and around you. Some people see colours or images during a session.

Reiki treats the whole person: body, emotions, mind and spirit. This creates many beneficial effects that include peace, relaxation and feelings of well-being and security.

I run small classes if you're interested, in Reiki 1 and Reiki 2. It's very easy to learn as we all already have the ability to heal with our hands, once you are attuned to Reiki the energy will flow easily.

Sonia Barton is a Bowen Therapist and Reiki Master.  
Contact her on 0431-911-329 or go to: [www.bowenenergywork.com.au](http://www.bowenenergywork.com.au)

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## Nimbin Crossword Solution

From Page 33

