**Nimbin Servo Shop**

Nimbin Servo Shop is a place where you can find a variety of items including:
- Stock food, horse & cattle food, lucerne, pet food & bones
- Bread & milk, newspapers, cigarettes, Nabropure water
- Nimbin Bakery pies & sausage rolls, drinks, icecreams
- Fuel, oils, automotive needs, ice, gas refills & Swap'n'Go

Nimbin Servo Shop is open Wednesday to Saturday 10am – 3pm, Sunday 10am – 2pm.

Open 7 days: Mon-Fri 7am-6pm, W/E 8am-5pm.

**Nimbin Trailer Hire**

Nimbin Trailer Hire offers a range of services including:
- Towing for trucks, heavy machinery, and equipment
- Flatbed trailer hire for transporting goods
- Crane hire for lifting heavy loads

For more information, visit the Nimbin Trailer Hire website or call 0411 826 076.

**The Nimbin GoodTimes**

The Nimbin GoodTimes is a place where you can enjoy:
- Pub Hols 8am-4pm
- Live music nights
- Weekly specials

For more information, visit the Nimbin GoodTimes website or call 0411 838 076.

**Nimbin Sony Servo**

Nimbin Sony Servo is a place where you can find:
- Electronic components
- Accessories
- Repair services

For more information, visit the Nimbin Sony Servo website or call 0411 826 076.

**Balancing Bush Flower Essences**

Balancing Bush Flower Essences offers a range of services including:
- Flower essence consultations
- Custom formulations
- Remedies for emotional and physical well-being

For more information, visit the Balancing Bush Flower Essences website or call 0411 838 076.

**Armonica Espresso Bar & Wood Fired Pizza**

Armonica Espresso Bar & Wood Fired Pizza offers a range of services including:
- Espresso bar
- Wood-fired pizza
- Italian cuisine

For more information, visit the Armonica Espresso Bar & Wood Fired Pizza website or call 0411 838 076.

**HOLISTIC HEALING**

HOLISTIC HEALING offers a range of services including:
- Holistic healing therapies
- Energy balancing
- Australian bush flower essences

For more information, visit the HOLISTIC HEALING website or call 0411 838 076.

**Yantra Seeds**

Yantra Seeds offers a range of services including:
- Seed diversity workshops
- Seed saving techniques
- Seed germination

For more information, visit the Yantra Seeds website or call 0411 838 076.

**ROXY Gallery**

ROXY Gallery offers a range of services including:
- Art exhibitions
- Workshops
- Community events

For more information, visit the ROXY Gallery website or call 0411 838 076.

**Art overloads at Blue Knob Hall Gallery**

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

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

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

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

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

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

‘Up & Down’ features large works, sculptures, landscapes and the theme for the member’s exhibition has been interpreted in unique ways. Some unusual hangings and sculpture pieces by Wendy Cain made from recycled barbed wire and her handmade ceramics have been very popular.

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

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

Peter’s work spans four decades, since the age of 17. His interest in identifying Australian rainforest trees has led him to publish two popular books on the subjects: ‘Barks and Trunks’ and ‘Barks and Trunks Vol 2’.

Both exhibitions will run concurrently until Saturday 14th September.

Ceramic artist of the month

Anamaya Milner discovered a whole new world in ceramics two years ago. Before that her artistic outlet was through creating beautiful gardens. She is still discovering her style, but her work is hand and slab built. Her pieces are usually of a practical nature – very earthy and rustic, often with an aged look and reflecting the colours of nature.

Becoming part of the Blue Knob Ceramic community helped Anamaya to settle in the area after moving from NE Victoria, and inspired and awakened a new and exciting creative journey for her.

**Coming up**

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

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

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

**Artists & Friends Lunch**

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

**SeedArtLab**

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

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

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

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

**Lismore Art Space**

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

Artists on show are Rene Bolten, Raimond de Weerd, Stevens Giese, Jake Jaquiss, Hollie MacKenzie, Jay Raimond de Weerdt, Steven Giese, Ali Walker, Nordstrom, Rod Poole and Michelle Manby, Michelle McLeod, Anna Jake Jaquiss, Hollie MacKenzie, Jay Raimond de Weerdt, Steven Giese, Ali Walker, Nordstrom, Rod Poole and Michelle Manby, Michelle McLeod, Anna
A love of being creative

by Ruth Tsitimbinis
Cultural services officer

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

Anthea Moffatt, Wendy McGain and Pam Cowgill have spent the last year fluffing around in their studios working on new pieces for this exhibition. As accomplished artists in their own right, all three ladies are true examples of committed artists who have shared their love of art with their offspring, and it is really exciting to have members of their families exhibit alongside them. All three artists have different approaches to their subject matter and the style in which they paint. While being very individual, the viewer may get a sense of how their works connect through their use of colour and their very bold expressive marks.

The Kyogle community should feel very honored to have had this opportunity to experience, from these artists’ engagement in exhibiting in the gallery the path of development all three women have taken through their creative expression.

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

Anthea’s son Richard Moffatt is a sculptor, Pam’s daughter Ann Helderz and her daughter Gosha are printmakers and painters, and Wendy’s granddaughter and niece, Sasia Flynn, Milly Hemphill and Kate McGain are illustrators, drawers and designers. It is so encouraging to have a flock of generations flapping their wings of creative thought in this exhibition that will be on show until 6th October. The official opening on Saturday 14th September, 1-3pm will see all three artists and their contributing family members joining together to celebrate their love of being creative.

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

Weave and mend gathering

by Moksha

Our annual Weave and Mend Gathering started in 1999 when I left home and, hitch-hiking to the top end and in Yolngu country, north-east Arnhem Land, I was inspired by their basket-weaving skills. Since then, many women were inspired by the weaving we learnt from other weavers in our area.

Many personal relationships have been established over the years between women weavers from different cultural backgrounds. In Nimbin, our local community has been greatly influenced by this cross-cultural exchange, making use of local fibres. This year’s gathering is being held Friday, Saturday and Sunday, 4th-6th October in the Nimbin Community Centre grounds.

We will be demonstrating our skills, exchanging techniques, knowledge and weaving stories, and are also selling our wares. Three-day camping is being offered – food is available in Nimbin, or bring your own. Facilities include showers, toilets, kitchen facilities and it’s close to shops. We welcome music in our town. Looking forward to weaving with other women and different fibres from different places.

Local artist shortlisted for comic book

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

The awards are competitive and industry-honoured, with entries from around the world. ‘I’m thrilled to be shortlisted,’ Holly said.

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

The awards ceremony is in Toronto, Canada, on 14th September.
Y
ou know that person: the one who is constantly giving, striving, busy, busy, always apologising, agreeing with everyone, and yet you say you want to keep the peace and generally not prioritising their own needs?

People pleasuring happens when giving in order to please others and staying tuned to others’ feelings becomes more like a compulsion or obligation rather than a choice to be kind and loving.

Constantly giving to others, squandering their time, love and energy, makes you lose yourself. Also ask and therefore having little or nothing left for themselves and feeling like you don’t deserve anything.

They are also notoriously wary of conflict and will do anything to avoid it, hence the reason why so many people find it so difficult to avoid it, hence the reason why so many people find it so difficult to

To the point of they are blind to their own needs and feelings. To the point of they are blind to their own needs and feelings.

The people-pleasing pandemic

The people-pleasing pandemic

I have been hibernating this winter, renovating the House of Bliss, a spacious Queenslander overlooking Kyogle. It has sweeping views north to the Border Ranges, and a gorgeous slate-tiled bathroom with a deep, cast iron tub which is now painted light blue and fashioned in the shape of crushing talons. Kiwi Kim, who fled the Christchurch winter in order to help me paint, joined me each morning for breakfast on the tall deck, which is level with the leafy branches of the eucalyptus.

We both delight to share our morning routines with the magpies, butcher birds and kookaburras who call our trees their home.

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

The only thing I had heard about the O’Heart Festival was a rumour that it was run by secretive cultists who only allow in a handful of outsiders. We speculated together about what it might be like to get recruited into a cult, what would be its sales pitch.

I always feel a thrill when I round the last corner of the picturesque valley and encounter the open panorama of the Tweed Valley. I like how Sphinx Rock lies on its haunches atop of Blue Knob ridge like a dog that’s been run down by the howl of the caldera, and the many dams which reflect the sun’s rays like a cloth full of mirrors.

The centre of the scene is filled with the hulking forms of Wollumbin, the cloud-catcher, which some people claim is the world’s largest crystal.

Apparantly size does count.

And so they begin to practise emotionally overwhelmed state, and thinking.

when things become overwhelming.

Every single child that I have had the privilege to work with has emotionally overwhelmed state, and thinking.

They may act out in unpredictable and surprising ways when things become overwhelming. Usually these children feel a deep sense of shame about this collapse and they go back into careful hiding, trying to be good. And the cycle repeats.

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

Some emotional inconsistency is what causes people pleasing.

The child, not knowing how else to secure and maintain love and connection, does all he or she can to earn a parent’s love.

Children can become less interested in exploring who they are and more interested in learning about what others want her to be.

Being ‘nice and good’ will be a way they can finally feel love for good.

So they think! This is what makes a people pleaser.

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

For example, as a child I was constantly called a “good girl,” but the reality was I was stricken with constant anxiety and fear of not being good enough for the adults around me. I remember clearly, organizing my younger siblings to get their chores done before our mother would arrive home, as I was constantly wanting to make her happy, but never really being able to accomplish that even if I tried.

So the more I tried to please her, the more unworthy I felt, as it would only ‘work’ on rare occasions, but the validation and approval I received in those moments were enough for me to want to keep perpetuating the same unhealthy cycle.

Also it’s extremely damaging for a child to grow up hearing of all the parental relationships drama or problems, yet when the child needs some reciprocal support the parent is unable to be there in any capacity, as their emotional maturity won’t allow it.

This is what makes a people pleaser.

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

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

Kathy practises energy work out of The Green Bank and can be contacted on 0428-189-641.
The enigma that is ‘choice’

C’hoise’ is one of the most mistranslated words in the English language. So often do I hear or read the statement that this person or that group had free choice and are thus accountable, that I spend a lot of time debating the point and it has become a subject very close to my heart.

Do we really have much choice amongst the myriad of decisions we make or are we mostly guided by our subconscious drives, our epigenetic precursors and our cultural demands? I only found out about the problem with ‘free choice’ in the mid of my Masters in Public Health, years after graduating as a doctor. It’s called ‘Victim-blaming’, something we as doctors and the general public have often unconsciously susceptible to, which creates a whole other level of victim behaviour.

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

Unfortunately it has been well and truly proven, that this forecasting has an effect of less than 10% of the population, those who are generally well educated, free enough and privileged enough to reason about themselves to make a change. And yet those of us who are privileged enough to have this knowledge, then sit in judgement when our treatment plan is not followed through. This often means the person being judged even writes about themselves and continues the self sabotage. We may have the belief that someone who has chosen to stay at home and not go to a private university, is then responsible for their behaviour but how often is this actually the case. When do we even define someone as an adult? At age 18, when we have spent most of our years in a schooling system that tells us what to do until the last exam. Are we then supposed to know everything about ourselves and the world around us to make clear decisions? I for one, graduating from this world at the age of 25, still had no idea how to feel into my own needs and understand the needs of others, although I was extremely well informed and could do or do we follow the line of US President Abraham Lincoln, who stated that every man over 40, was responsible for his ‘face’ as the way he presented to the world.

Most close relationships are built on expectations of older wisdom and yet so many of our elders are missing out this insight among the confusion of our world, just as we are all.

In fact, I often imagine that we are made simultaneously in this dimension in a certain band of consciousness, which have exceptions, regardless of our age. How can we now, when we are so much a product of our upbringing and our environment.

From in utero we are moulded by our experiences, from our mother’s experience in pregnancy to birth to breast feeding and attachment to tribe. When we are children, we usually can’t yet discuss the choices of our parents and our purpose is to act as a sponge to soak up information and learn how to survive in this world.

As we grow up.

It is polished down through the ages so that it reflects with greater and greater accuracy the structure of the world around it.” – New Scientist

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

‘Human DNA encodes its own selfish survival programs…They remain to this day, buried in the limbic system and in the ancient reptilian brain stem, ready any time to override the feasible objections of mere reason. Since we are seldom physically threatened in our everyday lives, the fight-or-flight chemistry of self-preservation is now sensitized to, and primed to respond, not only to the threats of our physical bodies but also to the threats to our projected self and social standing. This ancient survival system, which is at the root of so much human drama, is the most potent and powerful in the human genome of all.’

In our culture this ancient survival system is called ‘Victim Blaming’, where we turn on ourselves for the wrong behaviour. How can we not, when our psyches are equipped for the perceived threatening environment, so really the body craves this relaxation response and often does addictions in this way.

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

So what of the polluters, the heaters, the corrupt. What excuse do they have? Well, I don’t think they know what the pathologies are either, running around thinking power and money will fill the black hole when it comes back to prey on us and the tribe.

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

Water – more precious than laws

As our climate changes, our water extremes become the norm, we will look to our adaptive nature to survive. How do we best adapt? Trial and error, preparation and access to information. Trial and error involves taking risks and sometimes failing before arriving at a fruitful conclusion. We may even weigh up known risks, sometimes deciding to proceed given the benefits outweighing possible negative outcomes.

Unfortunately, our system of governance has become reactive to lessen and outlaw risk-taking behaviour, and yet, we cannot not be taken without floating regulations and codes, no matter the imperative need. One area of special concern to me is that of greywater treatment and re-use. The current NSW Health regulations do not allow the use of greywater (household wastewater for human excreta) for use above-ground as irrigation unless it has been treated to a secondary level and disconnected. The costs involved in carrying out this high level treatment are prohibitive and most people will not proceed. Although there are some minimal risks with pathogen contamination of greywater (all of which can be effectively managed by the educated user), there are more benefits to re-using greywater in our everyday lives in times of drought.

Many of my clients, for whom I have designed appropriate wastewater treatment systems, are justifiably annoyed at the proselytising of expensive sand filters and thousands on sub-soil beds and trenches for disposing of greywater which they have no intention of using past council’s first inspection. They instead divert their dreary greywater down to their Banana patch and enjoy a bountiful harvest. Legislation that are in place and no longer serve the community are bound to be broken and undermine the overall rule of law, something we must hang on to at all cost if society is to weather rough seas.

By disillusioning experimentation and risk-taking behaviour, some laws actually tie our hands behind our backs when it comes to our survival. Human evolution is based on risk taking behaviours and we have managed through the ages and every environment the Earth has yet thrown our way. Will we go to the next level of evolution with one hand behind our backs due to outdated laws?

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

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

Stuart McConville is a consultant waste water contractor and consultant to toilet re-design/manufacturers. Site: www.poosolutions.com

View from the loo

by Stuart McConville

In this moment

by Dr Gail Bouatty Medicine woman

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

And, by smoking marijuana as adult is deemed to be the afterlife of childhood, what is the supposed propensity to something akin to the mother’s body. – Adam Phillips, Going Solo

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

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

Counsellors in lateral violence, where we turn over our guard just like a rabbit in a bucket, rather than confront the situation that effects all of us, so that we can look at the long term survival.

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

Unfortunately we are mostly not taught any other technique to give us the necessary response so we self medicate, even through shopping or overworking. Most of us would do anything to fill up the black hole we feel inside, because no one has ever taught us how to feel at peace, let alone who we truly are. What of the polluters, the heaters, the corrupt. What excuse do they have? Well, I don’t think they know what the pathologies are either, running around thinking power and money will fill the black hole when it comes back to prey on us and the tribe.

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

Our inner lives are strongly impacted by our own peril, and many of the greatest problems we face in today’s world are the result of such neglect.” – Dalai Lama 2011
**Taking control of your wellbeing**

by Tonia Haynes

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

Considering her shocking beginnings, Louise did well with her arid belief in the power of the mind over the body. Nevertheless, in my book, in order to have lived a life that does not include resentment and criticism, one would need to be enlightened, or a robot. I’m sure that Murray the bull ended up with arthritis, because his owner refused to allow him to join the next door farmer’s paddock to play with those gorgeous cows. And he was also severely criticized for his valiant efforts to break the fence.

We have all been criticised in one way or another for our valiant efforts to break the fence. And if our “enemies” are powerful, Surely, this is a natural conclusion to feeling restrained. Unfortunately the outcome can be excruciatingly painful. It has been a mission in this house this year to send the demon arthritis back to where it belongs: a bull that is off-limits to this planet. And I have discovered a few usefuls that are actually working better than the script of eight osteopanadol a day prescribed by most doctors, who genuinely, don’t know what else to tell us. I say a few usefuls, because there are more than one. Foods like wheat, sugar, processed meats and dairy, which add to the inflammation already present, will only increase the hurties. So resist them as much as possible. The turmeric recipe helps reduce the inflammation but it needs to be strong and twice a day at least.

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

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

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

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

The second discovery is still to work for me, because I am only up to day two, but a fellow farmer, who works with horses and does the usual fencing repairs suffers abuse, hardship, into a family where they were choosing their families and major illnesses. He has suffered in their latter years.

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

There are also psychic curses which occur when someone has an invisible psychic energy hold on another person. These are quick. When a person is in contact with a controlling, negative, or jealous person, these people can intentionally or unintentionally send negative energy towards another which is programmed with their desires, wishes, thoughts, or intentions. Their destructive thoughts create a psychic curse through “energy bars” which get lodged into a person’s energy field and stay there until they find someone skilled in identifying and removing the curse.

Intentional curses such as voodoo and black magic have been used in many parts of the world to cause harm to others through relationship problems, illness and even death to people. Our Australian Aborigines have traditionally used this type of voodoo through their practice of “pointing the stick”. Often the witch doctor or sorcerer will condemn subsequent generations with the same curse. The effect of a curse can become lodged in a person’s DNA and get passed down from one generation to the next.

During a past life regression, people often experience the time before coming into this life where they were choosing their families and major players. Some strong souls actually choose to be born into a family where they will suffer abuse, hardship, or ill health, in an attempt to heal and gain valuable personal lessons, thereby growing spiritually. If they choose to incarnate into a family where one or more members are carrying a curse, they do so in attempts to solve the curse. How do you know if you have been cursed? If you suspect a curse is involved, it probably is because suspicion comes from a deeper, subconscious, psychic or knowing. Often you will be able to sense or feel that you or another person has been cursed. Something feels out of place, yet you can’t quite

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**Do you feel like you’ve been cursed?**

Are curses real? Can curses be re curses real? How do you know if you have been cursed? If you suspect a curse is involved, it probably is because suspicion comes from a deeper, subconscious, psychic or knowing. Often you will be able to sense or feel that you or another person has been cursed. Something feels out of place, yet you can’t quite seem to place your finger on it or explain it. Curses are not feared when you understand them as and you have the power to remove them. The important thing to remember is that curses arise from and are directed by negative energy. I work in the light with my clients. Light and love and standing in one’s power as a sovereign being are always infinitely more powerful than the dark. By invoking the power of the light, dark energy is instantly transmuted, it doesn’t have a chance.

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

Contact Auralia on 0422-481-007 or visit: www.auralialowellbeing.com Facebook: www.facebook.com/AuraliaRoseWellbeing

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All Enquiries Welcome

1300 678 443
mail@dolphinfunerals.com.au
PEA: A safe, natural painkiller

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

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

Because it is produced naturally in the body, and does not produce the side effects associated with orthodox painkillers, there is some impressive research over several decades showing its effectiveness as a pain reliever in many different health conditions. There are also some impressive case studies in the medical literature.

Although PEA has been studied extensively and proven beneficial, it is relatively new in Australia, first through compounding pharmacies, and now also through herbalists and naturopaths. I have only recently been using it in my clinic so I do not have many case histories to describe.

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

The patient with hyperesthesia presented with a recent sensation of extreme nerve pain on her thigh, affecting a quarter of her upper leg. It was not in the typical sciatica location, and had no apparent cause.

The area was extremely painful, sensitive to touch, and she said it felt ‘neuralgic’.

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

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

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

Two clinical trials were conducted on people with back pain sufferers. They were given 1200mg per day for 90 days. The treatment proved to be safe and effective for reducing pain intensity, frequency and duration of migraines.

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

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

Trish Clough now conducts her own clinical practice in Club Lane in Lismore after owning ‘Traditional Medicinals’ for 20 years.

For consultations or appointment, phone 0452.219.502 or email: herbalist.trish@internode.net.au

My experience with Reiki

by Sonia Barton
Bowen therapist and Reiki master

I first discovered Reiki in the late 80s but never actually started using it until I began training in massage in the late 1990s.

My friend told me that I should do a course. I was nervous because I thought I was joining a cult or something, because it was all very secretive!

I did Reiki 1 in 2003, and trained as a Reiki Master in 2018. So it’s been a long journey. I thought I’d share my story so as to why I decided to become a Reiki Master.

I travelled solo around Peru for four months in 2016. I was able to use Reiki and Bowen therapy on the locals and found I was getting great results very quickly—perhaps the energy of the land was contributing?

One woman saw a shaman over 10 years ago for her headaches who blew cigarette smoke on her for healing. She helped her with jaw pain, misalignment and her neck and back problems.

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

When I arrived at her centre she was extremely ill, she lost so much weight, lost her appetite and had no energy, she really looked like she was at death’s door. She had gained so much to the local people freely, helping women heal from breast cancer with PEA.

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

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

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

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

Reiki is a Japanese energy healing technique for stress reduction and relaxation. It is given by “laying on of hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. It can be given seated or lying down.

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

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

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

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

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

Sonia Barton is a Bowen Therapist and Reiki Master. Contact her on 0431-913-329 or go to: www.bowenenergywork.com.au

Nature’s pharmacy
by Trish Clough, herbalist

California poppy is one of the herbs used for nerve pain and is based on the idea that an unseen life force energy flows through us and is what causes us to be alive. It can be given seated or lying down.

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