

A TASTE OF ART

blueknobhall
gallery

Blue Knob Ceramic Studio
Blue Knob Cafe

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

Lucas Verhelst BSc MRACI

ONLINE MATHS TUTOR

also
Chemistry and
Physics TECHNOLOGY

0400251817

Fin de siecle fantasies
yantra
seeds.com

Tom Thumb Earthmoving

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

0457 895 414
tomthumbearth@internode.on.net

ARMONICA
Espresso Bar & Wood Fired Pizza
50 Cullen Street NIMBIN
66890094

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



Blue Knob cafe still serving

Blue Knob Cafe will continue as a takeaway food outlet for *pick up only*. There will be a wholesome meal available, with a gluten free, vegetarian or meat option for \$10 a serve and a dessert option for \$8. The menu will rely on what produce is available at the time.

Paul will also continue to make his delicious pies for \$5 (also according to availability of ingredients). This service will be available Wednesdays - Saturdays from 12pm - 3pm.

Phone orders will be taken each morning from 10am and we will provide a delivery service from Blue Knob to Nimbin each day after 3pm

if demand warrants it. Other areas if demand is there. Please call on 6689-7449.

Blue Knob Hall Gallery and ceramic studio is closed until further notice due to Covid-19 restrictions now in place.

We would like to express our appreciation for the volunteers, artists and the community who have supported us in every way and we look forward to seeing you, for more art, ceramics, food and conviviality when this period is over.

We hope everyone stays safe and well during this challenging time and that the good spirit of the community will continue to support those most in need.

The art of adaption and appreciation

by Karen Welsh

Nimbin Artists Gallery has now been closed for two weeks and our fabulous volunteers, like the rest of the world, are adapting to this new 2020 that has come upon us.

We wish you all a period of self-reliance and safety for the coming months.

Why not use this time to re-assess and appreciate the artwork of your home and environment?

Seek out each artpiece you may have inside your home. Give each a thorough clean - a damp cloth can work wonders - and use a small paint brush to hive out that extra piece of dust.

Then ask yourself, "Why not change things around a bit?" Bring your precious pieces to where you can appreciate them just a little bit more.

Do you have works waiting to be framed, or hung? Many hours can be had sorting stuff out.

Why not use this time? To create, create and then create some more. Maybe learn a new art form - or learn that you actually *can create!*

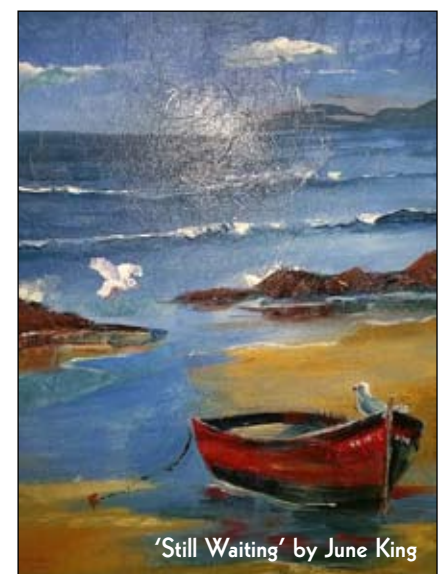
Artists have always been at the helm of being useful and creative, but for others 'art' comes in other ways. Many of us have 'stashes' (of the legit kind!) - wools, cloth, paper, brushes, paints, books - all waiting for "in my spare time." Yahoo, time has arrived.

And why not appreciate all of this? Your work, your kid's work, your friend's work, the time.

But our biggest, and perhaps best, things of beauty are in our outside

natural environment, especially in our local area - it surrounds us. May it inspire us all to remain positive and productive, artfully.

The Gallery will remain closed until further notice, but contact can be via email: nimbinartistsgallery@gmail.com and we will continue to check it periodically, or via our Facebook page.



Not normal any more

by Ruth Tsimbilis,
Roxy Gallery

Normal day-to-day, run of the mill life for most of us has been put in a spin due to our current world health crisis.

We are all aware, and hopefully understanding what steps are needed to assist us all in getting out the other side.

The arts, like so many other industries are feeling the brunt of this and like many other galleries, the Roxy Gallery has closed its doors for a short pause to help our community get through these times.

Picture this: a calendar of planned exhibitions, a host of artists working away to exhibit a collection of their latest works, community volunteers excited about greeting visitors to the gallery space, locals and visitors waiting to view more art.

This will take place again, but at this time the Roxy Gallery is closed until further notice and the all those involved in its operations wait patiently for times to change.

Do not give up on the arts, and use these times to find your own inner creative talents.

Like life, art will go on.



Serpentine Gallery opts for window shows

by Fiona McConnachie

We have all started to “socially distance” ourselves to minimise the spread of Covid-19, so on a positive note for some of us it’s permission to spend more time engaging in our art practice.

We will be having a members’ show after this all settles down, exhibiting work done in self-isolation, or “distancing”... we expect to see some new styles, relevant expression and explorative ways of dealing with the very strange situation that we’re all dealing with.

We need to process the overwhelming amount of information that we’re being bombarded with and hopefully this period of enforced slowing down will help us cope with the practicalities of dealing with the pandemic.

On a practical level, a couple of our volunteers at the gallery are available to provide a shopping service for any of our members who might be unable to do this themselves and are in need of food and/or art supplies etc. Just email or phone the gallery and leave a message if no one’s in attendance.

Our opening hours are in total flux, as our volunteers are managing their own needs and so will decide if they want to open the gallery or not. Please ring the Serpentine on 6621-6845 if you’d like to drop by before making a special trip into town. This applies to those of you who might need to pick work up or take delivery of purchased work.

“Distancing” is easily achievable at



Serpentine’s last opening of the annual Women’s Show, called ‘Balance’

the Serpentine as we have the space and fresh air. Please respect the 1.5 metre rule around our volunteer super-heroes. We will advise otherwise if and when the time comes we are forced to close our doors to comply with community health requirements.

We are still accepting artwork for our proposed members’ exhibition, and although we are not having a show at this point in time, we do have a “24-hour” gallery via window display. One of the great things about the Serpentine is our large front windows which are, obviously open to the public and for all to see. We will endeavour to change the displays regularly so you can still enjoy some art viewing time.

If any of you would like to be involved in a “window show” for a drive-by art gallery display, just contact the gallery. Teams of three

of us can work together and still maintain the 1.5 metre distance. Additionally, further shows will be photographed and exhibited online via Instagram and Facebook.

Our volunteers have been fully briefed on cleaning procedures and personal safety, so we can ensure a safe and hygienic space for guests and staff. Please adhere to handwashing and social distancing when “catching up” with friends.

We have cancelled for an indefinite period any openings and events due to health and safety requirements, but are considering a “paint-off” in the park with a three metre distance between each easel, just for fun, but we are really just taking it one day at a time. Let us know if you have any ideas or require support for art engagement activities.

As a community-owned, artist-run initiative we have always

prided ourselves on not relying on government funding and this has allowed us a certain level of autonomy and stability. The Serpentine Gallery will be turning 14 in September, which is no small achievement considering the challenges we’ve all faced over the years with floods, fires and now a pandemic.

We face the unfortunately common problem of how to survive the next six months with no income. Our income stream is made from memberships, hanging fees, donation and commission on sales. This alone has sustained us for so long, demonstrating the need and value of having an artist-run initiative.

All these streams are drying up now, so we are inviting our members to set up a direct debit and start, if financially possible,

transferring even \$5 or \$10 a week into the gallery’s bank account. We only need to raise \$150/ \$200 a week to cover insurance, utilities, phone and internet expenses – the rest we can pretty much cope with for the long haul.

Renewal of membership and one-off donations are also very welcome, so please decide what works for you... remember every little bit counts and many drops fill a bucket. The Serpentine Gallery is with Summerland Credit Union: BSB No: 728728 and A/C No: 22263671. Put “donation” as your reference note for accounting reasons if making a one-off payment; put “membership” and name if up-dating your membership.

This is an achievable collective goal and we thank you all for your support, patronage and membership over the years and into the future. It really has been an amazing journey and we feel that this is not the end but just a temporary lull, a time to reflect and recharge. Take care of yourselves and each other until we can gather again.

For those of you who have bookings this year, contact the gallery if you’d prefer to postpone or get refunds. The Serpentine is all of ours, and we can make it what we want: please share your concerns, inspirations and feedback – together we can!

gALLERY@serpentinearts.org
[Facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)
(02) 6621-6845

17a Bridge Street, North Lismore.

Arts Trail rescheduled



by Anne Cook

Organisers of the the Murwillumbah Arts Trail (MAT20) have decided to re-schedule in light of concerns about the coronavirus outbreak.

The Murwillumbah Art Trail is an annual showcase of the region’s artists and locally created art on a trail of established galleries, artist studios, pop-up exhibitions, public art, film, performance art and chalk art in the street.

This year’s celebration of contemporary art by over 90 of the region’s practising artists was scheduled to take place from 1st May to 3rd May, but has now been re-scheduled to take place from 20th November to 22nd November.

All the 90-plus artists who have entered MAT20 will retain their places in the re-

scheduled event.

Chairperson Nick Clow said, “The decision was made following advice and in the interest of everyone’s health, well-being and confidence, but will be disappointing news for many people.”

The committee is grateful for the support from Tweed Shire Council and Southern Cross Credit Union and all other stakeholders and partners who have worked to schedule the new date while not overshadowing other planned public events.

Event manager Peita Gardiman said “After seven months of work on the programme, I am very positive about the re-scheduled event which will now coincide with the Archibald Art Prize exhibition at the Tweed Regional Gallery, and not long before Christmas festivities.”



Regional Gallery moves online

by Brett Adlington, director

As most people would be expecting, Lismore Regional Gallery is now closed until further notice.

We will be maintaining an on-line presence, as well as a number of other initiatives to share some creative outputs on some externally facing parts of the building. Please keep connected to our social media as we provide updates.

We have already updated some of our learning

activities on our website, so those with young people at home can get access to these freely available resources, and links to other suitable sites: www.lismoregallery.org/cp_themes/default/page.asp?p=DOC-ZGZ-08-72-54#XngHoagzZPY

Our gallery email at: art.gallery@lismore.nsw.gov.au will be monitored over this time, so please reach out with any queries or questions about support.

This is going to be a challenging journey ahead

for everyone, so please look after each other and reach out to friends and loved ones if you need help.

I’d just like to take this opportunity to thank each and every one of you for your support of the gallery over the past few years, and would also like to acknowledge our incredible team of volunteers and staff who are pivotal in everything we do.

We all look forward to coming out the other side of this experience stronger and more connected than ever.

The slow erosion of democratic freedoms

by Mark Pestell

If you have noticed the placement of new hi-tech cameras around Nimbin, they are just some of the devices being installed in our society to watch and observe.

Surveillance by authority is monitoring our behaviour and activities for the purpose of directing and managing society. This can include observation from a distance by means of electronic equipment, such as drones flying overhead with cameras so sharp thousands of shades of colour can be detected, or as closed-circuit TV around the world with new facial recognition (CCTV), or interception of electronically transmitted information on mobile phones and on internet traffic. It can also include simple technical methods, such as human intelligence gathering and postal interception.

This type of intelligence collection is put into place with the motivation it will prevent crime, the protection of a person, group or object, or the investigation of crime. However, It is also used by criminal organizations to plan and commit crimes, and by businesses to gather intelligence on their competitors, suppliers or customers.

Surveillance can be viewed as a violation of privacy.

All around the globe democratic rights are being removed, regardless of the type of government in power. This process is known as 'democratic decay'. A step by step slow decay, formulated by the subtle form of removing citizens' rights across every



country on the planet, Australia included. It is not coordinated or planned but it is occurring. This is a trend deeply affecting young democracies such as Russia and Poland. The older democracies like the USA and Australia, UK, France, etc are also well on their way removing basic rights of freedoms, hard-won and fought for in decades gone by.

This erosion of democracy is like a virus it has progressed globally, where governments have enabled themselves to take more control over the commercial and state media. An example of this erosion was a Federal Police raid on the ABC offices and journalists. The ABC unsuccessfully challenged the validity of the actions of the federal police raid, in February 2020, in the Australian Federal Court, arguing it was 'legally unreasonable' lost the decision.

In a statement, the ABC managing director David Anderson said the decision was a blow to media freedom, but that the broadcaster could not litigate its way to "reforming fundamentally bad laws".

In many countries, appointment of judges for the Supreme Court

is given to those who support the government. One of many examples was Trump's appointment of the latest US high court judge.

So evasive has the change been, many democracies no longer guarantee the right of free speech or to criticise.

Social security is no longer a 100% given anymore because you are unemployed, commission housing has been removed. Freedom from slavery is ignored, as is the right to protect people against abuse.

Governments are now introducing elements of excessive concentration of power to one individual, say a president or prime minister of a political party, where spin redirections of the truth are accepted by the media as the norm. Political parties in power move to limit democratic ideals as the belief is they have somehow a 'god-given right' to do as they please.

Attacks by the government have been chipping away against the structure of democracy at alarming rates over the last 10 years. Institutions which keep the government in check, which may limit the government's power such

as Australia's ABC and independent media, independent courts, civil society organisations are restricted to act by law. Gerrymandering of electoral districts, the use of false information to scare people, such as a rumour of a death tax in 2019, or a massive financial commitment by government allies to promote the party in power regardless of cost. In 2019 over \$55 million was spent by Clive Palmer to create a political party to confuse issues during an election, just to swing seats in Queensland so the Lib-Nats could stay in government.

Attacks on our freedoms are presented or imposed on society are shown as reforms. The result of over-the-top surveillance, seemingly endless political spin which ends up being nothing but lies, cover-up; has seen our democratic system beginning to rot. Overall public faith in our political system is lessening. We are fortunate, as Janelle Saffin does care about her electorate, but seemingly few politicians act for the public good.

The question needs to be asked how many politicians are only interested in personal gain or interested in supporting corporations when they should be working for the good of the nation? It can be argued Trump releases statements, to manipulate the share market, allowing his people to sell shares at high prices and buy back cheaply.

Today politicians no longer abide by the accepted rules of the government. The rules are made up as long as politicians can stay

in power. The 'sports rorts affair', also called the McKenzie scandal, is an example. In January 2020, the Australian Audit Office published a report into Sports Australia Community Sport Infrastructure Program titled 'Award of Funding under the Community Sport Infrastructure Program'.

The report had the conclusion, the award of grant funding was not informed by an appropriate assessment process with the majority of the money (\$102 million) being directed by Senator McKenzie using her ministerial discretion to favour marginal electorates in the allocation of grants in the lead-up to 2019 federal election (pork-barrelling extraordinary).

Over 130 emails were sent from the prime minister's office to her office, with suggestions where to send the money. The prime minister rejected the auditor-general report. His spin replaced the truth. Prime ministers all to often come to power through toppling former leaders through self-surviving fake manipulation, not by democratic vote process.

Public reaction is hopefully 'not complacency' or of alarmist thought following 'right or leftist extremists'. This only splits opposition to the government. It is hoped a middle course of thought and action can be attained by the majority of people working within and through those political parties with the concept of retaining democratic values, honesty and freedoms. The trouble is these parties are in opposition, where the erosion of democracy is keeping them there.

The times they are a-changing

by Bernadine Schwartz

I've never been one to pray, but I've been praying for a miracle for some time and I thought if Scomo can do it, well why not me. And hallelujah, my prayers have been answered.

It's not exactly what I had in mind, but this decade is our last opportunity to fight global warming and even that's no longer a certainty, so beggars can't be choosers. I also like to think that finally a higher power has intervened, because as far as government and industry are concerned there's never going to be a right time to act.

My outlook towards this pandemic will probably offend many people, but it's inadvertently given Mother Earth some much-needed respite from us all, and the reality is that global warming will always be a greater threat than the Coronavirus, when it has the capacity to kill the entire planet.

The world has no difficulty recognising the seriousness of global warming, and even gives it a label with many cities recently declaring a climate emergency, but I just can't make sense of it. I could have sworn we've been in the midst of one for quite a few years, yet these same cities were carrying on with

business as usual until the corona virus struck.

The WHO and other organisations have repeatedly been warning governments of the world since 2012 to prepare for an inevitable pandemic because it is the most predictable catastrophe for humanity and is a number one health security risk that cannot be stopped at borders. So why didn't our governments respond? The economy!

So for the first time in modern history, the economy has been forced to take backstage and that really is cause for a celebration.

The pandemic's timing was absolutely impeccable, when the World Meteorological Organisation released a study at the beginning of March, warning the world that if we want to avert the worst impacts of global warming, time is running out fast with climate indicators for 2019, all way off track. Not one nation has fulfilled their commitments, and a recent decadal forecast indicates that new annual temperatures are very likely in the next five years, so now it's become a matter of wait and see.

In the meantime, a global food crisis is looming and after recently seeing the aggressive behaviour from

society, it won't be a pretty sight when it comes.

The world's population is growing exponentially and it's near impossible today for any industry to be sustainable, including the world's agricultural sector, simply because there are too many of us.

Our fertile land and water are in rapid decline and I can't help but say this just one more time because the implications are terrifying. Two thirds of the world will have a severe shortage of water or none at all by 2025 so only one out of three will have access to water, but what happens to the other two? Take a moment to think what this means, because we're talking about those who will live and those who will die, and still our governments continue to play god everyday by ignoring the problem.

Then we need soil, and most people think dirt is just that, dirt, but it really is priceless after a recent study done by the UN discovered that a mere centimetre of topsoil can take up to a thousand years to be produced, and a third of what remains in the world is now severely depleted.

A study conducted by *Popular Science* found we have lost half of our topsoil

in the last 150 years and we're losing it a hundred times faster than would naturally occur, with 24 billion tonnes lost annually.

It's not surprising that agriculture has tripled in the last twenty years and the amount of productive land per person is now only a quarter of what it was in 1960.

Yet too much of our limited land is being used for economic crops and that is their only purpose, to feed the economy because nobody could live off them. This includes tobacco, coffee, sugar and tea just to name a few and essential oils are no exception, and might be holistic for us but aren't even remotely sustainable.

This industry is resource intensive, and the majority of oils are sourced from corporate farms that freely use pesticides, with just one kilogram of rose oil requiring 10,000kg of roses. Some of these oils are sourced from plants that are on the world's Red List of Threatened species, including sandalwood, rosewood and cedar wood and frankincense is nearing extinction.

Here are some other popular oils and the amount required per kilogram of oil. Lavender: 250 kg, Melissa plant: 6,000 kg, Lemons:



1,500 kg.

We cannot afford to waste our land on what can only be classed as luxuries, and if the world's population isn't addressed it will be an insurmountable problem and I can't see any government ever being brave enough to suggest implementing a one child policy like China in 1979, when society believes it's their right to have as many as they choose.

As land use changes due to global warming and over population, more forests and habitats will be systematically converted into agricultural land which has grave implications for the world. The Coronavirus is a zoonotic disease thought to have been transmitted from bats to humans and rats are also capable of doing the same. Both are able to adapt and proliferate in these new landscapes which will lead to an increase in deadly

viruses and more frequent pandemics.

Everyone's lives have been severely disrupted and for some they've been brought to a standstill, and if ever there was a time to reflect on life and help to change the direction of our future and reinvent the world, it's right here, right now. As for myself I know what I truly miss, it's my family and hugs, that come at no cost to Mother Earth but are worth so much.

I'm probably a dreamer, but why couldn't we have built a world where the currency was acts of kindness instead of an economy that has always been the devil in disguise and has created hell on Earth for so many. Let us all strive for a world of peace and compassion where our children aren't forgotten and start giving back to our beautiful Mother Earth. **Honestly, how hard can that be?**

The NGT' Zombie Apocalypse quarantine movie guide

Everyone is in lockdown. Stay away from others. People are dying. Sound familiar? No more gigs. No more going to the cinema. But break out the microwave popcorn and support your local video store (or Netflix) because there's nothing more inspiring than a pandemic blockbuster from Hollywood accompanied by a glass of wine (or two). Here's NGT's recommended home viewing for surviving the coronavirus quarantine lockdowns.

#1 – *Contagion* (2011) – Gwyneth Paltrow unleashes MEV-1 on an unsuspecting American public in an unnervingly similar scenario to Covid-19. As the novel virus spreads, several cities are placed under quarantine, and looting and violence inevitably break out before a vaccine can be developed.

#2 – *Carriers* (2009) – A pre-Kirk Chris Pine and future Marvel hottie Emily VanCamp drive this tale of four friends fleeing a viral pandemic who discover that they are far more dangerous to one another than any airborne pathogen.

#3 – *12 Monkeys* (1995) – Terry Gilliam's prescient film in which Bruce Willis is sent back in time from a world devastated by disease to gather information about the man-made virus that wiped out most of the human population on the planet.

#4 – *Outbreak* (1995) – Dustin Hoffman fights the US Army trying to contain a weaponised pathogen unleashed by a monkey smuggled into the USA carrying a lethal virus.

#5 – *I Am Legend* – Will Smith and his dog are the last inhabitants of Manhattan. Smith spends his days searching for a cure for the zombie plague and looking for rations.

#6 – *28 Days Later* (2002) – Society breaks down in the UK following the accidental release of a highly contagious virus and follows the struggle of four survivors to cope with the destruction of the life they once knew while evading those infected by the virus.

#7 – *Quarantine* (2008) – A reporter and her cameraman record the only evidence of what took place in a quarantined building where a woman has been infected by an unknown pathogen.

#8 – *Zombieland* (2009) – A lighthearted take on the zombie genre with Woody Harrelson and Bill Murray serving up the laughs while kicking ass with two streetwise sisters (Emma



Above: A scene from the 2009 post-apocalyptic thriller, 'Carriers' – starring Piper Perabo, Chris Pine, Lou Taylor Pucci and Emily VanCamp. A prime example of the evolving genre of pandemic movies. Below: Meanwhile, in Tuscon, Will Forte demonstrates that there is no wrong way to use a margarita pool in 'The Last Man on Earth'.



Stone and Abigail Breslin). Guffaws galore.

#9 – *Planet Terror* (2007) – Just to remind yourself it's all really still fiction, this Robert Rodriguez 'grindhouse' offering depicts a world-wide zombie outbreak where the lead character's leg is replaced with an assault rifle (fitted with a grenade launcher, of course) and she promptly kills zombies with it, before starting a peaceful new society.

#10 – *Soylent Green* (1973) – Charlton Heston investigates the murder of a wealthy businessman in a dystopian future suffering from pollution, poverty, overpopulation, euthanasia and depleted resources. Almost 50 years on, it's no



evosecret that, "Soylent Green is people".

TV shows

• *The Walking Dead* (season 1) – The idea of waking up in a hospital bed to find everyone dead around you isn't so implausible any more. If you're the sheriff, lock and load for the zombie apocalypse.

And another ten seasons of similar fare.

• *The Last Man On Earth* (pilot) – Treat the first episode as a feature film because the cast rapidly expands beyond creator Will Forte and reduces the plot to a one-gag routine that wears thin pretty quick, but there is no wrong way to use a margarita pool.

EXPRESSIONS OF INTEREST WANTED

For local Yurt / Tiny House housing co-op



– an affordable option for seniors and others.

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

Phone Builder / Inventor 0415-638-380
usefultyurts@yahoo.com.au www.usefultyurts.com

Blue Knob IT

Local Professional Computer Troubleshooting
Help with Windows 10 Updates
Phone: 6689-7079 Email: blueknobIT@gmail.com

ADVERTISE HERE

and be seen in 16,000 copies monthly of



This size ad FULL COLOUR from only \$60 per month

Phone 6689 1148 nimbin.goodtimes@gmail.com

LICENSED DRAINER

- Installations and Repairs
- Septic Systems
- Water Tanks

Phone Ezra 0451-055-411

Nimbin Servo

02 6675-7906



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

NIMBIN SERVO SHOP

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

NIMBIN TRAILER HIRE

Phone 0423-926-228

PERCEPTIO
BOOKS
CRYSTALS
GIFTS

47 Cullen Street, Nimbin
66 891 766

Nimbin
Computer Repairs
Hardware / Software
Desktop Publishing
Printing
IT Help

Computer Support

81 Cullen St
(In the Nimbin Community Centre)
0487263816
www.nimbin-computer-support.com.au

Artistic Driveways



HOT MIX ASPHALT
Laid and professionally rolled

RECYCLED ASPHALT
CHEAP, permanent answer to your problem driveway
"Does not wash away"

We have 4WD equipment to access steep driveways
Gravel and Base work available – Free Quotes
PHONE BRIAN PERKINS 66 888 354

Sonia Barton
Bowen Therapist

Bowen Therapy
Scar Tissue Release
Reiki Master

www.BowenEnergyWork.com.au
Mobile
0431 911 329



(Rods) ALL PROPERTY MAINTENANCE

0428 891192

- 1.7 ton excavator with auger
- 4wd 72 inch mower
- 12 inch wood chipper
- +Plus more



A PRIVATE CREMATION – \$2200 includes GST –

- ✓ Loved one taken into our care 24 hours, 7 days
- ✓ All required mortuary attention and preservation
- ✓ Completion of all application and registration forms
- ✓ Doctor's cremation certificates
- ✓ Environmentally friendly cardboard coffin
- ✓ Private transport to crematorium and cremation fee
- ✓ Death registration and official BDM death certificate
- ✓ Return of ashes to loved one's family or friends

Pre-Paid Plan Available – No Administration Fees

Locally owned by Ben & Emma Little
Servicing Nimbin and surrounding areas

All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au



Death-defining feats

My dad is dying. Every time I see him I wonder if it will be for the last time.

I am grateful that so far it is a peaceful demise and we can be with him as a family, and it has certainly stirred some interesting conversations about what will happen at the end. Being of his conservative generation, he isn't at all convinced there is anything more after death, no matter how many books on subjects such as near death experiences (NDEs) I have given him.

Research has found that this NDE phenomenon is reasonably common with 8 to 10% of the population having had an NDE, and that these experiences tend to be remarkably similar to one another.

In the ground-breaking 1975 book on near-death experiences, *Life After Life*, the psychiatrist Raymond Moody identified 15 elements common to most NDEs, including sense of being out of the body, an overwhelming sense of peace and wellbeing, the sense of being in a tunnel, seeing a bright light, and, on some occasions, even visiting other worlds and interacting with beings made of light.

The beings are often appropriate to the person's spiritual beliefs, which may show, that you still bring your interpretation of events with you, but the most common variability is the sequence of these experiences, which is hardly surprising given that we are entering a realm where linear time no longer applies.

The scientific term for this is disambiguation, explained in neuroscience as "disturbed bodily multisensory integration", which I would say happens to many of us just being in a shopping centre! The explanation that NDE occurs due to the release of endogenous chemicals such as endorphins can be countered by the research that the clearest, most vivid experiences occur in individuals who have not been medicated or been unwell or stressed when such hormones are often released and that they do not have the sleepy, dream-like state which frequently follows.

In both prospective and retrospective hospital studies, people's descriptions of the events happening around them and often below them in the initial 'Out of



In the moment
by Dr Jacqueline Boustany

Body' state were confirmed by hospital personnel.

"This did not appear consistent with hallucinatory or illusory experiences, as the recollections were compatible with real and verifiable rather than imagined events." – Cardiologist Pim van Lommel

NDE's have been recorded by 95% of world cultures over many centuries, and are associated with changes in personality and outlook on life as if the person felt this to be real. Kenneth Ring in his research has identified a consistent set of value and belief changes, such as a greater appreciation for life, higher self-esteem, greater compassion for others, less concern for acquiring material wealth, a heightened sense of purpose and self-understanding, desire to learn, elevated spirituality, greater ecological sensitivity and planetary concern, and a feeling of being more intuitive.

Bruce Greyson states that "the most popular interpretation is that the NDE is exactly what it appears to be to the person having the experience." The NDE would then represent evidence of the supposedly immaterial existence of a soul or mind, which then leaves the body upon death. A very common observation by the nursing fraternity is that people close to death even start to see dead people and communicate with them.

The medical researcher Penny Sartori tells the story of one patient that saw three deceased relatives, two of them he knew were dead, but one of them had passed away a week before the event and he was not yet aware.

Deep brain stimulation or psychotropic medication can certainly cause some of these experiences, but merely goes to show that the brain may be our interface

between physical and subtle energy-mind, something that we may even be trained to access and master. A three-year longitudinal study has revealed that some Buddhist meditation practitioners are able to wilfully induce near-death experiences at a pre-planned point in time.

Unlike traditional NDEs, participants were consciously aware of experiencing the meditation-induced NDE and retained control over its content and duration. Their practice involves the gradual dissolution of the different elements within you - first earth, then water, then fire into wind leading to the lightest form of air, the clear light within.

I am particularly fascinated that the light tunnel we experience may come from the holographic projection of what is deep inside us, light and love, and that death is the movement into singularity just as mass and time disappear in to the event horizon of a black hole in our universe.

Intriguingly, some cosmologists speculate that gravity within a black hole would be overcome by outward pressure from space-time itself. "This results in a quantum bounce, that transforms a black hole into a 'white hole' that spews out everything its predecessor consumed." – *New Scientist* Sept 18

"NDEs in this perspective reunite the consciousness of life's 'end' with the consciousness of life's 'beginning', but moved up one or more octaves in the scale of creation because of the increase in knowing that comes from a life of searching." – Darryl Reaney, *After Death*

The Dalai Lama has also asserted that experienced meditators can deliberately induce the NDE state during meditation, being able to recognise and sustain it. An NDE would then provide information about an immaterial world where the soul would journey upon ending its physical existence on earth.

NDEs:

1. Heightened cognition;
2. Total fulfillment;
3. Unity of all things;
4. A radiance of light;
5. Transcendental love/ bliss;
6. One Time perception; and
7. Stays with the person/changes their perspective.

Hypnosis and creativity

by Auralia Rose



Love in the time of Corona – with apologies to Gabriel Garcia Marquez!

I'm speaking about loving ourselves enough to go past the largely media-generated fear to find ways of positively enhancing our lives in these unprecedented times. There are so many ways available to us, and if that is our desire and focus, we will surely find them.

Most people in our community have been negatively financially impacted by Covid-19 through loss of employment and closure of businesses. Our sense of security has been eroded, fears around feeding ourselves and our children, paying the bills etc. have surfaced from the dark murky depths of our

subconscious.

Human beings are amazingly resourceful and creative, and our subconscious mind has all the answers.

It has been said that humans are never given a problem that they do not possess the innate ability to overcome. That is where so much personal and soul growth arises.

Hypnosis is a wonderful way to access the creativity sitting just below our conscious awareness.

Everybody is creative, you do not need to have a natural creative flair such as a painter or innovator. Creativity can be a powerful driving force in coming up with and developing innovative ideas and an ability to think outside the box. It is your cutting edge to providing unique solutions to present circumstances.

Many people feel they lack

creativity, and that is usually because it has been stifled.

When creativity is blocked, imagination is also blocked. Imagination is key to creating exciting outcomes in our lives.

Creative thinking can help you to solve problems more easily and with greater success, develop exciting ideas, as well as adding unique value to many other aspects of everyday life. When you allow your creativity to flourish, you become more self-aware and less doubtful of your actions.

Hypnosis works with the subconscious mind to help you realise your creative potential, unlocking your imagination, providing answers and solutions to your own unique situation.

Hypnotherapists can help you to address and change the subconscious beliefs and perceptions which may be preventing you from accessing your creative mind.

By removing you of your self-doubt or negative beliefs you can discover so many exciting solutions to present day problems and be an inspiration to others.

Please remember you are a divine being, deeply loved, and the universe has your back. All you need to do is get out of your own way so the truth of your potential as a powerful creator may be revealed.

If you feel hypnosis can help you, please contact me. At the time of writing there are no government health restrictions on hypnotherapy services. I am observing all guidelines and am happy to see private clients in my clinic. I also offer phone and video sessions.

Meanwhile stay safe, stay positive and know there is always a higher perspective to everything we experience here on Earth.

www.auraliarosewellbeing.com
0422-281-007

Immune support in challenging times

I am delaying the promised article this month on the herb *Cryptolepis*, due to the Covid-19 urgency. Despite being over-inundated with coverage, I have been asked to write about it because there is a perceived lack of sensible information on the role of natural therapies in the current crisis.

Firstly, there is not yet any published research on this specific virus and herbal management, so I am not making any claims about herbal Covid-19 anti-virals. It is also too early for published research on a safe and effective vaccine or medical anti-viral drug.

However, there is information on the physiological impact of this and related coronaviruses. Appropriate herbs to modulate these impacts are known and researched, and may be helpful as preventative support, or used in positive cases where people are not in need of hospitalisation but are advised to self-isolate.

People with symptoms and/or in categories determined by government advice to qualify for testing should go to Lismore Base Hospital. Please don't approach a GP or naturopathic clinic due to the risk of infecting others while waiting for test results.

I am being asked daily whether my clinic is still open. Under current advice at the time of writing, I am able to operate my clinic. I am taking the recommended hygiene precautions. I also diffuse anti-microbial



essential oils in my rooms. I am doing phone and Skype consultations for longer appointments. Patients are still able to collect herbal medicines from my clinic or attend for brief consultations.

Fortunately, I have a well-stocked herbal dispensary, as my suppliers are running out of immune boosting and anti-viral herbs and supplements. Even basics like Vitamin C are hard to come by. Fortunately, we can still get citrus fruit in the shops!

My primary recommendation in terms of herbal support is to work on the immune system. For a generally healthy person, this can be as simple as herbal tablets for prevention. There are many excellent formulas available.

One of my favourites consists of high dose Cat's Claw (the South American one, NOT the common local weed), Echinacea, Astragalus and Olive leaf. However, I should emphasise that treatment should be based on the person, not the disease. This is especially important for people who are immune-compromised, or who have other health problems who

especially need individually-tailored treatment from an experienced practitioner.

Looking at the specifics of Covid-19, there is a lot that can be done to support the body before seeking anti-viral herbs. Firstly, there is an enzyme called ACE2 which attaches to cells in the lungs and other organs. This enzyme protects the organs from damage at the entry point of the virus. There are herbs which upregulate this enzyme, which can otherwise be deficient particularly in older people.

Secondly, there are herbs which modulate the inflammation caused by the immune system's production of messenger proteins called cytokines. There are herbs which modulate each of the specific cytokine cascades involved, and can give protection against damage.

Other herbs give benefit in reducing oxidative damage, protecting the lungs, reducing autoantibodies that can attack cells, protect the spleen and lymphatics, and stimulate the body's production of T cells to protect the organs.

The specific herbs for these functions should be



Nature's pharmacy
by Trish Clough, herbalist

prescribed by a qualified practitioner and tailored to individual need. I have avoided listing them, as I don't encourage self-prescribing.

As I stated, we don't yet have the research evidence on specific anti-virals for Covid-19. However, there are herbs in our dispensaries which have proven benefit against coronavirus group/SARS groups of viruses and may be of benefit with Covid-19.

However, I can't emphasise enough that medical testing and hospital treatment may be essential, and also that we all need to play a role in containing the spreading of the virus.

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.

Bowen therapy for stress management

When we are stressed our nervous systems are compromised. Our nervous systems are responsible for the majority of our body's functions. Our bodies go into 'fight or flight' mode when we're stressed.

That might sound like an overreaction, and indeed it is. When dealing with stress and trying to manage more than we can cope with this is the psychological mode we fall back on.

Being in this heightened state-of-mind puts a toll on our bodies. It raises our blood pressure, weakens our immune system, increases our chance of a heart attack, and clouds our thinking. I can't reaffirm enough just how dangerous it is to be stressed and not attempt to manage it.

The reason a lot of people find stress relief from the Bowen therapy is because it's a soft and gentle form of therapy. A therapist uses soft touches, touches that make a difference to how the body's nervous system is

functioning. It helps to calm down the nervous system and helps the mind to relax.

The techniques used in Bowen therapy change the fight or flight state-of-mind I mentioned above. It helps to reset the brain and actually make a difference at the source, your brain and how you're thinking.

When you change how you're feeling and thinking like this it has an effect on your whole body. You can normalise your heart rate, blood pressure, lift your mood, and start feeling yourself again. Stress is like a rain cloud following you around, you can break away from this cloud. When you do suddenly everything starts to fall back into place.

Here are some other simple methods you can use to reduce stress:

Practice focused, deep breathing

Try breathing in for four counts, hold for four counts and breathing out for four counts for a few minutes. By evening out your breath,



by Sonia Barton

you'll slow your heart rate which should help calm you down. I use this method when I wake in the night and can't get back to sleep.

Use aromatherapy

Whether they're in oil form, incense, or a candle, scents like lavender, chamomile, and sandalwood can be very soothing. Aromatherapy is thought to help activate certain receptors in your brain, potentially easing anxiety.

Go for a walk or do 15 minutes of yoga

Sometimes, the best way to stop anxious thoughts is to

walk away from the situation. Taking some time to focus on your body and not your mind may help relieve your anxiety.

Write down your thoughts

Writing down what's making you anxious gets it out of your head and can make it less daunting. Sometimes I write my thoughts down and tear up the page and burn them in a metal dish outside. It really does make a difference in how you are feeling.

Unfortunately, I can't work in clinic at the moment due to the Bowen Association recommendation advising us to not treat clients. Of course things can change from day to day.

If anyone is feeling that they could do with some healing or relaxation, I can offer distant Reiki healing. Please call for more information on how I can do this for you. It would be \$40 for 30 minutes at a time that suits you.

Phone 0431-911-329, web: www.bowenenergywork.com.au