



Roxy Gallery

143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours

Tues - Fri: 10am to 4pm
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

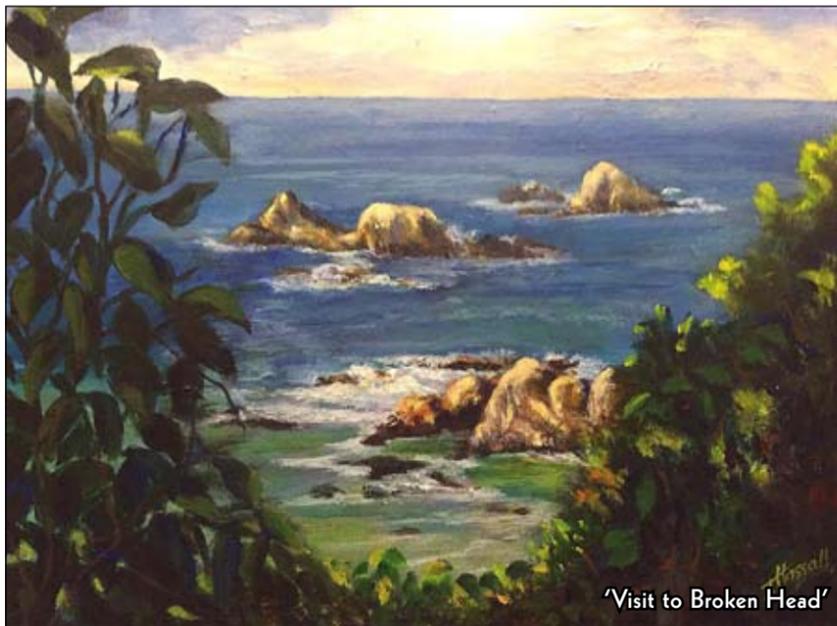
December feature artist, Janet Hassall

by Peter Warne

The featured artist for December at Nimbin Artists Gallery is Janet Hassall, one of our long-running artists. While Janet works in different styles and different media, the consistent, but not exclusive, theme of her work is landscape art.

Janet has had literally a lifelong preoccupation with art, even though she was married and a mother of small children before she could make the time to actually apply herself, get some training and allow that urge to blossom. Her story is one of unflagging persistence and just refusing to not paint. As soon as her family situation permitted, she went to a night class at a local school to do a beginners course in painting while her husband babysat the kids. She never stopped painting after that, but she also pursued further training, completing first a diploma of fine art, following this in 1992 with a degree in fine art.

Her recent paintings at Nimbin Artists Gallery have been mostly landscapes in acrylic, although we have also had watercolours and the occasional portrait. Viewing her acrylic landscapes



'Visit to Broken Head'

one is aware of a mature artist, with an effortless grasp of the technicalities of brush control and colour. There is always a sense of balance in the compositions, and a vigorous engagement with the energy of the strong light of this part of Australia, expressed through the capturing of strong contrasts of light and shadow, or of light reflected off water or refracted through sky and clouds.

Janet is passionate about communicating with people through her art, seeing it as an enriching element at a social level and at the level of personal expression. Not the least among her beliefs is the faith in the power of art to awaken people to the beauty of nature, and thereby to convey the need to respect and preserve all that is beautiful in nature. In discussion, she told me of the

time years back when she visited Cairns, and loved the small town atmosphere and the surrounding countryside and beaches. When she revisited in the eighties she was distraught to see how the town had been spoilt by the years of intense commercial development.

A recent development in Janet's work is the production of small mounted watercolours. There will be examples of these in the feature display which we are presenting through December (from the 7th), and if you are tempted by having some of Janet's work in your home, or offering her art as a Christmas present, you will be surprised by the affordability of these pieces, which is in a price range we rarely encounter for original works from an established artist.



'Out Past Comdale'

...and little pieces

Artists choice and little pieces

'The Artist's Choice' is the last exhibition for 2015 at Blue Knob Hall Gallery.

This annual exhibition is a 'free for all', not free artwork for the viewing public, but a chance for the members and artists of the Gallery to put any work they choose into the exhibition, unshackled by a theme.

As part of this exhibition, there is a fundraiser for the Hall and Gallery with all the artists having an opportunity to participate. This fundraiser is being held along with the main exhibition, and has a dedicated wall titled 'Little Pieces'.

Gallery members and artists, along with well known artists, Rene Bolten, Ian Pearson and Lae Oldmeadow donated pieces and have generously supported this fundraiser.

A silent auction was held on Opening Night, and any work not sold on the night is available during the rest of the exhibition period and will sell for a minimum of \$30 (offers above are welcomed).

Vocal Minority choir performed on the night and made this a wonderful event to end the exhibition year.

Paul Roguszka has generously donated a beautiful 'Personal Craft Box' valued at \$300 to raffle again this year, and tickets are on sale now at the Gallery (\$2 each or 3 for \$5). This will be drawn at the opening of the first exhibition in the New Year.

The current exhibition will run through until February 2016.

Artists & Friends Lunch

The next Artists & Friends lunch will be held on Thursday 26th January at 12.30pm with a main meal which includes dessert for \$18 (vegetarian) or \$23 (non-vegetarian meat dish). Please contact the Cafe on 6689-7449 if you are planning to attend.

Ceramic Studio update

We are getting very close to finishing the Ceramic Studio! Hopefully the final plumbing can be completed, and shelving installed before Christmas. All things going well, we plan to open in February 2016. So, please send us your contact details if you would like further information about using the studio space and we will let you know closer to the date.

Rainforest Birdbaths have generously donated one of their wonderful birdbaths to raffle for the Ceramic Studio. Tickets \$2 or 3 for \$5 at the Gallery. This will be drawn at the opening of the Ceramic Studio in February.



From 'Plein Air Series' by Lowana Davies



'Beyond my Grasp' by Linnie Lambrechtsen

Christmas break

Blue Knob Hall Gallery will close for a two-week break from Monday 21st December, re-opening on Thursday 7th January.

Cafe Blue Knob will also be closed for a three-week break from Monday 21st December, re-opening on Thursday 14th January. However, the cafe will open for the Farmers Market on 9th January.

On behalf of Blue Knob Hall Gallery and Cafe Blue Knob we would like to thank the community and volunteers for your great support over this past year. Have a wonderful Festive Season, and we look forward to seeing you all in the New Year.

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NextMarket
13th December
8.30am - 4pm

Band of the Day:
Hussy Hicks

Buskers: Two Tears in a Bucket

Charity of the Day:
The Channon/Dunoon Pony Club

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THE NAME SAYS IT ALL

"If you don't eat here, you'll miss the best food in Nimbin"

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Carolyne and Garry

Shop 2, 54 Cullen Street

'It's the Little Things...'



'Original Australian – Red-bellied Black Snake' by Melanie Barsony

Member's Show
(09/12 - 24/12)

Opening night: Friday 11th
of December 6-8pm

It's getting close to that time of year when parties approach and gift-giving is unavoidable for a lot of us and here at the Serpentine Community Gallery we will definitely inspire you to make that an 'art form'.

A gift that is handcrafted and born from the imagination of a local artist is not only both personal and heartening but gives straight back to our community. 'It's the Little Things' is our end of year member's show and continues with the traditional 'Minatures' genre we usually showcase at this time of year and again our artworks will remain both small in size and price, to suit the season.

This year however, we have expanded the interpretation of our theme to encourage a creative exploration of the 'little things'. Be it small objects, fine detail, dots, spots, minimalism, reductionism, conservationism, symbols

and/or words. The microcosm will reflect the macrocosm kinda' thing and the potential will provide many possibilities...

One of the many members whose work will be highlighted during 'It's the Little Things...' exhibition will be Melanie Barsony, a local artist who completed her Diploma of Fine Arts at Lismore TAFE.

Melanie has been a wildlife carer for 13 years, rescuing thousands of animals and birds. Caring for birds of prey and owls is her speciality and she is privileged to have rehabilitated and released many different species from majestic Wedge-tailed Eagles to swift Little Australian Kestrels.

Sadly, Australia is currently experiencing one of the highest numbers of species extinction in the world. Most wildlife is injured or orphaned due to human activity. This includes car accidents, domestic pet attack, barbed wire fences, tree removal and habitat destruction.

Art can be a powerful tool to raise awareness and with this in mind Melanie has created a series of affordable 'Message Art', these cards are individual artworks in their own right, hand-coloured lino cuts printed on 100% repurposed paper and card.

The messages range from simple reminders such as slowing down for wildlife on our roads and making sure pet cats are safely secured, to respecting and accepting Australia's oldest inhabitants.

There are simple things we can do to help our amazing wildlife and these cards spread the message.

Two examples of Melanie's message art are 'Original Australians- Red-bellied Black Snake' and 'Slow Down for Wildlife- Whiptail Wallaby Joey'.

To see more of Melanie Barsony's wonderful work and observe how our members interpret the theme of 'It's the Little Things...' pop into the Serpentine Community Gallery during December, where a small gift can go a long way!



Slow Down for Wildlife- Whiptail Wallaby Joey

Aquarians gather to launch website



What started as 60 boxes of ephemera has become the Aquarian Archive, a remarkable collection of documents and images from the time of the "new settlers" to the Rainbow Region, now housed at Lismore Library.

With the ravages of time, and continued interest by researchers, the Archive has now been digitised and put up on line, and a group of the original 1973 Aquarius Festival-goers (pictured) met to celebrate the launch of the website in Nimbin Town Hall.

Jenny Dowell, officiating, said, "Thank the gods for the hoarders and collectors!"

These included Katie Cawcutt, Benny Zable, John Corkhill, Brian Alexander and Graeme Irvine, who began the collection in 2001.

The scanning of thousands of items was made possible by a \$30,000 grant to Lismore Council from the State Library of NSW.

Council's IT officer, Tim Robertson said the grant was "pretty much a one-off", and Council was fortunate to obtain it.

Head Librarian of Lismore Library, Lucy Kinsley welcomed the digital version, saying, "This will allow access to researchers world-wide."

The website is accessible via a link from the 'Visit Nimbin' site, and allows for the downloading of individual pages, as well as whole documents.

The Archive is still open to receive donations of material, specific to the Aquarian area, from the Queensland border to Tenterfield and Grafton.

The physical collection, which includes 3D objects unable to be scanned, is accessible as part of the local history collection at Lismore Library.

A collection of the Aquarian Archive is also held by the State Library of NSW.

Organic design

The Nimbin Food Co-op is delighted to present our new logo.

Markus Ahedron of Nimbin Tattoo Studio designed this beautiful produce mandala and was selected as the winner, after much deliberation. Many thanks to all who submitted entries.

The Food Co-op will be closed Christmas Day, Boxing Day, and New Years Day. Final arrangements are still being made with all volunteers, but our intention is that standard operating hours will function apart from these closures.

The Coop continues adding divine local



products to our lineup. We are now stocking Kitty Kadamba's beautiful raw organic Icecream YAHMBars, handmade in Ocean Shores. As her fans will attest, these rich, delicious bites are made with love, care, and premium ingredients. Dedicated fans and curious munchers alike, rejoice!

Blessings of the season to all.

The Butterfly Effect



Permaculture Principles
with Anastasia Guise

As a child I brought milkweed into the house. Its pungent white sap and balloon-like seed pods still remind me of long summer walks along the edges of the creeks in the valleys where I grew up. The butterflies danced above fields of the stuff, and I collected it, making arrangements in old jars half-filled with water and stones. It was not the flowers I was after – but the silky green chrysalises hanging from the branches, the immature cocoons of the monarch butterfly.

The air was thick with butterflies in those days. Late spring was

flamboyant, celebratory; it was a time of birth and transformation. I nursed the tiny black, white and yellow-striped caterpillars, watching them become sleek and fat. When they had stripped the milkweed of its leaves they turned on the stalks, working their way down from the top where the meristem was the colour of fresh asparagus. When they had eaten their fill, their instincts drove them upwards, searching for a convenient overhang, an inverted launching-pad of sorts. They took their time about it, too, suspended from a silken thread, heads curled up, feelers twitching. And then – it was as if someone had flicked a switch – they turned from being recognisable striped caterpillars, into glossy green cocoons, trimmed with gold dots like lace.

Many a time I sought to witness the Change. I spent hours sitting up at night, I rushed out of bed in the mornings. Once I even glanced away – one, two seconds only – and when I turned back I'd missed it. Magic. The week that followed a caterpillar's hanging was one filled with majesty. At first the green

prevailed, green like a jewelled sea. And then a slight discolouration, black shades emerging, like rocks at low tide. Finally, the bright orange and black wings of the butterfly inside could be seen clearly through the chrysalis. After seven days a butterfly emerged crumpled and trembling, proboscis curled, bright and gleaming.

I studied transformation. I was awed by it, this that was like death but not death. For this is what we must also undertake, a drastic transformation that is like death and yet affirms life – all of life and not only our own individual life or that of our own species.

This is not about changing our light-bulbs or driving less. The notion of individual responsibility is, as ecologist and writer Derek Jensen sees it, a guilt trip assigning blame for the world's problems on individuals and not on corporations or capitalist structures. This myth, he writes: *incorrectly blames the individual, and most especially individuals who are particularly powerless, instead of those who actually wield power in this system, and the system itself.* The same myth



redefines citizens as consumers, reducing human agency to economic transactions. Within an inherently flawed and destructive industrial economy, every act is destructive, argues Jensen, so, to follow the same logic to its endpoint, we might easily come to believe that we will cause the least destruction possible if we are dead. This myth is in this sense suicidal, nihilistic, and disempowering. It is not transformative.

Rather, continues Jensen, *the role of an activist is not to navigate systems of oppressive power with as much integrity as possible, but rather to confront and take down those*

systems. Not surprisingly, these challenging words have ruffled a few wingtips. After all, it is much more comforting to build ourselves a cocoon and imagine we are making a difference. But the statistics really do stack up: the great polluters, carbon-producers and resource-extractors of the world are not individuals on a quest to eat and be happy, but complex mega-structures designed to undertake as many useless transactions as possible in the quest for false wealth.

The question we are really navigating here is an old one: do we seek to change the world, or transform ourselves? The answer is, of course, both. The transformation required on our road to eco-librium is at once subtle and profound, both inward and outward. It is the kiss of a saint, and a journey of a hundred thousand steps. It might be as brave and majestic as a butterfly's metamorphosis. It is a death that is not death. It is transformation on a structural scale of the like we have never undertaken. But it is also a multitude of singular occurrences, which, no matter how small, can change the course of the universe. It is no coincidence that this is called the butterfly effect.

www.communitypermaculture.com.au

Healing Carpal Tunnel Syndrome with household objects and Feldenkrais

by Brent Shaub

The use of widespread technology from mobile phones, iPads, computer mice and keyboards has led to an increase in wrist tensions, elbow pain and finger deformities collectively called carpal tunnel syndrome.

The insidiousness of pain in small joints which relay a high volume of data to the brain through the hands means trouble in this area is likely to be on your mind.

Frustrations at not being able to do what you want with precision and ease without further causing pain can lead to lack of activities, lowering the quality of life.

Existence is less fun when just twiddling your thumbs hurts.

I wouldn't be writing if there wasn't hope. And affordable at that. Common household items used correctly can restore space in the carpal tunnel and reconnect the mind to its fingers. Intention can become pain-free action again.



Find a bracelet, serviette holder or jar lid, any of which will not bend in your firm grip. To begin, sit comfortably with empty hands. This will take about three minutes.

Notice what you feel in your arms, shoulders, back, hips, sitting bones, legs and feet. Sense your shoulders, wrists, palms, fingers



and thumb of each hand separately. Notice any differences.

Choose either hand to begin with. Hold the object in all five digits (thumb and fingers) near the tips. Let each grip the surface without strain. Squeeze ever so slightly then release. Make tiny adjustments to the position until it's fully

comfortable.

Explore options in a mindful way, letting your sense of ease and comfort direct.

Keeping all five in contact, move it in any direction at pace you can sense what happens as it unfolds. Mindlessness has gaps; mindfulness surrounds sensations in both stillness and motion.

Experiment with some movements of the object while keeping all five digits in contact. Whenever there's a break in touching with any one, gently bring it back into contact.

One at a time, change the position of your hand, your forearm, your elbow, shoulder, posture. In what positions is there more clarity in your fingers?

Slide the object up to the ceiling slowly, then back to neutral and repeat a few times. Next move it towards the floor and back. A few times pendulate from up to down, noticing the middle and any places the angle of movement changes.

Rotate what's in your hand in space around itself a few degrees like the steering wheel of a boat. What do you feel in your wrist? Elbow? Keeping the hand still, and rotate at the shoulder, moving the object through space.

Rest. Observe your sensations in the arm that's been moving, and the one that's been still. What feels more available to do what you intend?

To sit in the process of learning and cultivate patience – especially when confused or in physical pain – is a skill that helps ground through turbulence. Release yourself from the crippling debilitating effects of carpal tunnel syndrome with a daily practice directed at making space there in a safe, painless way.

Classes and private lessons available at 4/104 Stuart Street, Mullumbimby, phone 0404-429-271. Schedule and recordings at <http://EmbodyWisdom.Today> and videos at facebook.com/EmbodyWisdom.Today

Natural Law

by Helene Collard

"Aloha" is a Hawaiian word that can be translated into 'the joyful sharing of life energy in the present' (Curby Rule, *The Deeper Meaning of Aloha*). Thus, "Aloha" is far more than saying 'hello' or 'goodbye' – it is a wholehearted way of life.

During the first half of December, we are invited and supported to actively and regularly open the area in and around our heart. This can be done in many ways, including through stretching, a gratitude practice, prayer/affirmations/mantras/meditations and more. Just find what's right for you – intention is the key.

Intentionally keeping our hearts open, allows us to be more present with life energy and to express more of our Divine nature, both of which are key to collective unity and harmony.

The second half of December is good for purification. Continue the heart opening, meditate, eat and drink cleanly. Focus on what your body, mind and spirit needs to be healthily prepared and poised for the changes due toward the end of the month. These shifts will occur in order to restore balance. Whatever changes are thrust upon you – you are strong enough to integrate. The key is to listen to your wisdom – it will help you recognise and healthily embrace, rather than oppose these changes and fall into familiar dysfunctional coping strategies.

We are always connected to the Source of Life, however, during this time, we can feel the connection more easily and powerfully. So do whatever it is that brings you to that quiet, still space. Open your heart and witness how life flows when we're 'plugged in'. It will happen differently for everyone, the potential is there for accelerated spiritual transformation on individual and collective levels.



*We are all self-governing.
Let us call upon our ancestors and teachers – past and present,
to guide us in the way of the Heart.
You are all my relations.
All is One*

The more we intend to, and actively, open our hearts, the more we will experience personal and collective harmony. From greater levels of harmony, will come natural collaboration and cooperation, in small and big ways, that will inherently have reciprocal benefits for all of life. This is the way of the Heart.

Aloha – being watchful; working with unity; truthful honesty; humility; patience, perseverance (Curby Rule, *The Deeper Meaning of Aloha*).
Aloha – a way of life.

Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master Teacher. She lives in the NSW Northern Rivers area and is now offering Reiki & Wellbeing: treatments, sessions and classes from Nurture Health & Wellness, 115 Keen St, Lismore. Helene also designs and facilitates workshops, and is currently delivering her workshop for Professionals and Carers in the area of Secondary Trauma & Self-care. For enquiries and bookings, email: hmcollard@gmail.com or phone 0405-656-797.

Transformational Energetics – A powerful new healing art

by Krishna Bear

Transformational Energetics is a new healing art, which at its most basic level, utilises a combination of Quantum Healing and Spiritual Healing techniques. I find it a challenge to put labels on this work because it taps into many levels of reality and phenomena such as your multi-dimensional self, the use of both consciousness and light technology and receiving the assistance from many types of beings on a cosmic and trans-dimensional level.

Quantum Healing

Many of us are now familiar with Quantum Physics. Quantum Healing is a healing technology based on the principles of Quantum Physics which states all matter is not real and is a holographic construct of consciousness.

Stepping into the universe of Quantum Healing presents us with a radical new paradigm – that you are not who you think you are but instead are pure energy, pure consciousness. The entire environment is your body. You are the creator of this interconnected, conscious holographic multiverse of pure energy. All there is... is you.

That's a big lot of concepts to take in but if you look closer into the idea that "all there is... is you", our whole reality starts to change. Our ego personality suddenly seems not so important and in many ways not even real considering the fact there is only one consciousness. The world of the Quantum can lead to a mind blowing concept which acknowledges when you talk to another person you are literally talking to yourself on a quantum level because we are both the same wave of energy holding photons of light in a particle state which creates the illusion of matter. Our consciousness and energy is the same within all beings. You and I are both the same god being co-creating reality. We are one.

Thankfully you don't need to understand Quantum Mechanics to receive this healing. However, Quantum Healing does step in to gently remind you of how powerful you are. Who are you? You are not a "consumer", "a useless eater" or "a sheeple" as the abusive system and cultural paradigm we live in programs us to be. You are a vessel holding the universe within you. You are a multi-dimensional power source which creates reality through the act of simply observing. The art of Quantum healing



focuses your power like a laser beam onto a specific outcome. The results are incredibly transformative and immediately observable.

Spiritual Healing

Another powerful aspect of this healing art is the use of Spiritual Healing techniques. Spiritual Healing is based on the art of hand laying utilising many energetic tools and techniques to shift energy blocks. Some of these tools include the use of auric surgery to effectively remove energy blocks when required and programmable light forms which are used as tools to move and transform energy.

Balancing the chakras and receiving the assistance of spirit guides is also an integral part of spiritual healing. I use the term Spirit Guide loosely as generally in a healing session there is a vast amount of phenomena and interactions with beings on a Trans-Dimensional level who are willing to assist. Light language is another aspect of Spiritual Healing. It is a type of multidimensional soul language where each word holds huge packets of information and frequencies and is in itself a healing tool of transformation.

What can this healing do for me?

Bringing these combined healing arts to the table we can observe and invite a new reality for you and at the same time transform blockages of energy. Everything that presents itself as a problem or an issue, can also be observed as energy, or a blockage of energy. Releasing these blocks of energy allows new possibilities of yourself to emerge which transforms your experience.

This healing art is a great source of personal empowerment, transformation, trauma healing, emotional pattern restructuring and consciousness expansion. The more clear our energy field is, the less reactive we become to outside triggers. We are then able to deal with the stresses of life without the added burden of unresolved baggage interfering with our day to day experience.

You can receive this treatment at Shanti Bhavan Retreat, phone (02) 6689-7055 or email: www.shantibhavan.net An amazing Earth Healing Crystal Grid is set up there, which greatly enhances this healing process. The energy portal within the grid is extremely powerful, loving and grounded which makes the receiving of this energetic work a wonderful and transformative experience. I highly recommend the 2-3 hour comprehensive restructuring session which clears traumas and emotional patterns from your entire life history. I regularly receive reports from my clients indicating profound changes after just one session.

I am also available for Transformational Energetics, Remedial Therapies and Kahuna Massage every Wednesday at the Nimbin Green Bank, phone (02) 6689-1881. I look forward to working with you.

Yin and Yang

by Brigid Beckett

The concept of Yin and Yang is the most important theory in Chinese medicine, it is central to everything, both medical and the larger view of the universe.

It was central to *The Book of Changes*, 700 AD, containing the 64 hexagrams. This period in China was influenced by Taoism, which is where much of the profundity of this concept comes from.

Western thought for the last 2000 years thinks in dualities or opposites. If something exists in one way, it rules out it existing in another way. If somewhere is dark it is not light, if something is soft it is not hard, if it is a square it is not a circle.

Yin and Yang theory thinks of opposites as complementary, each being essential to the existence of the other. Dark, soft or straight cannot exist alone without the opposite to compare with or transform into. This is seen in the yin yang symbol where the dark and light contain the seed of its opposite. Yin is darkness, material form, shade, moon, water. Yang is light, sun, activity, dryness.

The character for yin is the shady side of the hill, the character for yang is the sunny side of the hill. Probably Yin and Yang were first observed in nature, as day changed into night, and as the seasons changed, alternating from brightness and activity to

shade and rest. Water changes from liquid to vapour. Life and death are parts of the same whole. The Taoist principles encouraged living in harmony with nature, and living with moderation and simplicity.

This may have been easier to do in ancient China than modern society, but it's worth a try. Qigong was developed from early Taoist breathing and posture exercises to move qi in the channels, and is equally as beneficial today.

In our bodies, Yin and Yang are in a state of dynamic balance. If one is out of balance both will change to find a new state of balance. Organs are either Yang or Yin, with the Yang organs transforming, digesting and excreting eg bladder and intestines, and the Yin organs storing the resulting pure essence, eg kidney, heart, liver.

Some examples of the intertransformation of Yin and Yang are: excessive work (Yang) causing deficiency of yin. Excessive consumption of hot fried food (Yang) leading to too much bodyweight and tiredness (Yin). Staying awake all night (Yang) causing deficiency (Yin). Too much inactivity (Yin) leading to blockage of qi (Yang). Worrying



(Yang) leading to spleen deficiency (Yin). Avoiding rapid swings from one to the other avoids many physical, mental and emotional problems. Polarities are at the core of our being, also seen in mental and emotional states. At times opposites chain us to causative factors, and it is useful to see them for what they are, ie not absolute or permanent states.

Examples of these polarities are feelings of worthiness/unworthiness, abundance/poverty, feeling loved/feeling neglected, emphasis on work/emphasis on home, feeling fearful/feeling confident.

It can be a useful exercise to sit quietly and feel one of these polarities then its opposite, then feeling both together. Repeating as long as it takes to see that they are both existing together in the same place – in ourselves and the universe. Negative and positive are a part of the whole.

Like everything, this time of year has its positives and negatives, I would like to wish everyone a happy and restful Christmas break and hope the New Year brings everything you wish for. I would especially like to send my best wishes to all my clients who are reading this.

Brigid Beckett is a qualified acupuncturist working at Lismore Community Acupuncture. Phone 0431-702-560

The Dance of Focus and Relaxation in Hypnosis

I remember, years ago, studying qi gong and being taken by the rhythm of yin and yang. In this Chinese practice, each strong movement is followed by a gentle one and every movement comes from a state of relaxation and focus, with a strong sense of balance and harmony and a centre point felt within.

I realized that this pattern was very powerful and set about employing it in everything I do. It is there in my counselling and it is there in my clinical hypnotherapy work. As a conscious practice, I discovered that I don't get tired when working with someone. Enter the dance of challenge, support, challenge, support and it flows.

What comes to mind right now is that wonderful scene in the film *Crouching Tiger, Hidden Dragon* where fighting goes on in a field of swaying bamboo. Each action is followed by an allowing, a swaying, a challenge, a swaying, challenge and a block, and a swaying; it's hypnotic and very beautiful.

The rhythm of relaxation and focus is similar to what occurs in exercises of mindfulness. This is

very relevant for clinical hypnotherapy, as certain mindfulness techniques are employed in hypnosis. Mindfulness might be identified as putting a focus on what's happening right now. After all, when you're in the moment you're not ruminating about the past, not in the future, not caught up in memories, nor thinking about other things, judging anything, or making decisions about anything. You are noticing what you've overlooked before and in bringing such awareness to mind, you are reprogramming yourself, or even repriming yourself, to noticing things (solutions, delights, insights) that you had previously been unconscious of.

Mindfulness is a tool, but so is hypnosis. You can use mindfulness in meditative practices and your purpose there might be enlightenment. Using mindfulness in hypnosis (and counselling, for that matter), however and the purpose is much more ordinary. You are doing it to dispel problem thinking. This is a solution focused exercise.

Fundamental to both mindfulness for meditation



by Dr Elizabeth McCardell
M. Couns., PhD

and mindfulness for therapy is that it provides a means of dissociating oneself from everything extraneous to what is brought to one's attention by your own choice and guided suggestions of the hypnotherapist; suggestions which I invite you to ignore, if you wish. The process of offering choice is critical for a person to feel they are not being manipulated (and I'm certainly uninterested in manipulating anybody) and for them to choose which course of action sits best with them. Choices made like this are most enduring and likely

to be employed later on in ordinary life.

Dissociation is a very useful, and very human, ability. It allows us to focus on whatever we are choosing to do, like, say, sewing a piece of tapestry and ignoring the lawn mowing going on next door. Focus is a tool of awareness. If we lack focus it is hard to do, or change anything. The act of being mindful narrows down what we are experiencing and thus allows us to identify what is important to us and gives us the skills to go for it.

Hypnosis is a relaxed and yet focussed state. I invariably tell my clients this at the start of a hypnosis session. I often tie this observation to the very act and awareness of breathing: an inhalation and an exhalation naturally an act of letting go and feeling the wonderful spread of a deeply relaxed state. When we are inspired we can achieve much, when we let go of the problems that we used to have, we can allow ourselves to feel nourished and supported. Both become a dance of yin and yang and a dance that sustains us throughout life.

dr_mccardell@yahoo.com

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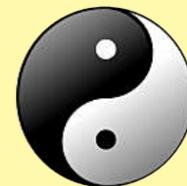
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NIMBIN ENVIRONMENT CENTRE



by Stewart James, President

Whatever it is – it will pass!

As this year draws to a close and December is upon us, we're all waiting eagerly, hopefully and a little nervously for the Metgasco AGM on 16th December and for its shareholders to vote to accept the NSW government's generous \$25M licence buyback offer.

Many people over many years have put their lives on hold to come together and fight the battle against the gas. Five years is way too long for a community to wait in a holding pattern, on a virtual war footing, pleading and praying for their government to stop, listen, hear and respond to the will of the community.

Any industry that wants to start up in a community needs not only to be legal and government-approved, but also to have a social licence to operate, and this was so clearly lacking in Metgasco's case. Still, the struggle has set our community in good stead for the future. Amazing and strong social networks have been built. Some of us have done things we would never have dreamed of doing four or five years ago. We have all changed, grown and learnt new ways of relating and contributing. It was a massive, heartfelt effort. Congratulations to all the people who call the Northern Rivers home!

Which leads me to a new industry that is asking you to grant a social licence: bio-energy. I recently attended one of a series of forums held in Murwillumbah, Nimbin, Casino and Lismore by Sustain Northern Rivers. They have the aim of reducing greenhouse gas emissions related to energy systems and increasing the proportion of renewable energy sources to 20% by 2020. This aim has translated into the Northern Rivers Biohubs project, which involves replacing fossil fuel energy with energy from the "waste" products of existing agricultural activities, supplemented with products grown specifically to produce energy.

The forums directly addressed the question of how the project might be given a social licence by the community and how such a social licence would be maintained. So the proponents have clearly learnt lessons from the Metgasco



The Casino Environment Centre's display in the window of the Summerland Credit Union.

debacle.

This sounds great – we need to move away from fossil fuels as rapidly as possible – but there are some areas of concern such as using land to grow energy crops instead of food; using forest products which might encourage destruction of habitat, species and existing cover; stripping soils of humus and nutrients; increased truck movements, etc.

We Environment Centre volunteers have formed a preliminary bio-energy working group which will tease out more information and implications from a report soon to be released. Look out for more news on this interesting and challenging topic next year.

Lots of collaboration with the wider community has occurred in the past few months, with all three Environment Centres. Firstly, Casino Environment Centre was asked to host Eco Month for the second year running at the Summerland Credit Union in Walker Street, Casino. We're all so proud to be partners in this event which means we get to dress the window with an eco message, or two or three! This year's messages were: "The time to plant trees was twenty years ago and now", "Planting koalas feed and habitat trees" and "We need your help to save the Great Barrier Reef".

More collaboration happened when

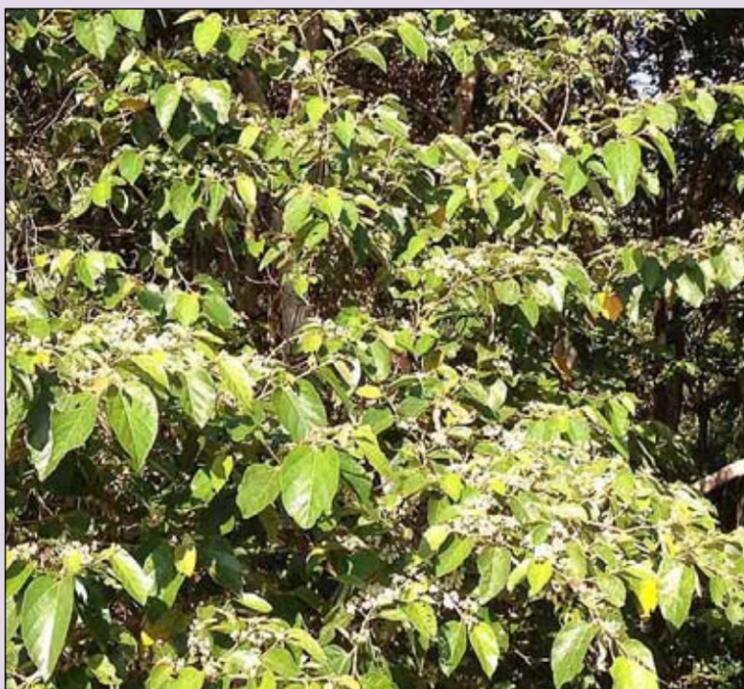
Lock The Gate / Gas Field Free Northern Rivers kindly agreed to sponsor some places at their recent annual Skill Share Conference. This meant nine of our volunteers could attend and get up to date on the current risks and issues with mining all around this country and what strategies are at play to slow things down. The conference is an eye opener; everyone went away having learnt more. I attended a great session on getting to know and look after yourself, run by Carol Perry. I highly recommend this conference to everyone in the community so look out for it next November.

Finally, Lismore Environment Centre has co-won a NSW Planning Institute 'Great Place Award' for the Lismore Transit Centre, and our dealings with transport counter enquiries and promoting education and awareness of environmental issues.

In conclusion, I would like to thank all the volunteers from all three Enviro Centres and their committees for their dedication and the precision and care that they bring to all the Centres. Without you and your awareness of the many important issues that affect our environment it would be in a much poorer state. Well done to everyone and thanks to the community at large for all your support throughout the year.

Plant of the month

Brown Kurrajong *Commersonia bartramia*



North Coast Christmas Bush

by Richard Burer

The colours of the festive season abound this month. Following from the red and pink flush of new growth of spring, we have an abundance of flowers at this time of the year.

One of the most noticeable is this shrub or tree, the Brown Kurrajong. Also known as North Coast Christmas Bush, this common tree with its clusters of densely covered white flowers is certainly the backdrop to early summer.

A common tree of drier rainforest margins, this species is good tree for establishing some canopy in your biodiversity plantings.

North Coast Christmas Bush has particular cultural importance, as the bark when stripped and treated makes a valuable twine.

Goori friends down on the coast still enjoy creating this and showing the available wares of our valuable bush heritage.

To grow your own, collect the bristly brown (dry) seed capsules in late summer and blend the lot and sow in your sandy prop mix. The fruits contain a number of tiny hard brown seeds.

Ochna or Micky Mouse plant

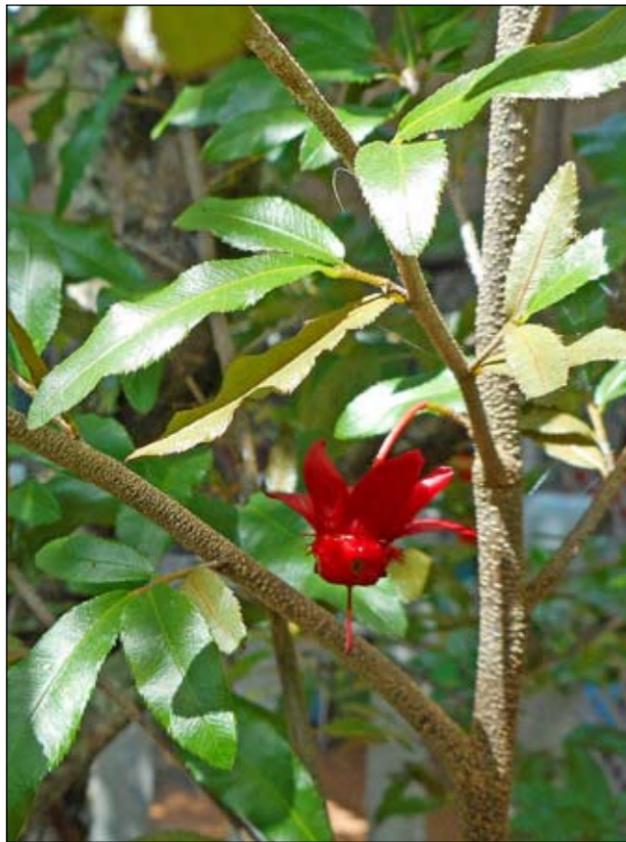
by Triny Roe

Weeds will never stop coming. We carry seed to new locations on our shoes and boots or on our car tyres. Seeds blow in, wash in or are transported by animals and birds. Sometimes we plant them and nurture them before they take off and we discover they are going to be problematic.

Homo sapiens have managed the forests and other ecosystems on this planet for millennia. Long before the development of settled agrarian societies around 10,000 years ago, the hunter/gatherers modified their environment with practices such as burning. They also managed the forest so as to maximise the resources it provided such as fibres and medicinal herbs. Archaeological evidence of this 'proto-farming' is found on every continent.

And so it continues today, living with and on the land involves a range of land management activities. Today the need is even greater to manage the landscape for optimum benefit to all stakeholders - humans, wildlife and even the plants themselves.

A vast range of new plant species has been introduced into Australia since 1788. Some of these ran rampant, radically altering many of the existing biological ecosystems. Human activity alone, has done a pretty good job of this as well but it would be nice if lantana



didn't cover 4 million hectares. Or giant devil fig, with an ability to form a dense stand very quickly, hadn't spread south to Coffs Harbour and north to the Sunshine Coast hinterland. The list of invasive plant species is extensive. Some can do more damage than others.

Ochna or Micky Mouse plant, *Ochna serrulata*, an environmental weed, can be found in bushland, from rainforests to dry sclerophyll, throughout coastal NSW and SE Qld. Prized for its ornamental value it was first planted in Australian gardens in

the early 1900s. Birds, particularly fig birds, have carried the seed far afield. Dumping of garden waste in the bush also contributed to its spread. As early as 1932 it was recorded as naturalised in Qld. Today ochna is common in urban bushland around Sydney. In a survey in Forster in 2013 it was third most common weed found on private property. And ochna is no stranger to the Northern Rivers and the Nimbin valley.

Sometimes forming dense thickets, excluding other vegetation, ochna is a hardy shrub, hailing from South

Africa. There it grows in forests throughout the country, adapted to both deep shade and full sun. It is happy in all soil types from sand to clay and can weather drought. In ideal conditions ochna can reach over 3 metres but more likely between one and two metres.

Ochna is easily recognisable by its distinctive leaves, even when not flowering or fruiting. These leaves are finely toothed and have wavy margins. The flowers are yellow and short lived. More people would know this plant with the distinctive red 'flowers' which are actually the calyx. After the petals drop the calyx acquires the red colour. The berries ripen to black, developing the micky mouse look.

Ochna is another tricky to manage plant. This species has a long tough tap root with a kink and resists simple pulling. Tools are advised to facilitate manual removal, even on small seedlings to prevent the root from snapping, only to regrow later.

In its home land, this plant was used by Zulus to treat bone diseases and gangrenous rectitis in children. Hope we don't get a lot of that around here.

Plenty of native shrubs are suitable alternatives and also attract birds and butterflies. Plant *Grevillea*, *Hakea*, *Syzygium* and *Acmena spp* instead.

Happy looking after land.

Sustainable living standards

by Geoff Dawe

The environment is not a separate part of life. It is simply a truism that there is no economy, or society for that matter, without an environment.

In the SMH, of 7/7/2015, Jessica Irvine writes "innovation is the only surefire way to sustainably advance living standards." Jessica mentions Australian inventors of "dual flush toilets. The bionic ear... Wi-Fi. ... The black-box recorder. Zinc sunscreen. The Stump jump plough. Hills Hoist. Splayds."

The manifestation of all these inventions have contributed to the threatening of life on this planet because they are all technologies with Earth-degrading side-effects.

The idea that they "sustainably advance living standards" can only be justified if humans put the environment in a box 'over there' and just peek at it every now and again. Some people think humans can only afford to look at the environment when there is enough money to spend some of it on fixing it.

If the environment is actually an indivisible part of life then it is possible to notice the dual flush toilet has no relevance because compost toilets have an existence. Compost toilets begin the process of finding out

it is OK to shit directly in the ground with soil covering and rock on top to discourage small animal interest, providing one is living rurally and so not suffering city-stifling close-contact.

Zinc sunscreen, like all sunscreens, is responsible for polluting water. All sunscreens eventually wash off. There is no proof chemicals in sunscreens do not affect watercourse or ocean organisms. The use of sunscreen is connected to a slip, slop, slap campaign that neglected to point out that humans could easily learn to be judicious in their use of sun/shade. The society is currently suffering a general inadequacy of the mostly sun-supplied vitamin D, some say because of the slip, slop, slap campaign.

Wi-Fi as with all media applications can be seen as an artificial means of maintaining sociability and the broadcast of information related to cultural requirements.

It exists, and so does the black box recorder, because humans are not living in close knit communities more directly bound to the three economic necessities of life: food, clothing and shelter.

The black box recorder has even less relevance if humans have accepted that one of the means by which we endanger all life is because of excessive need for travel. This can be seen as

part of an inability to sit still; an inability to be content with oneself here, now.

The Stump jump plough need not have been invented if farmers had access to the science of today that finds ploughing or soil turning, to be one step forward and two steps back.

Splayds were never an advance environmentally on a banana leaf plate being accessed with five fingers.

The bionic ear can be seen as an irrelevance if one accepts the deaf can experience greater sensitivities in other senses because of their deafness.

The information they gather of this, is of relevance to all of us in terms of how civilized humans cut-off maximising the use of all senses. How the deaf 'sit' with their deafness is more a statement of how 'the normal' see deafness and wish to dis- the ability of the deaf.

The in-depth examination of why humans need particular technologies, rather than priding themselves in human smarts in manifesting them, is a step in healing the dichotomy; the schizophrenia, of a culture pretending the environment is 'over there' and that it has no relationship to technology dependence.

This is the actual innovation required to "sustainably advance living standards".

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