

A TASTE OF ART



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gallery

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Blue Knob Cafe

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Thurs 10am - 3pm, Fri 10am - 3pm
Sat 8:30am - 3pm, Sun 10am - 3pm
Ceramic Studio: Thurs - Sat 10am - 3pm
Ph: 0266897449 www.blueknobgallery.com



**NIMBIN
ART
FAIR**

11th-26th April at Nimbin Town Hall

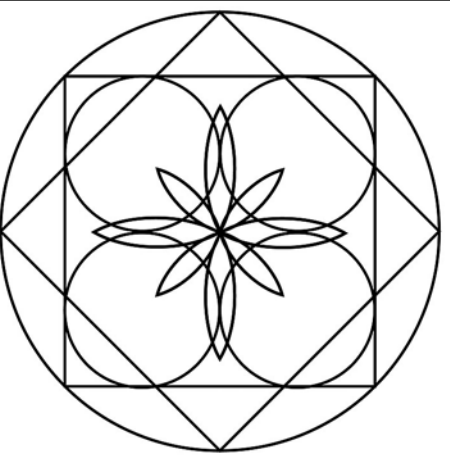
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Signs of life at Blue Knob Hall



'Ghosts of Extinctions Past' by Theodore Kennett-Raj (detail)

Sign of the Times

This is the title for the new members' exhibition at Blue Knob Hall Gallery. As these titles are often chosen the year before, it seems an appropriate theme given the current circumstances in Australia and worldwide.

In times of great turmoil, there are often positive signs that come out of it all. We learn more, we become more informed out of necessity and many more people, young and old are speaking out about their future and what's needed to look after this planet we live on.

They are fighting, as generations before have done, for the need to wake up and face what's happening, environmentally and politically.

Art has a history of reflecting back to us what is important, and the artists exhibiting at the gallery often challenge us to be aware, some with humour, some seriously.

There is a wide range of work in this



'Icon-Noisy Miner' by Sue Boardman

exhibition once again. Work ranges from 3D sculptures, paintings to installations.

Leaf Matters

The new exhibition in the Solo Space is by Sue Boardman and Michael Hannan.

'Leaf Matters' is a play on words; a springboard for ideas to inform the development of the exhibited works. It can mean topics surrounding leaves, it can refer to the significance of leaves, such as their ability to remove carbon dioxide from the atmosphere ("leaves matter"), and it can indicate a mass of leaves ("leaf matter").

Sue and Michael have a three-acre garden, Wallaby Park, which is the source of much inspiration for their respective art practices.

Many of the works in this exhibition use the technique of leaf imprinting, where impressions of plant matter from the garden are made on paper, clamped between boards, and immersed in a leaf-based dye bath.

The resulting prints can be presented as they are, or in the case of many of Sue's works, cut up and collaged to form other shapes and forms.

The remaining works in the exhibition use the techniques of ink painting and drawing, many of them relating to nature.

Sue and Michael also collaborated on a work consisting of 25 small abstract ink paintings that can be collaged together



'Leaves 4' by Michael Hannan

in billions of different configurations. Gallery attendees are invited to re-configure them.

The opening night for both these exhibitions will be held on Friday 7th February with a music performance by Michael Hannan. There is a set meal on the night for \$20 per person, including mains and desserts.

French dinner

Blue Knob Cafe will be open for dinner on Friday 21st February from 6.30 - 9.30pm for an evening of French Cuisine, prepared by Julie Naturel and Paul Scott. Bookings are preferred, please contact the gallery and cafe on 6689-7449 or email: bkhgallery@harbourisp.net.au for more info.

Artists & friends lunch

The next Artists and Friends lunch will be held on Thursday 27th February at 12.30pm with a set menu for \$20 including main and dessert.

New exhibitions in Lismore

This month sees three interesting new exhibitions opening at Lismore Regional Gallery.

Media Studies is a series of new video works and small sculptures, many of which remix or repurpose an existing aspect of popular culture.

This exhibition continues Western Australian artist Bennett Miller's ongoing thematic interests in human behaviour and in particular the many complicated relationships that exist between humans and the natural world.

In varying ways and contexts, the video and sculptural works are linked thematically by a parody of the ways humans have altered and reinterpreted the environment that surrounds them.

The exhibition, in Gallery 3, runs until 5th April.

Blinman Slag is an art/science exploration by Grayson Cooke of mining slag waste from the Blinman Copper Mine in the Northern Flinders Ranges of South Australia.

Examining slag from historical, geological, mineralogical and cultural perspectives, Cooke explores the strange beauty of mining waste as a window into the enormous forces humankind exerts upon the earth.

While anti-mining activism uses public action and protest to draw attention to the negative environmental and social effects of resource extraction, this project takes a different approach, seeking new ways to manifest and image the changes wrought upon the earth by human activity.



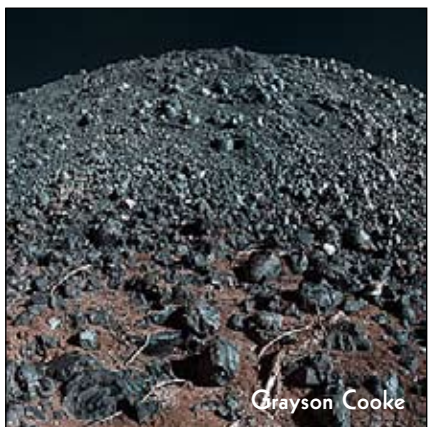
RocoColonial

Blinman Slag, in Gallery 2, also runs until 5th April.

RocoColonial examines the overlap between Rococo and Colonial, often considered to be disparate, undisputable categories.

It begins by acknowledging that both can be intrinsically related, and link Australia to a wider, speculative world of multiple, concurrent histories.

The exhibition features 16 artists and designers, who in their varied practices are destabilising the dream of Australia Felix (the lucky country), and whose material and conceptual language opens up the paradigms of the Rococo and Colonial to contemporary



Grayson Cooke



Bennett Miller

reinterpretation and re-engagement.

This exhibition in Gallery 1 opens on 15th February and runs to 19th April.

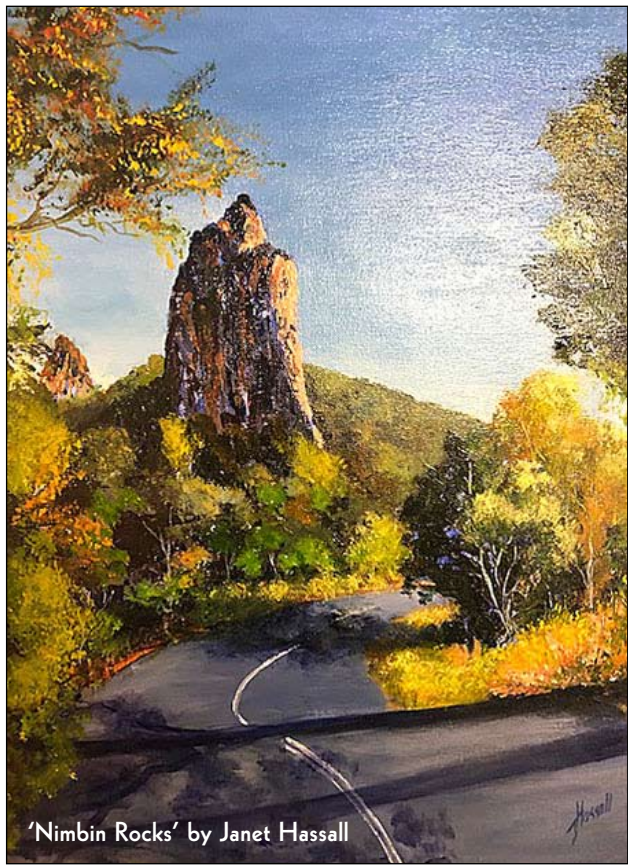
The official opening for all three exhibitions will be held on Friday 14th February at 6pm.

For more information, see: www.lismoregallery.org



'Amazon in Bloom' by Donna Sharam

Spark joy with art



'Nimbin Rocks' by Janet Hassall

by Anne Cook

The de-cluttering guru Marie Kondo suggests that we only keep objects around us that "spark joy".

The presence of art in your home can be both joyful and uplifting. Imagine the delight in waking up to see one of Donna Sharam's "smile style" works greeting you with your morning coffee – what a cheerful start to the day that would make!

If your lounge room is feeling a bit dreary, invite the outdoors inside with one of Janet Hassall's lush and inviting landscapes, guaranteed to refresh even the tireddest of eyes.

These local artists both exhibit at the Nimbin Artists Gallery in Cullen Street, so come in and experience the "joy" of art. We are open seven days

Artists please note that proposals for the Nimbin Art Fair, being held 11th-26th April, are due in by 2nd March. Entries online or at the gallery.

Fearless experimental portrayals



by Fiona McConnachie

Our next exhibition at the Serpentine Gallery is a solo show by local artist, Hayley Sherriff (pictured), and it's on until 18th February.

Hayley's work explodes with life and colour, texture and movement. She paints according to her emotions, and is fearless in portraying what occurs to her in a given moment. This is one of the wide appeals of her art.

Hayley follows her inner guidance to select varieties of textures and perspectives to the works she creates.

She is not afraid to experiment, and at times expresses darker emotions in order to be true to her need to paint how she feels, using resins, acrylics and different artefacts almost always avoiding brushes, preferring her own fingers, spatula or leaves.

She wants to get her work out there as the authenticity of her art allows others to identify beauty, calm, angst, pain and victory, and this is what makes Hayley's work memorable and collectable.

In Conversation with Birds

Michelle Gilroy is a local artist, and 'In Conversation with Birds' is her first solo exhibition. The exhibition incorporates a body of work that has consumed her attention for the last two years. Michelle has a love of nature and the environment, and her work emphasises that connection.

"I see species in decline or endangered with an all too real possibility of outright mass extinctions within our lifetime. This prospect scares me and leaves me with a deep sadness because I see so much diversity, character, beauty and tenderness in the bird life I paint."

The subjects Michelle has painted in this exhibition are varied; some species represented are native to Australia, while others are introduced or belong to other parts



'The Price (of Adani)' by Michelle Gilroy

of the world.

She chooses her subjects by their personalities, colour or expression. Some she feels have their own individual message to impart to the viewer or they may have spoken to her on some emotional level.

It is Michelle's sincere wish is that these birds speak to you, and that you find yourself as she did, 'In Conversation with Birds'.

The exhibition runs from 18th February to 2nd March, with the opening on 21st February at 6pm.

Womens exhibition

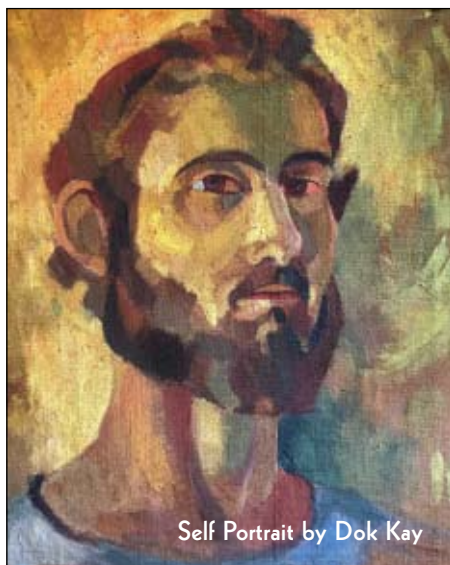
In March, the gallery will be hosting our annual women's exhibition. This show is open to all women artists in our local community and will kick off the Lismore Women's Festival with the opening night on 6th March. For more information and/ or special requirements for hanging, please call us at the gallery. We welcome all mediums and are happy to help in any way we can.

The Serpentine Community Gallery is situated in North Lismore at 17a Bridge Street and we can be contacted on (02) 6621-6845, or via email: gallery@serpentinearts.org



'Spring' by Michelle Gilroy

What's next at Roxy



Self Portrait by Dok Kay

by Ruth Tsimbinis
Cultural services officer

The new year of exhibitions begin at the Roxy Gallery and it is jam-packed with an array of local and regional artists working towards producing intriguing creative works for exhibit.

'Been There. Done That. What's Next!' by local resident Dok is a retrospective exhibition of Dok's years involved in the arts.

Dok studied at the

School of Arts where he was fortunate to have some well-respected lecturers in the arts world such as John Olsen and Godfrey Miller.

Greatly inspired by these Australian artists, Dok took to his own exploration of exploring the natural form through his work in the fields of painting, drawing and sculpture.

Dok also worked as a stage designer and as an in-store display designer for a number of large chain stores.

Works in this exhibition date back to the first painting that Dok did to get acceptance into the arts college and the journeys taken through his life to different parts of the world and the influence these places had on his creativity.

'Been There. Done That. What's Next!' is on exhibition until 1st March.



'Netball' by Dok Kay

Where do we go from here?

by Bernadine Schwartz

It's exactly 250 years since Captain Cook set foot onto a land that had been in the safe hands of its indigenous people for thousands and thousands of years, where ancient forests were just left to be and the natural world reigned supreme.

No industry or jets flying overhead, no roads or freeways scarring the land, no suburban sprawl or a shopping mall to be found and not a filthy coal mine in sight.

Today we have only the leftovers of what was once Australia and it takes a helluva lot of effort trying to imagine the garden of Eden it once was, when we now live in a world where only half of the planet's forest coverage is remaining, making every tree and every species of animal extraordinarily precious.

We are one of only 17 countries left in the world with mega diversity, which places a moral responsibility on all Australians, including government, to preserve what we have left of the natural world, when a rapid decline in biodiversity and ecosystem function is occurring globally.

Our Gondwana Rainforests that are home to a rich diversity of insects and an amazing range of land snails, took a heavy toll from the fires, making it a loss for not only Australia but the entire world.

A new study using data from the Atmospheric Infrared Sounder (AIRS), clearly shows that moisture is building up in our atmosphere, to the extent that you can actually see less infrared radiation escaping into space and the temperature of our planet's oceans are rising dramatically.

To gain a clearer perspective, when scientists compared ocean temperatures during the last three decades (1987 to 2019) to the three previous decades (1955 to 1986), temperatures had risen by a massive 450%, but I was astonished when I discovered that in the last 25 years our oceans have absorbed enough heat to equal 3.6 billion Hiroshima atomic bomb explosions.

This is why the UN's *Convention on Biological Diversity* has put forward an ambitious proposal to protect 30% or more of the planet's environment by 2030, calling on all nations to protect their national parks, marine sanctuaries, grasslands and other carbon sinks, in an attempt to slow down global warming and halt the coming of the sixth extinction, which includes us.

However, ecologists of the world believe what is really needed is half of the planet in its natural state, and that's just never going to happen.

According to the UN Environmental World Conservation Monitoring Centre, we only have 15% of the land and a mere 7% of the planet's oceans protected and the first stage of the plan is to reach a target of 17% of the land and 10% of marine environments protected by the end of this year.

As far back as 1965, scientists at the America's Presidential Science Advisory Committee, warned if carbon emissions were not acted upon, extreme temperatures and sea level rise would eventuate and with no previous historic parallel. The White House's bizarre response was, maybe trillions of ping-pong balls on the surface of our oceans would reflect back more sunlight.

It's 55 years later and still governments, and society in general, lack any long-term vision as global warming continues to be thrown in the too-hard basket for another year.

The wildfires Australians experienced could still be burning today, if it wasn't for the arrival of substantial rain, and next time we might not be so fortunate. Our climate is not going to miraculously improve and there will come a day when we might not have single tree left standing.

Australians have got complacency down to a fine art and for most, money is what drives voters today, not social issues and why this government will probably only get a slap on the wrist and walk away without justice being served. It's estimated that a billion or more animals perished along with millions of hectares of forest, yet they sacked Whitlam for a far lesser crime.

From the beginning of time it's always been as simple as, take care of Mother Earth and she will take care of you, but instead we created the planet's greatest enemy called the economy, that includes a high percentage of revenue from the direct sale of weaponry, alcohol, cigarettes, pharmaceuticals, as well as profits from hospitals and prisons, and deliberately overlooking Mother Earth, leaving us with neither a healthy environment nor economy.

We can't possibly win this battle against global warming when three decades later we still haven't even begun. If we were given the opportunity to rewind the clock and start all over again, I think we would end up exactly where we are now, on the road to extinction.

And we definitely haven't got a long way to go now.



The trilemma: climate change, economic collapse and rising fascism

by Aidan Ricketts

So the first action 'Scotty from marketing' comes up with following the fires is to launch a \$76m advertising campaign overseas to rescue the country's tourism industry from the 'impression' that Australia has been destroyed by the fires.

It is a good example of just how delusional our governments have become, and it's hard to get started on all of the kinds of wrong involved here.

Is it the madness of the PM yet again thinking the answer to climate chaos is to advertise our way out of reality? Is it that the money is going to spin rather than real relief to affected communities (including ecological communities)?

Is it the blinding stupidity that requires a threat to business and jobs for the government to notice that there's a problem? Is it the living proof that the economic costs of climate inaction massively outweigh the costs of real climate action?

Or is it the irony that tourism employs over 500,000 people, while according to the Australian Bureau of Statistics coal mining employs 37,800 people. Just how many coal jobs does it take to destroy an industry?

When the governments aren't trying to advertise their way out of the facts about climate change, they are trying to arrest their way out of it, with all manner of new anti-democratic protest laws and casting those who want to survive as 'extremists'.

Probably the greatest lie is the false dichotomy of the economy being a reason to delay climate action. I have said it before, the global economy will collapse much faster than the eco-sphere. The world is currently in total global debt of \$188 trillion, equivalent to 230% of the global economy. The future that this debt was based upon does not exist, so a major collapse is imminent.

Set against this backdrop of criminally corrupt government inaction, and an economic system that defies physics, is your army of common grassroots local climate deniers. Everywhere we are faced with real impacts and an equally alarming bonfire of lies denying it.

So... how do we keep going faced with this trilemma?

The first step is to realise that we are dealing with collective psychosis. The inglorious collapse of modern civilisation has been a long time in the making and the insanity, lies and violence emerging now reflect the desperation of those consumed by it.

So what are the elements of this collective psychosis?

Disconnection is the root cause of the modern malaise at both the personal and the political level and reconnection our only hope for staying sane, and if possible turning it around.

The first and greatest disconnection lies in our anthropocentric (human centred) worldview. The demonstrably false and narcissistic idea that somehow humans are what's most important on this planet.

We are not, we are simply one of the more complex species that have managed to evolve due to a long period of climate stability that we are ourselves undoing. The true masters and servants of life on this planet are microbes, and they will surely outlive us.

The second great disconnection is individuality, the obsession with what's inside our bag of skin to the exclusion of what is outside it. In truth; inside, outside it's all the same, just part of the universe, how could it ever have been any different.

Yet as we have lost connection to community, to nature and to each other we have been left with the hollow prize of individuality. Little wonder we fear aging, and desperately seek material wealth to keep us 'safe' in the future. Yet we watch in line as our treatment of elders continues to demean us all.

The third great disconnection is from our own bodies. "I think therefore I am" – what a ridiculous proposition. In reality, "I am, therefore I need not question my existence" makes far more sense. In our cult of the mind we have become disembodied, yet our bodies are what connects us intimately to nature, to reality, to time, to each other, to our emotions, our past and present and future.

The mind is but a tool of our whole and deeper selves. Disconnect our mind from our bodies and the result is psychopathy and sociopathy. A clever but rudderless form of intelligence, capable of believing any falsehood it constructs for itself.

The fourth great disconnection is our fervent belief in linearity, our disconnection from the complexity and wholeness of time and space. This lack of perspective, in which we see our current existence as a culminating moment of whatever grand narrative we indulge (progress, perpetual economic growth, the march of civilisation, the rapture, or the Jonestown massacre) blinds us to the wholeness that surrounds us: the interconnectedness between ourselves and all life, the vastness of time, the grand and beautiful underlying chaos

over which we have no control.

These four disconnections have combined in a global culture of collective psychosis. Science was one of the few remaining pillars that somehow kept our culture connected to the grand and complex universe as it really is; it was all we had left after we turned away from the ancient wisdom of First Nations peoples' understandings of wholeness and complexity.

With science we were humble, inquisitive children exploring the world with open eyes, but the madness of the collective psychosis can now no longer cope even with science. This is so because to the terminally deluded, reality appears to have a contradictory bias.

This is the madness we live in; this is our literal post-truth world.

The first step for all of us, internally, and together with each other is to begin to dismantle the collective psychosis. Recognise this global mental illness for what it is. Staying sane in an insane world demands that we look deeply within ourselves and dismantle the collective psychosis within ourselves.

There is a simple, healthy and effective way to go about this though (but I didn't say easy). If disconnection is the disease, then reconnection is the cure.

Reconnection to nature displaces the anthropocentric delusion. Reconnection to community, and service to others is the antidote to the delusion of individual separateness. Reconnection to our bodies is the antidote to the sociopathic cult of the mind.

Reconnection to our child-like awe at the intricacy, vastness and complexity of the universe is the antidote to delusional reductionism and linearity. Humble reconnection to what is known in science and in First Nations wisdom is the antidote to narcissistic hubris.

Whether we can collectively turn this ship of humanity around and save ourselves remains unknown, but what is certain collectively and individually is that we won't be able to do it if we don't heal from the collective psychosis. Faced with clearly insane national leaders, we all need a place to stand to watch this mad chapter of the human story.

The earth is still real and sane, other species are still real and sane, so are the stars, the wind the sun. Once we know we are connected to all of these things it is from here that we watch the circus. It is from here that we will do what we can to stop the fall, or to reimagine our regeneration during and after the fall.

Remember, it's not linear anyway, it is all happening at once. Welcome home.

Antarctic ice melt key to our woes

by Mark Pestell

Australia 2020 has had a horrible summer, and it is not over. The heat began piling up day after day around September, and has continued for the following four months.

The prolonged heat and dry winds dehydrated Australia. Dry lightning strikes created many of the fires.

German News reported in January that an area as large as Portugal had been burnt out (92,000 km²), but it's currently closer to 190,000km².

It is now scientifically clear that events that happen some 6000km away in the Antarctic impact upon our continent.

NASA has released figures for the amount of ice that is melting annually out of Antarctica. It has now reached an average minimum level of 250 billion metric tons each year.

And of course, as it gets hotter this amount of ice melt will rise year by year.

The ice becomes fresh cold water, free of salt impurities. Melting from the Antarctic, it floats across the top of the salty Pacific and Indian oceans. In doing so, it changes the surface temperature, pushing the warmer seawater down to lower depths.

This, of course, changes the ocean's ecosystem; it changes dramatically the amount of moisture that can arrive onto the Australian landmass.

In other words, cold water collects on either side of the continent, allowing for the desert heat to be collected by the air pressure systems. The heat falls across to our nation.

Following this is long extended heat and record-breaking droughts. The weather conditions of last year will not be unusual, they are what is known as the 'normal'.

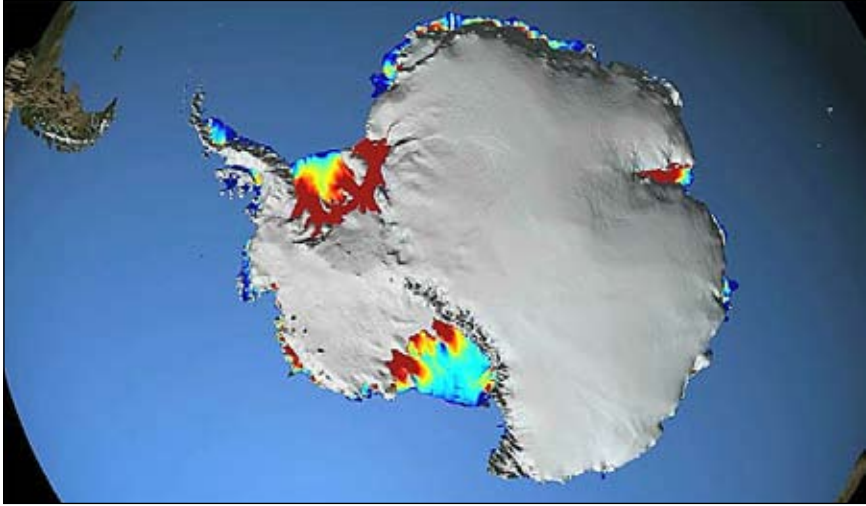
How is science so sure?

Ice does not melt like a block of butter. In fact, it is at first quite resilient to heat. The outside of ice actually resists temperature increases, however heat does sink through.

In 2010 a systematic study was completed justifying the evidence as discovered by the late professor John Mercer, a glaciologist at Ohio State University, who drilled deep into the Antarctic ice and found some terrifying facts as early as 1968.

His team discovered each year heat has sunk through inside the Antarctic ice sheets gradually melting away from the inside. In places, the ice is three km deep. He proved it takes around 50 years for it to melt. The interior of the ice sheets fills with liquid without being noticed on the surface. After 50 years of heat penetrating into the ice, it melts, skimming across the ocean's surface.

In 1970 the world's population was 3.6 billion, so the amount of cold water entering the oceans caused by human development impacting the environment was not enough to cause major disruption to the weather. Cold water did drift around surface of the oceans, but then it passed and warmer water rose back up to the surface. When this happens cyclones, hurricanes and



typhoons are created in response.

Professor Mercer and later work by NASA scientists showed the heat generated by global population in 1970 is only now beginning to melt the ice.

By the year 2050, the heat generated by our current population of close to 8 billion will be impacting the remaining ice sheets. In other words, over the coming years a gradual doubling of ice melting, droughts, dry lightning strikes, fires etc will be occurring, affecting a global population of at least 10 billion.

Globally and here in Australia, 18 of the last 19 years have been the hottest ever recorded. This is a warning of what is to come. The heat is inside the ice already. Each year it sinks in deeper, making the situation worse with more cold freshwater escaping at greater levels each year.



The surface temperature of the oceans is changing. Vast areas of the oceans are filling with cold fresh water. Eventually current drift does take this cool water away, but as more cold water breaks off from the Antarctic, the size of these cold areas grows.

Moist cool maritime air which brought rain to continental areas is being transformed into dry hot air, intensifying heat as the temperature rises, and more ice melts.

NASA recently published a 20-year study, called the NASA Goddard 2016, showing all too clearly that globally, the total amount of rainfall is today as it was in 1980. This study found more extreme weather events are occurring in smaller areas, while drier events such as droughts are expanding.

The distribution of rainfall is changing. Some places are receiving much heavier



amounts, while large vast areas are getting a lot less. India, East Africa, Brazil, Eastern Europe, California and Australia's food-producing regions are among those areas already being hit and will continue to be impacted.

Food production and food security has dropped, and the soil moisture content has decreased, increasing drought. So the drying cycle continues.

Some of our politicians say they know the climate is changing, but they cannot explain or cannot understand its true impact and long-term consequences. To them, it's like the flu outbreak, it will eventually go away. Unfortunately, the problems will not disappear, as the process grows at a multiple rate yearly.

The world as we knew it in 2000 will not be the world we are leaving for the youth. Yet greed, fear, corruption ignorance is preventing changing towards better non-polluting alternative energy. Our prime minister held a lump of coal in parliament in 2016 as if it was a rare dinosaur testicle. He held it as if he was in love.

The multi-national resource companies, governments etc are so insincere. The Guardian (8th November 2019) reported that in the African continent, over 200 new coal-fired electricity plants are going to be built by 2030. Great joy was shown by fossil fuel companies when large coal deposits were recently discovered in east Africa.

The fossil fuel lobby, with big sponsors like the American Heartland Institute, just keep rolling along, pushing the line 'coal-fired power is good,' and the result is burning more and more oil, coal and gas.

Our own government has also indulged in the push for finding more fossil energy, as large-scale exploration of CSG in the Northern territory will begin in 2020 plus the Great Australian Bight will be explored for oil and gas.

With our standard of living, long life, overindulgence of resources, a cartoon shows it best: a man kicked a round ball (the Earth) to a kid, knocking him over dead. This is what we are doing, kicking a sick Earth to our children who will not be able to handle it.

Year by year, the problems deepen. As humans, we are the virus, creating a sick and perhaps in the near future, an unlivable planet.

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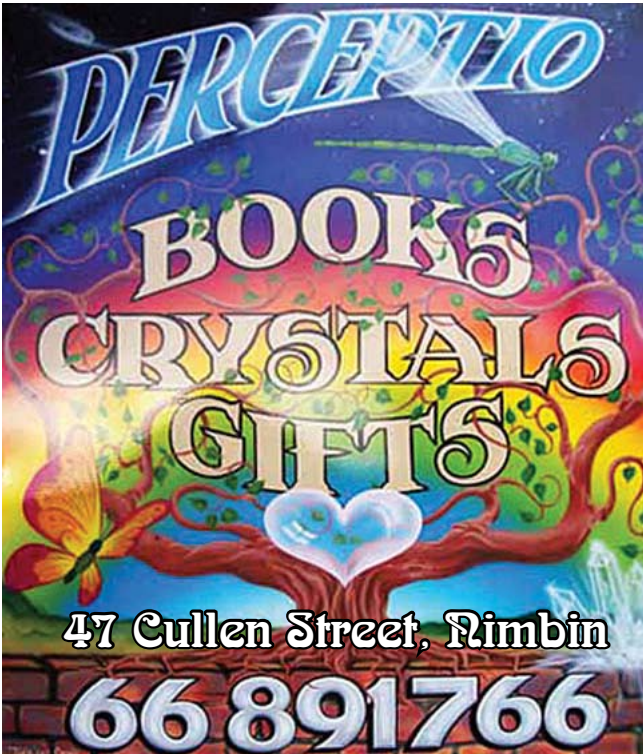
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What, me worry? Part 1

We have all certainly had many reasons to be stressed of late, but the tendency to go straight to panic when faced with adversity is unfortunately common and dangerous, especially when it hinders our ability to actually deal with the situation, worsening our stress.

How does stress affect our bodies, and does this automatically cause anxiety or is this a learned response we can regulate?

Many of you know about the acute 'stress response'. Here, the perceived stress triggers off an adrenalised effect in the body designed to 'fight or flight' the threat. This includes increased blood sugar availability, increased pulse rate, blood pressure and circulation to tensed muscles, more open airways and an inflammatory immune reaction in case of injury.

Sounds reasonable right, but a sustained stress response results in increased risk of diabetes, tachycardia, hypertension, chronic muscle tension, and extended levels of inflammatory markers but reduced overall immunity. In addition, the body turns off all the systems it doesn't need in an acute emergency like sex hormone production, digestive enzymes and cognition, which is also a problem long term with subsequent sexual disorders, gut function issues and memory and concentration loss often seen in 'anxiety'.

As the body has only two basic responses, ie stress or relax, it has the same response to any physical illness as it would an

emotional stress, leading to the most common illnesses in our western society including being a predisposing state to chronic fatigue, fibromyalgia and cancer.

In '21st Century Syndrome', our constant over-stimulus is wearing us out, including our ability to respond to further stressors with eventual adrenal fatigue, and dysregulation of basic core systems such as temperature circulation, inflammation and loss of function such as appetite and sleep.

So how does the stress response move from adaptive to pathological and is there any way to stop or reverse this? With a 'generalised stress response' the person would sense an end to the threat and after a period of rest return to normal physiology, but with a 'maladaptive stress response' there may be no sense of completion, no time to rest, or repeated traumas which heighten the overall response.

We may then perceive this as a permanent state of 'fight or flight' in our bodies, with anxiety and panic attacks of tremors, sweats and palpitations or even PTSD with recurrent flashbacks and intrusive nightmares if the stress is particularly life threatening. Here our stress hormones flood our brain too quickly, before the protective blood sugar and BP response can apply, damaging sensitive structures such as the emotional seat of the limbic system, where the memory centres of the hippocampus are also housed.

It is suspected that this



In the moment
by Dr Jacqueline Boustany

may interfere with the laying down of new memories, keeping the person suspended in a current state of threat, the mind constantly trying to project and process the problem it believes it still is dealing with. And in some ways it is. With poor skills to meet these emotions and lack of support or safe place with people who can hear the pain we have experienced, we are left battling the emotions in order to function or appear normal, stuffing them down into our already traumatised bodies, further contributing to our anxiety.

So what do we do if our nervous systems have reached this point of overwhelm? Unfortunately, many find that repeatedly going over the trauma in counselling or confronting their thinking with rationalist control doesn't really work in the long term and may actually serve to reinforce the trauma as we identify with the victim side of our natures. I would particularly recommend in the case of anxiety, PTSD or complex developmental

trauma that our emotions be met in the body, where we can get used to the feelings of fear, grief and anger and realise they won't actually kill us.

Many proponents of trauma release psychology encourage us to 'engage our rage' in a protected environment, to aim all that venom at the source of our pain in some kind of safe internal dialogue. Then it is paramount that this process comes to a conclusion and we tell our nervous systems that the threat is over and done with. One way to do this is to recognise the warrior that has survived ie you, with all that experience and learning to share with others.

It's also good to forgive one's younger self who didn't know what you do know now. This may take practice as our minds may have strongly identified with the victim as self, which can actually give us a sense of entitlement we may be reticent to lose. But lose you will, hanging on to resentment, as it erodes us from the inside.

Retraining the brain in anxiety may require small feats of challenge to these belief systems, considering and planning around the worst case scenario or sitting with the truth of uncertainty. It's certainly worth having a supportive environment in which to practise with a competent practitioner.

I will be recommending seeing people for body based psychotherapy at the GreenBank on Saturdays. Sessions on Medicare if you have a Mental Health Care plan from your doctor or privately with rebate available.



by Auralia Rose

"The LOVE vibration held in the cells of the body on an atomic level is the precursor of DNA activation and human advancement."

I don't know where I found this quote or the author, but it reveals a deeper truth about human beings' biological function and how they can optimise their health and wellbeing.

Love's frequency affects the codons of our DNA strands, activating more of our divine potential. Fear and negative emotions create discordance and disharmony which affect the DNA in a way that keeps a person "asleep" to their divine potential.

Past lives, love and our DNA

It is important to remember though, that love and fear are simply opposites of each other. We are still living in a world of duality, and must know one in order to know the other.

In every Past Life Regression (PLR) I have conducted, the number one reason for a person's soul choosing to reincarnate is to grow more into love and joy: the two highest vibrating human emotions.

Our soul is love, you could say it craves love. Our soul informs our body down to its minutest particle that it needs love to thrive, and will keep pushing us to let go of hurts, resentments, anger, find forgiveness, and most importantly to love ourselves.

My PLR and Quantum Healing Hypnotherapy Technique (QHHT) sessions are always guided by a person's Higher Self who will selectively reveal the most appropriate past life which has the information they most need right now.

After exploring the most important aspects of that

lifetime and understanding its lessons and learnings, difficulties that person may be facing in the current life can then be cleared, including finding forgiveness for self and others, if that is required.

The understanding leads to acceptance and provides a more nourishing and loving environment for the Soul to continue its journey.

QHHT sessions go beyond past lives to allow a person to ask questions from their Higher Self. Nearly everyone comes wanting to know what they are here on the planet for. The answer varies of course, but always the underlying theme is love.

When I first asked my Higher Self why I was here, the answer was love. To be love. Love myself, others and all of life and to do everything with love. Pure and simple.

That was many years ago and I fought the answer, my ego wanting me to believe I was here to somehow save the world with some grand humanitarian, healing or ecological project. Yes love

was important, but what about my mission?

Over the years I learned that love is my mission, how I chose to express that doesn't really matter. It's a work in progress! But what a mission to strive for.

In the meantime, our Higher Self is helping us to understand our karmic lessons and step out of the dark and into the light. Fear is powerless to love, but there are not too many people on the planet who are able to live from their heart 100% of the time.

We can however, choose love as often as possible in order to expand our consciousness enough to learn those beautiful lessons we receive once we do step back into fear.

If you would like to know more about PLR and QHHT and how they may help you, call me on 0422-481-007, or see my website: www.auraliarosewellbeing.com Sessions are available in Lismore, Byron Bay, Murwillumbah and Coolangatta.

Herbal manufacturing, Part 1



Nature's pharmacy
by Trish Clough, herbalist

Many readers will be familiar with the liquid herbal tinctures that are prescribed by local herbalists and naturopaths.

They are strong tasting, dark-coloured medicines that provide the most potent forms of plant medicines.

In Australia and New Zealand there are just a handful of commercial manufacturing companies supplying practitioners as allowed by the *Therapeutic Goods Act* (TGA).

The TGA also allows for qualified practitioners to manufacture tinctures (and other forms of herbal medicines) to supply to our own patients after a professional consultation. We are not permitted to supply these to the general public.

I have been making some herbal tinctures that are not commercially available here. I have used the traditional "maceration" process.

Recently I treated myself to a beautiful stainless steel percolator (see photo). It was designed and made locally. It enables me to make more concentrated tinctures based on the "cold percolation" method used by the



commercial manufacturers.

I'm very excited with my new toy!

I will briefly explain the main manufacturing methods. For nerds who find this fascinating (of course I'm one of you), there is a lot more information at: <https://theherbarium.wordpress.com>

Traditionally tinctures were made by maceration. This can use either fresh or dried herbs which are "comminuted" (made into smaller pieces) and covered in a liquid to extract the active ingredients. Typically the maceration is left for four weeks.

The liquid is called the "menstruum", because of the monthly cycle for which it is infused. It is composed of alcohol and water in a specified percentage for each herb.

This depends on the known active ingredients of the herb. For example, a lower

alcohol percentage is used for water soluble ingredients (eg. immune boosting polysaccharides from reishi mushroom), and a higher percentage is used to extract anti-microbial essential oils and resins, for example calendula flowers.

There is something appealing about the slower extraction. Many herbalists believe it better captures the essence and vibration of the herb.

Readers may be familiar with numbers such as 1:2 or 1:5 to describe tinctures. This is the ratio of plant material to menstruum. For example, 1:2 consists of say 250g (by weight) of herb to 500ml (by volume) of menstruum.

The main limitation of the maceration method is that a 1:2 concentration is barely enough menstruum to cover the dried herb. There needs

to be enough liquid to slosh around when you shake the container. So 1:5 is a better ratio, but gives a less concentrated yield.

This is where cold percolation has an advantage. It enables a 1:2 stronger potency, and so it is popular with professional herbalists. A further advantage is it only takes a few days to manufacture.

So on to my new toy, the percolator. I am able to source organic herbs as an added advantage. Basically I start with finely ground dried herb, moisten it with the appropriate menstruum and pack it in the percolator. The way it is packed is a bit of an art. Not too firm, but not too loose either.

It is then left with the measured amount of menstruum carefully added to sit on top and slowly percolate through. After the imbibing process, the tap at the bottom is set to allow a drip rate of 1 per second. Over several hours a beautiful rich tincture fills the container underneath. It's magic really.

Every herb behaves differently in the way it takes up the liquid and filters through. The fineness of the grind affects it, as well as the way it is packed. The herbs all have their own personalities.

Although it seems scientific, there is much of an art to it. And so far I'm delighted with the quality of the tinctures.

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

The information in the column is meant for general interest only and should not be considered as medical advice.

What is the Emmett technique?

Maybe you've seen my A-frame board in the laneway near the Apothecary on Saturdays and read the sign and thought, "What is the Emmett technique?"

When I worked in Sydney a lot of people had heard of it because there are a lot of practitioners who are trained there. We practitioners take a chameleon approach to assess and adapt a session, and tailor it to the specific needs of each client.

I first watched the creator of this technique, Ross Emmett, who is from Townsville, while I was at a Bowen conference. He was showing the simplicity of the technique and showed instant results of a tight shoulder.

The Emmett technique takes 10 weekends to train in it, and is a whole treatment in itself or it can be used with other therapies such as



by Sonia Barton

massage, chiropractic, physio and more.

It is suitable for everyone. Great for babies, or during pregnancy, for the elderly and everyone in between. It can be performed sitting or standing

so perfect for people who are in wheelchairs. We can treat cats and dogs as well!

How it works

The Emmett technique is an understanding of the body's response to light touch. It has been suggested that the body reacts in a similar way to the workings of a touch-screen. Small sensors allow access to the brain via the therapist's touch. As well as the ability to directly influence muscle action, these points may have a memory and emotional attachment.

Treatments are done fully clothed. It incorporates gentle, physical releases of muscle groups and also the therapist uses a verbal approach to encourage attitude change. There are many gentle touch points on the body where muscles and tendons can be released.

Ross Emmett has taken this

therapy to many countries around the world.

I can help you if you have any of the following conditions:

- Neck and shoulder restriction;
- Tight psoas or core muscles;
- Lymphatic congestion and breathing;
- Abdominal cramps and bowel discomfort;
- Persistent heel and foot pain;
- Headaches, dizziness and congestion;
- Fluid retention;
- Back and hip discomfort;
- Knee and ankle restrictions.

A lot of time during treatments I combine some Emmett Technique and Bowen together, and get great results.

If you'd like to know more, or book a session, just call for a chat on 043-911-329. I work in Nimbin and Byron Bay. Web: www.bowenenergywork.com.au

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