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11th-26th April at Nimbin Town Hall



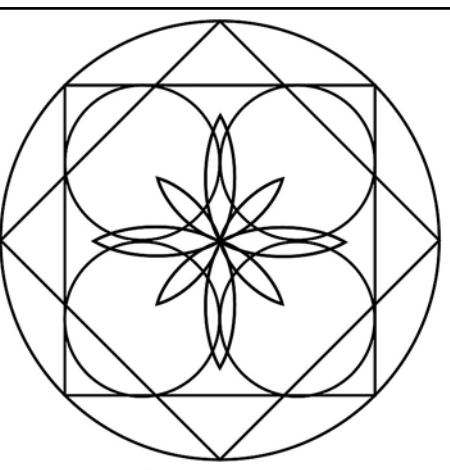
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Sign of the Times and Leaf Matters



'Origins of emerging flora' by Lynda Clark

'Sign of the Times' and 'Leaf Matters' are the current exhibitions at Blue Knob Hall Gallery.

The opening night for these two shows was well attended, and Michael Hannan performed some of his own work on piano before a large crowd with around 50 staying on for the meal provided by Paul Scott in the Blue Knob Café. It was an all-round enjoyable evening with art, music and food.

There are some very pertinent works from the artists and members for 'Sign of the Times' with a diverse mix of paintings, sculpture, fibre and installation on show. Lynda Clark's 'Origins of Emerging Flora' installation has a quirky humour to it, but also reminding us of the waste we produce. In her work, the flora of the planet has



'Leaf in Landscape II' by Michael Hannan (detail)

incorporated our waste products into their bio-system and are adapting to this changing environment.

'Leaf Matters' in the Solo Space by Sue Boardman and Michael Hannan, is a delicate and gentle expression of what matters most to both these well-known local artists. 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.

Their three-acre garden, Wallaby Park, is the source of much inspiration for their respective art practices. The remaining works in the exhibition use the techniques of ink painting and drawing, many of them relating to nature.

Sue and Michael collaborated on a work consisting of 25 small abstract ink paintings that can be collaged together in billions of different configurations, and Gallery visitors are invited to re-configure them. The artwork in this exhibition is very reasonably priced, and



'Hippeastrum' by Sue Boardman

all proceeds from their exhibition will be donated to the Rural Fire Service, so come along and support the arts and a very worthy cause.

Both exhibitions will run until Saturday 28th March.

French cuisine evening

The French cuisine night on Friday 21st February, prepared by Julie Naturel along with Paul Scott, was a great success and was booked out.

Another evening is planned for Friday 20th March at 6.30pm. For more info or bookings, please contact the Gallery/Cafe on 6678-97449 or email: bkhgallery@harbourisp.net.au

Artists & friends lunch

The next Artists and Friends Lunch will be held on Thursday 26th March at 12.30pm, with a set menu for \$20 including main and dessert

Murwillumbah Arts Trail announces line-up of creatives

For the sixth Murwillumbah Arts Trail on 1st - 3rd May, Murwillumbah will be transformed into an art Mecca, showcasing contemporary art by 90 of the region's practising artists, offering a fascinating insight into their creative processes.

The trail will guide you across Murwillumbah, discovering art, meeting the creators and engaging with arts. The various sites include Proudfoots Lane, MArts Precinct, The Citadel, Johnny Francos, Caldera Wildscapes Gallery, Gallery DownTown and the Tweed Regional Art Gallery.

Event Manager, Peita Gardiman said, "We are delighted to have so many talented artists exhibiting in the Murwillumbah Arts Trail once again."

"MAT20 will see artists open their doors to give art enthusiasts a rare glimpse into inspiring spaces, the personalities behind the art and their art-making."

Murwillumbah Arts Trail highlights include:

- Workshops, demonstrations and activities at the MArts Precinct, the Levee wall, Proudfoots Laneway and public spaces around the CBD;



- A series of performances by youth group Doublemask Theatre;
- Several artist talks and presentations; and
- Local studios and pop-up spaces showcasing our local skilful artists in a range of art forms, including painting, textiles, sculpture, woodturning, pastels, glass and steel art, and site-inspired art.

Participating artist Helen Otway said, "As a first time participant, I am really excited to be part of the Murwillumbah Arts Trail."

"The interaction with collectors, visitors and fellow artists helps me to reflect upon my practice and encourages me to keep going."

"My studio-gallery at the MArts Precinct will be open throughout the three days."

Art lovers can follow the trail however they wish. Maps can be downloaded from: www.murwillumbahartstrail.com.au

or picked up at the information stands at M-Art, Tourist Information, or the Tweed Regional Art Gallery. A full listing of participating artists and a gallery of their work is also available on the website.

Form + function = beauty



by Anne Cook

When one thinks of art it is always works on canvas that first spring to mind, however the creative process can take many forms – ceramics is one of them.

It is said that form follows function, and nothing can be more beautiful than an item of pottery that is aesthetically pleasing to look at and is also a practical and useful object.



The potter Francisco Alvarez, a.k.a. No-Mad Potter, achieves this fusion with his wonderful ceramic creations, especially his teapots.

These whimsical works of art would be welcome at any tea party as they not only look charming, but pour your tea in an impeccable manner.

Francisco's work can be viewed at the Nimbin Artists Gallery, 47 Cullen Street. We are open seven days.



A woman's perspective...



by Fiona McConnachie

Our up-coming exhibition, 'Balance – A Woman's Perspective', is being held in conjunction with the Lismore Women's Festival, and we are very proud to present this opportunity for women artists in the Northern Rivers to participate in a group show celebrating the many creative women in our region.

The Lismore Women's Festival celebrates women in their diversity and their contribution to our community and the Serpentine Community Gallery's show is part of the official program.

The theme for International Women's Day is *Equality* and our exhibition will explore equality and balance for a better future.

The Lismore Women's Festival is a joyful and inclusive event showcasing local women – connecting and empowering them to share and celebrate their stories, businesses, activities, lives, dreams, passions and wisdom.

Other activities and performances that will be presented as part of the Lismore Women's Festival include a burlesque workshop by Imogen Kelly, *The Roar Women's Music Festival* (Friday 6th March), *She-Rated*



Cabaret (Saturday 7th March) and *Fabulous, Funny and Female Comedy Show* (Sunday 8th March).

This will be the fourth annual Lismore Women's Festival, proudly presented by YWCA Australia and will be held from Friday 6th to Sunday 8th March.

The opening night for 'Balance' is Friday 6th March and the show runs until 24th March.

The biggest gathering will be on Sunday 8 March, International Women's Day, outside on the lawn at Lismore City Hall with a Welcome to Country ceremony, followed by *Young Women on the Mic*.

People can enjoy music, food, talks, a feminist panel and browse a wide range of stalls on the day – all in the spirit of empowering women.

The Serpentine Gallery is situated in North Lismore at 17a Bridge Street. Our contact number is 6621-6845 and our email address is: gALLERY@serpentinearts.org

We're on Facebook at: www.facebook.com/SerpentineArts

Retrospective of layered imagery

by Ruth Tsimbinis

One year already in this new space. How wonderful to be celebrating the Roxy Gallery's first year in its new abode with the works of a long-time local artist who has a great connection to this community.

'Remains to be Seen' is the title Julie St Aubyn has given her retrospective exhibition until 29th March.

Spanning 20 years of involvement in the creative fields, this exhibition of paintings, drawings and mosaics is a true testament to Julie's journey as a new settler to this area, and the striking contrast she has experienced between urban living and country life.

The imagery in Julie's works is drawn from both the natural and unseen worlds, the many layers within images, some obvious and some subtle.

Interested by the human spirit and our place in the world, the childhood intrigue and fear of death, led Julie into working within the fields of palliative care and funeral directing.

Within her artworks, this has influenced her creative journey in exploring themes of impermanence and death.

Just to highlight how creativity runs through a bloodline, Julie has asked her son Jasper St Aubyn West to contribute some of his work into this exhibition. Jasper is a multi-disciplinary artist with a primary focus on the moving image.

Working in the film and television industry for many years has heavily influenced his visual aesthetic, often blending cinematic compositions and narrative elements with surreal and unexpected flourishes, twisting and transforming the familiar to create new perspectives and windows into other worlds.

Jasper, a young Kyogle person, has produced a video of his works for the gallery to screen throughout the course of this exhibition.

'Remains to be Seen' will be officially opened on Friday 6th March, 6-8pm.



Making art to be free

Also celebrating her work achievements on this night will be Carla Davey (pictured) who will be exhibiting in the Steppin'Up Gallery, located in the foyer entrance to the Roxy Gallery.

'I Was... She Is... I Am' is Carla's story of when she was born, where she went to school, how people saw her with a disability, and how she became an artist.

Carla is involved with RealArtWorks, a not for profit 'post-disability' arts organisation that works alongside artists in assisting them to undertake their practice as well as supporting inclusive opportunities for artists to collaborate on larger community art-based projects.

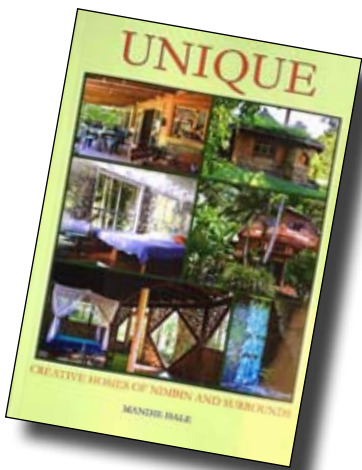
Carla has her studio space at SeeSpace, and says, "I have my own art space. I like it. I love it. No-one can touch my stuff. I play music and dance. I make art so I can be free."

'I Was... She Is... I Am' is now on show, and Carla will join Julie St Aubyn at the official opening on Friday 6th March, 6-8pm.



Unique book is available again

by Mandie Hale



For everyone who still wants to buy a copy of *Unique*, I've just taken delivery of another smaller print run.

Books are now available at the Nimbin Artists Gallery, the Hemp Embassy, the Nimbin Environment Centre and at 7 Sibley Street (Mondays and Tuesdays).

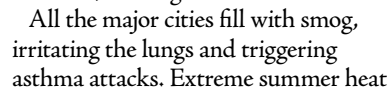
Thanks to all those who gave such positive feedback and encouraged me to risk putting more money into getting the books out there.

This month I was able to donate another \$1,000 to the 7 Sibley Street project, thanks to everyone who bought a copy.

by Mark Pestell

When the US President denies

The ice that Arctic animals need is vanishing. In 2008, the polar bear became the first arctic animal to make



In 2018, 17.2 million people in 144

Our parties in power are seeing only what they want to see and see no reason for change. All they do is deflect questions and return to the generally conservative media which continually supports them.

by Bernadine Schwartz

Scientists have always obeyed the unspoken rule of remaining neutral and many feel they have no alternative but to play a more active role. One scientist in Boston went on a 14-day hunger strike in support of

In 2004, Hurricane Ivan destroyed an oil production platform off the



The internet heralded the beginning of a new age of efficiency, no paper, no posting letters but it's just another tool to make money and bucket-loads of it, and is far from being sustainable. The internet at present uses 10% of the entire world's energy and just the storing of digital data for billions of smartphones, tablets and internet connected devices is growing exponentially and predicted to use 20% of the world's energy by 2025.



We have Costco, destroying Canada's majestic old growth boreal forests (*pictuerd*), the largest intact forest on the planet, for luxury toilet

I've been struggling to find a sentence that could encapsulate the horrendous crime we have committed and I've come to the conclusion that it's simply beyond words and tragically for all, it's going to take the loss of an entire planet before society comes to the realisation that the planet was always far more valuable than those metal discs and bits of paper that are totally worthless.



Unpredictability, humility and an emerging anthropandemic

Just like the droughts and bushfires have confirmed the dire warnings scientists have been issuing for decades about what to expect from climate chaos, so too does the emergence of a potential anthropandemic virus, whether coronavirus or any number of later anthropandemics, serve as a warning of the future we are approaching.

The strangest thing about the new climate chaos we find ourselves in is that some degree of doomsday thinking has gone from being the province of the lunatic fringe, to an unmistakably rational response to available data. Business as usual in the form of current patterns of human consumption, distribution and 'economic' growth are clearly terminal. There already is an extinction crisis underway and humans are not immune to it.

An extinction epidemic like a suicide epidemic, records only the most graphic outcome at the tip of the experiential iceberg of events. For each of us who tragically suicides there is an ever-widening pyramid below of more of us who have come close, even more who ideate regularly and then vastly more struggling with deep personal malaise. So too with extinction, beneath the final outcome of loss of a species lies the suffering of whole populations and entire eco-systems as the requisites for survival contract toward a terminal state.

We know we are heading for economic and ecological and social upheaval but beyond what we actually can do about it, like rapidly reducing emissions, regenerative adaptation and a more equal distribution of what resources are still inevitably being consumed, there is much that is coming our way that we will be relatively powerless to control.

I have no doubt that life on Gaia will survive in some form, at the very least, microbially, and be able to again embark on ongoing evolution. What is extremely unpredictable is what the pathway for the continuance of life on earth is going to be moving forward from the current Anthropocene.

Leaving aside how we define consciousness, reliable complexity science has revealed that the familiar patterns that we can observe and have been able to evolve within, are the result of self-organising and emergent properties of the universe on a grand scale. Complex adaptive systems like nature, our planet and our universe are ever-changing, and they will continue to change and evolve with or without us.

At best, we (the humans) respond quickly enough (through major shifts in social and economic models) to contain the extinction epidemic in a way that permits human survival, or we don't. That's just human survival though, its not the only game in town.

We have pushed this ecological system to the edge of chaos and in evolutionary terms that is a place where increased novel innovation begins to occur, call

it mutation if you will but its more diverse than that. Within the unpredictable innovations and mutations are sown the seeds of the future. Scientists have warned us of increased mutation of new diseases in a destabilised climate so the prospect of repeated waves of global anthropandemics is a very real possibility.

Without ascribing any form of intention, nor any notion of justice to this, anthropandemics may just be one of those perturbations that will have a major effect on how human life, society and economics move forward. It may, from a much bigger planetary perspective, be one way that the problem of the Anthropocene is resolved.

It is difficult to have this conversation without people reading in words that haven't been uttered and imagining that we are celebrating some deeply dark form of biological eugenics. This ugly term eco-fascist has been popping up to malign anyone who dares suggest that the planet may ultimately be better off with less humans.

Let's be clear here, unless someone is proposing a program controlled by humans to selectively reduce the human population, then this has nothing to do with fascism. Fascism is a toxic ideology of self-absorption, idealism and the abuse of power.

What I am talking about is stepping back from our delusional self-importance as humans, taking a big picture look at the biosphere around us and re-assessing our role and importance within it. Anthropocentrism is the patently delusional self-belief of much of humanity that we are more special than all other life.

Eco-centred thinking is nothing more than decentering our thinking from an exclusive focus upon humans and humbly embracing a more egalitarian wholeness with the life processes that surround us. Realising our small part in the much greater web of life. There's nothing even remotely fascist about it. In fact, let's get back to looking at the way anthropocentrism works and we may start to see where the real fascism lies.

Anthropocentrism places one species in a dominant and privileged position above all others and gives itself the right to exploit and destroy other life for its own purposes. The delusional belief that humans are the master species has corollaries in other forms of oppression such as colonialism, racism and sexism. Colonialism privileges one culture over another; racism privileges one race over another; sexism privileges one gender over another. If we want to start talking about intersectional justice, we cannot do it from the extreme colonialist mindset of anthropocentrism.

Until we have the humility to accept that humans aren't the most important



by Aidan Ricketts

show in town, we have not begun to dismantle the structure of oppression that has brought about the ecological crisis. Arrogance begets further arrogance and one of the first and most prevalent forms of privilege and entitlement is human exceptionalism.

So back to anthropandemics. I am calling them anthropandemics because there are other pandemics emerging that are killing other species like bees, coral, trees etc but we don't pay as much attention to those. We are close to the edge of chaos and big perturbations are at play.

The future is always unpredictable. We sense that a big correction is on the way but none of us can know its form, extent or outcomes. There is fear, there is a mixture of panic and denial.

It is certainly true that addressing the inequalities inherent in our global economy is an essential step to moving toward a more sustainable way of living on the earth. But let us not underestimate the task of addressing inequality. In the hierarchy of oppression that afflicts our social systems our delusional internalised belief in the importance of humans over nature is a context within which dwells the rest of the hierarchies of relative importance we have constructed. How can we imagine that we can maintain human centred thinking but somehow address racism, sexism and class? It's all part of the same hierarchy, with nature and other species on the bottom.

We are at a time of reckoning and whilst I strongly doubt that the current anthropandemic (coronavirus) is about to upturn life on earth in grand terms, it is like the droughts and bushfires, yet another reminder of how big and vast and complex our beautiful ecological planet is, and how small and vulnerable we are. Absolutely regardless of whatever delusion we may harbour about the importance of humans, that delusion is not shared by nature.

We are increasingly at the mercy of waves of disruption largely initiated by our own self-absorbed exploitation of this planet. If we don't become humble and aim to find our place in the whole sooner rather than later it is only a matter of time before the waves of perturbation (climate chaos, agricultural collapse, anthropandemics) bring us humbled before the realisation that we are indeed eminently dispensable on this planet.

Anthropocentrism is the oppressive colonial mentality that got us here, wholeness and humility is just part of how we may, using our collective intelligence re-imagined, plot a regenerative course forward.

And do remember to wash your hands and sneeze into your elbow.

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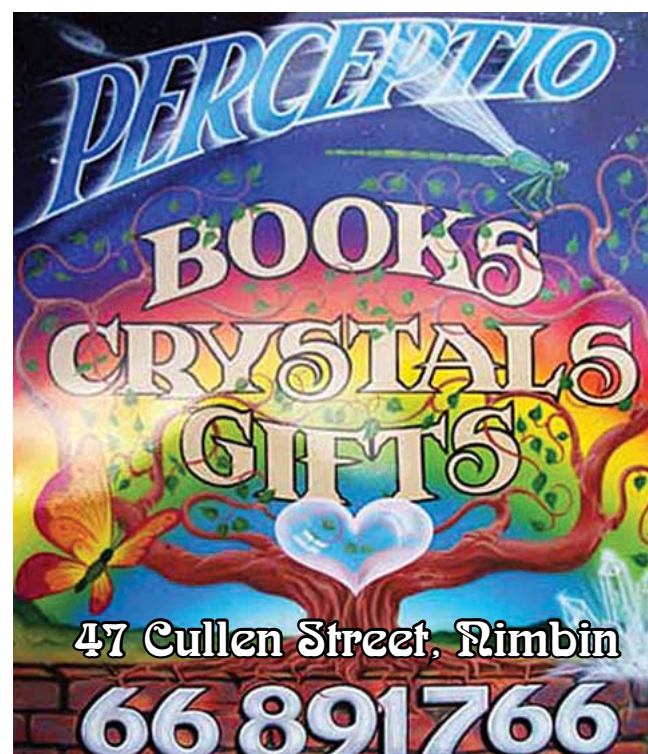
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What, me worry? Part 2

In the moment
by Dr Jacqueline Boustany

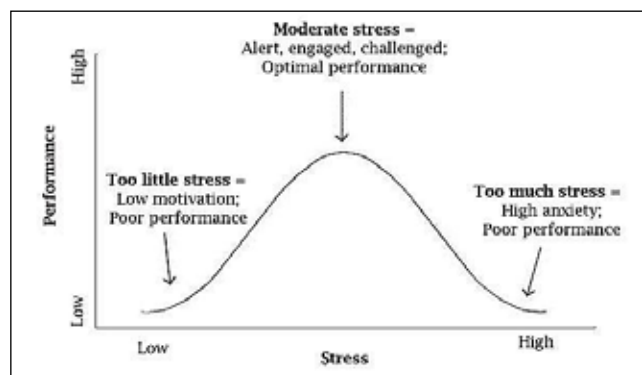
Anxiety is by far the most prevalent mental health condition of our times, fuelled by increasing demand on our nervous system with decreasing human contact, nutrients and supportive skills.

We will always have stress in our lives, and a bit of challenge is actually good for our growth, as we can see in our optimal performance graph.

Our minds love to have a problem to solve but obviously when it's all too much, we go into dysfunction. This is a clear sign that it's time to stop and take stock of what we really need to care about, so we can choose the challenges that are worthy of our time and energy, which we often don't realise are limited resources.

According to Mark Mason in his book *The Subtle Art of Not Giving a F*#!*, it's the unconscious values we hold that drive our stress levels, so particularly when in overwhelm, we need to get choosy about the fucks that we give. This takes a little soul searching, so conveniently our bodies will make us tired or sick enough to stop and have the time and space to do this.

In our culture, we are actually



encouraged to push past this, like soldiering on is heroic, but your soul journey will catch up with you eventually, with even more force if it needs to. Mr Mason recommends a few 'subtle arts' to consider:

- 1) Check out if your validation is aligned with the outside world or with your own growth, like what you look like to others vs what you actually feel like.
- 2) Take responsibility for everything that happens in your life as an opportunity to self reflect on your unconscious choices. "It's the set of the sail, and not the gale that determines how we travel."
- 3) Acknowledge that our own minds, programmed by others, are often incorrect and make mistakes.
- 4) The willingness to discover our flaws takes true grit and allows us to grow and learn,

and then we can work within our limitations until they expand, like being able to say or even hear "No".

5) Contemplate one's own mortality often, which allows perspective on what is in fact actually important and wonderment about the point of it all. Maybe all experience is worth it in the end.

My Buddhist teacher would state most people die in their sleep, so every morning be amazed that we are still here. Regard the world around you with fresh eyes and the 'beginners mind'. People can get so obsessed with 'getting life right' that it holds them back from even seeing what is there. We may then let perfect be the enemy of good.

Ultimately we are all doing the best we can, so let's be kind to each other and ultimately ourselves. This common humanity is also why reaching

out and connecting with others is particularly helpful for the human mind. It was found that for youth in crisis for example, it only took the presence of one supportive person to make a difference.

This is also true in groups of support for any illness which always improves health outcomes, or even having a spiritual or religious belief that gives comfort and sense of connection to the whole. Spirituality may even bring an appreciation of imperfection and a sense of purpose or meaning to it all.

I personally find that nature is my ultimate example of Good Orderly Direction, that even in the chaos there is harmony, that I can observe and be part of, to ultimately reset my nervous system.

Ayurveda yoga therapist Elizabeth Sullivan explains, "The more in tune we are with nature and the elements, the more we can invoke our self-healing. Nature soothes and heals the nervous system and invites us to connect with something larger than ourselves."

"It allows us to remember we are more than this body and this mind, and that we are whole and connected."

See you at the Greenbank on a Saturday if you want to connect and reset. Phone 6689-1881.

Twin Flames: The eternal lovers

by Auralia Rose

For several months now I have been seeing a greater number of people than usual whose Higher Self is preparing them to meet their twin, whether they realise that's what brought them to me or not.

For those not familiar with the term Twin Flame, they are literally the other half of our soul. It is believed that when we were created our soul was split into two identical parts, one male and one female. We then went our separate ways incarnating over and over to have different experiences before coming back together.

However, when twin flames reunite the relationship is often very difficult because, being literally our other half, they are an exact and perfect mirror, reflecting the best and worst of us. A high degree of spiritual and emotional maturity is necessary for twin flames to live together. Often they meet and then part ways for many years to deal with their emotions and learn their soul lessons.

It is important to know that each twin is a complete soul, not half a soul. We are all someone's twin soul, seeking wholeness, learning to balance our female and male sides, before reuniting with our twin as two complete and whole beings.

When twins reunite, life changes forever. Both of them experience an acceleration of their spiritual growth and awakening.

As the planet continues to increase in vibrational frequency, there has been a big increase in people meeting their twin, with 2020 being a pivotal year for reunions. Increasing numbers of twins are coming together now to help

the planet and humanity make a big shift forward in consciousness because through their union a huge birthing of creative energy is released, to be used for their mission together.

Your chance of meeting and staying with your twin depends on how evolved your soul is and how much of your baggage from this and past lives you have cleared. When you meet your twin everything comes up for healing that you haven't previously healed. Everything!

This is where past life healing is so very valuable. Through working with your Higher Self you can understand and heal the energies and blocks that need to be cleared in order to bring you and your twin closer together.

In a recent session I worked with a lady who had an on and off relationship with her twin flame in her early 20s, spanning nearly 10 years. Now nearly 20 years later, she is happily married to another man. She came because of a pain in her right hip which persisted despite many treatments with some very skilled practitioners. She felt intuitively it had something to do with a past life.

She mentioned the pain began after a very intense experience she had one night where she connected with the energy and soul of her old boyfriend, whom she was no longer in touch with, being happily married for many years. She rang him next day to check up on him, feeling he was in some kind of need. He told her he was fine and, feeling confused, she attempted to push the experience away.

During her past life regression her Higher Self showed her a life where she lived in a spiritual community and had a close relationship with a man she was not permitted to marry. Everything was for the highest good of the community and each person had their own special role.

She witnessed the man she loved

being married to another, which was deemed to be for the highest good of the community. Whilst she understood this was the way it had to be, she felt great sadness they could not be together.

Their roles in the community often brought them together and they continued their friendship, but it was very painful for her and she eventually left, got married, a good happy marriage, yet she still carried grief and anger that she could not be with the one she loved above all others.

He eventually found her and asked her to go back to the community but she sent him away because he could not offer her anything. He was very loyal to his wife and his role in the community and even though they loved each other they would never be united in marriage. Their roles were not to be questioned and she found that very hard to accept. This was her Twin Flame. She felt "joined at the hip" with him.

In reviewing this past life with her Higher Self, she felt somewhat stifled in her role in the spiritual community. In her new community she could express who she was, show her emotions and be accepted for who she was. This was her Soul learning.

The pain in her right hip? The pain of pushing away the man she was "joined at the hip" with created a wrench and energetic imbalance in that part of her body. She was told he was having his own journey and they would reunite when they were both ready. Meanwhile, she was enjoying expressing herself creatively in this life, learning and doing what delighted her Soul.

The Twin Flame relationship is pure Divine Union, the deepest romantic relationship you will ever have. Worth aiming for I believe.

auraliarosewellbeing.com

Herbs effective against Lyme Disease bacteria

Research published on 21.2.2020 tested the effectiveness of 12 herbal medicines and three supplements popularly used to treat Lyme Disease.

Seven of the herbs were found to be effective at killing the bacteria that causes Lyme Disease. The two most effective were *Cryptolepis sanguinaria* and *Polygonum japonica* (Japanese knotweed). *Cryptolepis* alone was effective in causing complete eradication of both the growing and stationary forms of the bacteria.

In laboratory studies these two herbs destroyed borrelia burgdorferi bacteria, including the so-called stationery form which occurs in late stage Lyme and is generally unresponsive to medical antibiotics.

The authors note in fact that a recent retrospective analysis showed 63% of patients had persistent symptoms after antibiotic treatment. In the study, a comparative test was conducted with two antibiotics, doxycycline and cefuroxime, which are commonly prescribed for Lyme Disease treatment. The results showed these antibiotics were less effective than the herbs at killing the bacteria, and allowed a regrowth after a 21-day 'subculture'.

I was very excited by this study, as I treat a lot of people in my clinic with late stage Lyme, a tick-borne infection that is more common in Australia than the medical profession likes to believe.

Of course, the research is preliminary as it involved test tube studies ("in vitro") and not tests on actual patients ("in vivo" clinical trials). I am always sceptical when I



see that people are convinced about a new 'cure all' as a result of in-vitro studies that haven't been backed up by either clinical trials or more particularly traditional use.

The difference here, however, is that these results match centuries of traditional use of the key herbs as anti-microbials and anti-inflammatories. So although additional clinical studies are needed, I am confident that we can take a lot of heart and hope from these results.

The herbs and supplements additionally were selected because they have the ability to cross the blood brain barrier, confirming that they are absorbed systemically and not blocked by the digestive system, rendering them ineffective. They also are capable of breaking down 'biofilm' clusters of bacteria which are often resistant to antibiotics.

Here is the list of the seven herbs that were effective in the study. All except cistus showed stronger activity than the tested antibiotics.

- *Cryptolepis sanguinolenta*;
- *Juglans nigra* (black walnut);
- *Polygonum cuspidatum* (Japanese knotweed);
- *Artemisia annua* (sweet wormwood);

- *Uncaria tomentosa* (Cat's claw);
- *Cistus incanus*; and
- *Scutellaria baicalensis* (Chinese skullcap).

There were a further eight herbs or supplements that were tested and found to be ineffective at killing the stationary form of the bacteria in the test tubes. They were: stevia, andrographis, ashwaganda, teasel root, grapefruit seed extract, colloidal silver, monolaurin, and antimicrobial peptide LL37.

The only surprise here for me was andrographis, which has shown itself to be effective against some other (similar) bacterial spirochetes.

The selected herbs largely match the protocols of herbalist Stephen Buhner who has influenced my treatments. The ineffective supplements were largely popularised through the internet and, as in the case of stevia, by reported in-vitro studies.

The research was supported by the Bay Area Lyme Foundation in California and was published in the journal *Frontiers in Medicine*. The study was conducted at the Johns Hopkins Bloomberg School of Public Health.



Nature's pharmacy
by Trish Clough, herbalist

I was pleased to see the test substances used were herbal tinctures, which equates to the same extraction method I use. Many studies use isolated ingredients extracted from a plant, or a very concentrated extract that could be difficult to compare with a herbal tincture.

Of the traditional herbs which failed to eradicate the stationary forms of the bacteria, it should be noted that they are used to support the herbal Lyme protocols through immune system, liver, and adrenal support and their anti-inflammatory actions.

Cryptolepis, the winner here, is a fascinating herb which is not well known or utilised here in Australia. I will write an in-depth article next month featuring *cryptolepis*.

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.

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Why Bowen therapy is a great first aid tool

Life happens, we get sick, injured or stressed. What do you do? How do you get better?

Whether it's kids falling over and hurting themselves, partners with stiff necks from being in front of the computer all day, being in a car accident and hurting your back, pain in your hip from driving too much, tingling in your hands from holding the steering wheel for hours, Grandpa recovering from a knee operation, your baby struggling with colic, or mums that need a break from taking care of everyone around her.

There is a holistic modality on the table called Bowen Therapy that can provide some relief and start the healing process.

A new client comes in because she is feeling so stressed after the recent bush fires. Even though it's a few weeks ago, she is feeling "numb" and can't sleep. She feels like she's on high alert constantly. After only one



by Sonia Barton

session which calms down her nervous system and treats the adrenal glands, she feels much calmer and actually had a good sleep at home after the session. She felt like she was more 'chatty' and less 'numb'.

My neighbour had a T-bone accident and is now struggling doing the things he normally does like going to the gym or even just working in the garden. Something just didn't feel right, but he is not sure what. After just a few Bowen sessions he is enjoying his gym time again and is planning some work in his garden.

My friend had a knee replacement but it was too painful to even try to do the stretches and exercises the hospital gave him. He decided to add Bowen therapy to his recovery and after just a few sessions, his pain level drops considerably and he is able to start doing his exercises with ease.

A mum comes in with a colicky baby. Just a few gentle, relaxing Bowen moves over the baby's respiratory system and diaphragm with some checks on bub's jaw alignment and within a few sessions colic is a thing of the past. This makes a whole lot of difference to the dynamics of the family as everyone is able to sleep during the night.

My beautician comes in with bad back pain from bending over for years in the same position massaging and doing facials. She thinks she may have to give up her career as the pain is so intense. Three sessions later she is back at work and very much relieved

that she won't have to change her career. Monthly sessions keep everything under control and she is able to make a living doing what she loves to do.

These are all instances where life can come to a sudden halt and the things we enjoy to do, or even have to do for a living, can become very painful or even impossible. But that doesn't need to be your story, just by booking a Bowen session you can change the outcome. After an initial 60 minutes, 30 minute sessions can be booked to focus on a specific injury or outcome.

The longer you wait, the more time your body has to incorporate compensation patterns. Don't just keep living with the pain, taking those painkillers or alternating hot and cold heat packs. Get some first aid Bowen Therapy today! What do you have to lose?

Sonia Barton offers Bowen Therapy in Nimbin and Byron Bay. Phone 0431-911-329, web: www.bowenenergywork.com.au

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