

# LET\$TALK

RIVLETS info bulletin

may/june 1994

## EDITORIAL

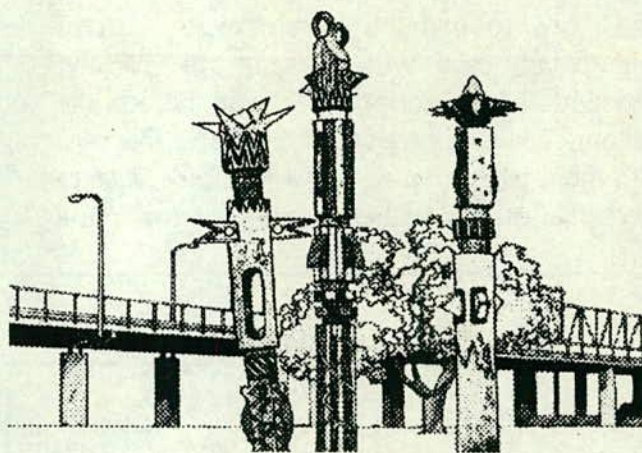
Have a guess at the number of LETSystems operating in Australia. If you thought about two hundred, that was pretty close. The current number of LETSystems officially registered with OZLETS, the umbrella organisation set-up two years ago, is one hundred and seventy eight. Most probably there are other LETSystems which have not come out of the woods yet.

LETSystems are a useful tool to any community of any size, as small as a household or family using an exercise book to keep track of 'points' or 'units', or as big as a national network of services like transport and accommodation with computerised bookings. Imagine getting accommodation an hour's drive from the ski slopes or at the edge of a fabulous national park on 100% LETS. That sort of things is definitely in the pipeline.

There is a rumour that LETS does not work but those people should own up to the fact that: THEY are not using the network. What you get out of it is what you put into it, that's all I have to say to them.

By the way, this is the time of year when you ought to revise and update your listings in the skills and services directory which will be published in July. Please contact the office about any changes.

## FIRST QUARTERLY LETS TRADING DAY



## LISMORE HERITAGE PARK MARKET SUNDAY 29 MAY

The Rivlets office will have an info stall at this event. All members are welcome to join in, by bringing any goods they would like to trade, skills they would like to display or requests they would like to advertise. See you there!

LET\$TALK is published by  
Richmond Valley Local Energy Transfer System.  
PO Box 402 Lismore 2480. Phone (066) 222 776.

EDITORIAL TEAM  
Jamil Rahal and Ray Flanagan

COMPUTER TIME & LAYOUT SUPPORT  
Steve Cooke / North Coast Market Management

Many thanks to all contributors. Deadline for next edition; 30 June 94.



MAY/ JUNE 1994

Welcome to our last newsletter for the 93/94 financial year. This signals a busy time for us administrators. We intend to produce a new skills and services directory soon and we need your CO-OPERATION. Only current subscribers will be included in the new directory, so please renew your membership ASAP.

A renewal form is included with this edition. Five dollars is not a lot to ask for. It covers little more than the cost of printing and mailing the newsletters. Expect the new directory in the next or following newsletter. A current membership card will be sent out in July, provided the subscription is paid before the mailout. Members are advised to carry this card with them when trading. It will also be wise to check that other members are in possession of a

current membership card before trading with them as a cheque received from a dormant member may not be considered valid.

Skills and services listings of members who have paid their 94/95 subscriptions in advance will automatically transfer as currently listed, unless we are advised otherwise.

Our Ballina agency, The Ballina Information and Referral Service, has moved to new premises at 42 Cherry street, the old library. We hope to organise a public information night in Ballina soon to publicise LETS and the new agency. We now have an information and bulletin board at the back of the Big Scrub Information Centre at 149, Keen street, Lismore. Members are invited to pin up notices. Happy trading, Ray.

THE CHANNON **SWEET** BRUNSWICK HEADS  
**CREPES**  
SAVOURY

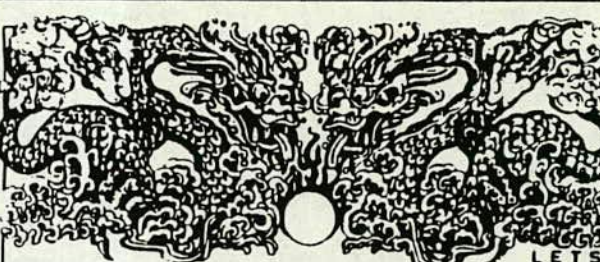
BYRON BAY LISMORE BANGALOW

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**CATERING • FUNCTIONS • PARTIES**

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Gilbert and Marie France Marchand  
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**Phone (066) 85 3375**



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### Classification codes

# Lets Trade

Advertise your  
skills, services  
and products in  
Let's Talk

Noticeboard:  
 1L per line  
 Display ads:  
 Bss. Card 15L  
 1/6 page 20L  
 1/4 page 30L

General Skills, Services & Labour - 000  
Professional, Business, Consultant - 001  
Guidance, Counselling, Therapy, Healing - 003  
Land Management & Land Labour - 008  
Building Design & Construction - 010  
Goods & General Supplies - 100

Local Produce & Food Preparation - 200  
Shelter, Land & Accommodation - 300  
Tools & Equipment (Hire) - 400  
Transportation - 500  
Shows, Sports, Societies, Events - 600  
Wanted - 700

## Your Classified Advertisement

Name: \_\_\_\_\_ Number \_\_\_\_\_ Date \_\_\_\_\_ Code \_\_\_\_\_

This ad to appear in: 1 2 3 4 5 6 7 8 9 10 11 12 Issues (circle)

[illegible]



# SINGING-TONING AND HEALING

by Shanti Rahal.

The human voice is the most powerful and effective musical instrument, or tool, for holistic healing of the human organism. A healing vocal sound touches us not only in our bodies, but in our souls as well.

We create with our words and sounds. Almost all our actions and reactions result from words. It is generally accepted that we cannot think without words, or symbols, and that our thinking is limited to them. Beneath these words are the vibrations of the Tone upon which they travel. Tone is the underlying force operating in our lives. To understand this enhances our ability to create what we wish!

The voice is the first and ultimate instrument - it's the one means of expression used by every nation and culture! The means by which it is used, the different sounds people choose to emulate is fascinating!

Because our voice is connected to our blood supply, it is always closer to our instinct, soul and emotions, rather than our intellect. I saw the "proof" of this as I travelled through the Middle East and watched in amazement as women would "ululate" and voice their grief, joy and other emotions at funerals, weddings, births and any occasion!

Keening and wailing are toning expressions of lamentation which actually **RELEASE GRIEF AND SORROW !!** These sounds are recognised world-wide as coming from women culture. Unfortunately this is not part of our heritage in the western world-not yet anyway!

Hawaiians and other Pacific Islanders know that singing and dancing creates harmony in their life. The voice also links all cultures throughout the ages. Again, while in the Middle East, I found that very often my only communication was through singing a song I had learned in that particular country I was in at the time. There I sat surrounded by women and children who clapped enthusiastically in time to the songs, smiling and beaming and inviting me to weddings and their homes..It's not just the sung song which directs healing energy, but the positive visualisation that accompanies the sound! Sounding or Toning is actually an inner sonar massage!!

Obviously, sound is related to A **RELEASE OF ENERGY!!** It's a direction of energy in the body. By releasing tensions and stimulating circulation and nerve energy in the body, Toning and Singing are a natural method of healing. It releases the "Blueprint" of perfection within each person!

## SOUND MAKES YOU FEEL !!

Sounds have also considerable effects on the glands and organs of our bodies. Here is a short list:

AH (as in father) for the upper lungs.  
OW (as in low) for the lower lungs.  
OM (as in omega) for the heart centre.  
OO (as in book) for the sex glands.  
EH (as in head) for the thyroid and throat.  
EE (as in feel) for the pituitary and pineal glands, the head and sinus.

Toning and sounding enables a sound to permeate the body, vibrating the imbalanced areas and effecting a restructuring and healing of the molecules in the dis-eased area. Humming nurtures as all mothers with babies will know, feeds and calms the nervous system.

The Cherokee tribe, the Tealagi, claim that the middle note E sounded daily saves you having a heart attack!! They also point out that laughter is the best medicine!! I can believe that!

In Norway, a music therapist named Olav Skille designed a so called "sound bath". He says that a series of simple tones listened to, effectively treated the pain of such diseases as rheumatism and menstrual cramps! Positive effects on the mobility of limbs in patients with autism, spasticity, hyperactivity and cerebral paresis were also reported to an international gathering of medical doctors, music therapists and sound researchers.

Groaning is another medium most of us never practice. Only in cases of acute pain do we allow a groan to emerge from our poor overcontrolled bodies! Yet, groaning enables us to release stress, tension, emotional hurts as well as physical pains. Weight lifters grunt before they lift the weights, and a person doing karate "sounds" a cry, again, **BEFORE** striking! This is because the voice not only releases power but

**DIRECTS ENERGY** through the body!

Most people are not aware that our physical body has a mind of its own. This creative voice- or force - is inhibited by our mind, due to negative thinking/conditioning etc... We only allow our "physical voice" to come out in a scream / groan / sigh or laughter, unhindered by our mind! Making a sound, also called Toning, is an "escape valve" for the pain because it is breaking up tension which we label "pain". It brings "new life energy" to that particular place in the body! Now whether that pain be physical or emotional doesn't make any difference to our body. So next time your boss / friend / lover / is nasty to you, instead of screaming at him / her, go into the ocean or the forest and let out your anguish and pain / hurt / anger there.

There is also a sound named "All Sound"

What is "All sound"? It is the presence of All sound frequencies in nature! It contains the entire sound spectrum just as the colour white contains the whole colour spectrum! Whether we listen to the sound of the ocean, the murmuring of a creek, the song of a bird or the rustle of wind in the trees, they all combine to make a symphony of healing, cleansing and centering sounds. I personally prefer the "All sound" to a blaring TV or an earblasting stereo anytime!

I find the fact that we do not have any singing or dancing built into our daily lives to be in huge contrast to most third world countries. We, in the western world are also suffering from many diseases that are killing us by the millions. Could there be a relation to this- or better still- a solution?

The motto is certainly read through the lines clearly- **SING, BE HAPPIER and LIVE LONGER and HEALTHIER!!!**

Shanti Rahal holds singing and toning workshops regularly and draws on her ethnic background for inspiration. She can be contacted on 886100.

References: Toning by Laurel Elizabeth Keyes (The creative power of the voice)

Sounding the inner landscape (Music as medicine) by Kay Gardner



# TEN SURE WAYS TO SAVE MONEY

**1 Don't go "shopping"** More than the simple act of acquiring needed goods and services, shopping is an attempt to fill myriad needs: for socialising, for a reward, for an antidote to depression, for esteem boosting, self assertion and status.

**2 Live within your means.** Buy only what you can prudently afford, avoid debt unless you are sure you can pay it off promptly, and always have something put away.

**3 Take care of what you have.** There is one thing we all have that we want to last a long time—our bodies. Simple attention to the proven preventive health practices will save you a lot of money.

**4 Wear it out.** What's the last item you actually wore out?

**5 Do it yourself.** Can

you tune your car? Fix a plumbing leak? Do your taxes? Cut your families hair? What you can't do, you can hire others to do, and ask them to show you how they do it.

**6 Anticipate your needs.** With enough planning you will not need to buy many items until they go on sale at 20 to 50 % under the usual price. Anticipating needs also eliminates one of the biggest threat to your frugality: impulse buying.

**7 Research value, quality, durability, and multiple use.** Don't just be a bargain junkie and automatically buy the cheapest item available. Multiple use is also a factor: one heavy-duty kitchen pot can (and should) replace a half dozen specialty appliances.

**8 Get it for less.** There are numerous ways to hunt bargains. You can ask for discounts

anywhere, anytime. Nothing ventured, nothing gained.

**9 Buy it used.** If you are a thrift-shop or garage-sale addict, look at whether you are really saving money or whether you are buying items that you don't need just because "they're such a bargain".

**10 Stop using money to impress other people.**

**The ultimate way to save money:** Beyond watching your pennies and watching for sales, watch your thoughts. I want this! I like that! The Buddha said that desire is the source of all suffering, it is also the source of all shopping. Advertising doesn't make you buy stuff. Other people's expectations don't make you buy stuff. Television doesn't make you buy stuff. Your thoughts make you buy stuff. Remember, frugality isn't deprivation.

Vicki Robin  
& Joe Dominguez



# NOTICEBOARD

## GENERAL SKILLS, SERVICES & LABOUR

Farm labouring. Call Ros on 895 408. DU

## GUIDANCE/ COUNSELLING/ THERAPY/ HEALING

Personal Growth Groups, Family Therapy, Gestalt Counselling with Stephen Gunter. Ph:219911. LI

## GOODS & GENERAL SUPPLIES

Hand made jewellery 50% to 100% Locals. Also cake making and indoor plants. Ring Ros on 895408. DU

Massage Tables made to order, strong, light and portable- also adjustable height and solid timber

## HERBALIST

Margaret Smith

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Cert. Irid., M.N.H.A.A.

50% LETS on consultation

10% on products

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TUES. WED. THURS. & FRID. (10-2)

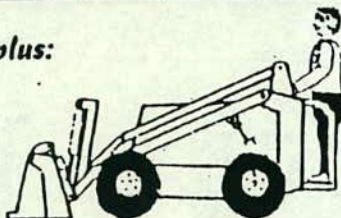
52 Terania St, The Channon (opp. Tavern)

Ph: (066) 886 139 A.H: (066) 891 455

## TOM THUMB CONTRACTING

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- Auger
- Tipper 3m<sup>3</sup>
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Tel: 018 663 863

Tom Langfield

## WANTED

Handyperson with carpentry skills (finishing work around the house). 100% L. Call Stephen on 880100. LI

Someone to do brushcutting work. Ring Kahren on 886164. DU

Surfboard-thruster, 6'7" or longer, good condition, suitable for ageing "born again" surfer (i.e. no "submarine"). Will pay well for the right board. \$/L percentage negotiable. Contact Ray on 886307. DU

A car wise person to help with body-electrical - mechanical work on a Toyota Corolla. Call Jamil on 895344. DU

## Labourer Needed

## Landscaping Building

Lismore

(Payment in LETS)

Phone : Graham 251 959

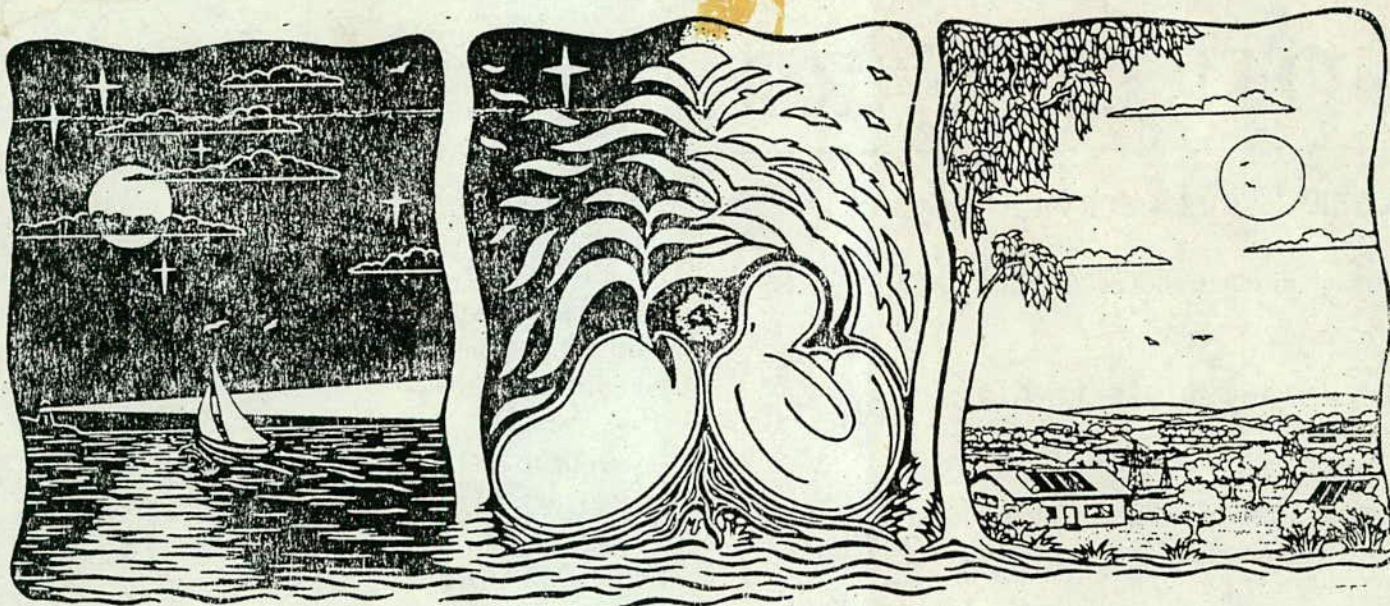
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EARTH BRICKS**

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Georgica 2480

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018 665 624

Gary  
Atkinson





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Preferred Name (1)..... (2).....

Last Name (1)..... (2).....

Address.....Postcode.....

Telephone: Work.....Home.....

I have read and undertake to abide by,  
the Richmond Valley Letsystem agreements.

Signed.....Date.....

**SKILLS AND SERVICES OFFERED**  
(please keep it brief)

**Member (1)**

**Member (2)**

1.....				
2.....				
3.....				
4.....				
5.....				