

FILMS WITH A DIFFERENCE

The most unusual film festival to screen in Australia commences a limited season at Event Cinemas, George St Sydney, from February 27.

GREAT DOCOS ON SHOW

The Big Picture Film Festival presents a unique collection of the most exciting new documentary films from around the world.

JULIAN ASSANGE FEATURES

Highlights of the festival include the Academy-Award nominated *Five Broken Cameras* and *Shadows of Liberty*, featuring Julian Assange.

SYDNEY

DIDGE MAKES SOUND HEALING

James Gorman

A RETIRED medical practitioner and Reiki master is using the ancient sounds of the didgeridoo to help heal patients.

A group meditation circle targeting anybody from corporate types to business owners and busy parents will take place in Sydney next week to help teach people how to relax their minds.

Connect with Spirit is run by Dr Michael Taylor, a former medical practitioner with more than 14 years experience. Dr Taylor said it is essential for our health that we learn to switch off the brain from time to time.

He said the didgeridoo played an intricate part in his

CONNECTING

■ *Connect with Spirit* takes place at the Adina Apartment Hotel, 511 Kent St, Sydney, Wednesday, February 27, 6.30-9pm.

■ For more information about Dr Michael Taylor visit connectwithspirit.net

healing and meditation circles.

"I practice energy and vibration healing using the didgeridoo which is a really underrated healing instrument," Dr Taylor said.

"Nobody is really using the didgeridoo when it comes to healing, which is a shame because it has a lot of potential. It is one of the oldest instruments on the planet and

also one of the oldest healing instruments. It can be used to ease tension and melt away stress and it perfect for use in group meditation sessions."

Dr Taylor said not many people were aware of the benefits of vibration therapy for treating health ailments.

"Vibration healing a great way of treating someone and it is about playing a frequency that is slightly different in one ear to the other," he said.

"It causes the brain to try and match its frequency to that frequency. You see the same thing with people, when someone else does something we usually unintentionally try to match it. It can be a very soothing treatment that most people find eases their tensions."



Dr Michael Taylor uses the didgeridoo to heal patients.

CAMPERDOWN

CRICKET SCREENS POSE PARK RISK

THEY'RE designed to make it easier for batsmen to see the ball during bowling, but Camperdown residents are concerned two cricket sight screens have become a danger at a local park.

Marrickville Council increased the height of sight screens at Camperdown Oval to 5m two years ago to make it safer for players. But they have now become top heavy.

Residents have contacted the council about the issue.

"They fall over regularly," said Kerry Paulin, who lives across the road from the oval.

"It's very dangerous when there are kids running around the park."

A Marrickville Council spokesman said the screens had been "problematic in high winds" and prone to vandalism.

The screens will now be secured to a shackle in the ground to prevent falling.