

by Ama Joy

Water has been revered across cultures for its deep symbolism and healing energy. From flowing rivers to vast oceans, water is more than a physical substance; it is a spiritual force that nurtures, cleanses, and transforms.

The "Spirit of Water" embodies this essence, representing flow, intuition, emotions, and healing.

Water is often associated with life itself. Without it,

nothing can survive. In many spiritual traditions, water is viewed as the source of all creation. For example, in Hinduism, the Ganges River is sacred, offering purification and spiritual renewal to those who bathe in its waters.

In a metaphysical sense, the spirit of water symbolises renewal and transformation. Just as water cleanses the body, it also purifies the soul, washing away negativity, emotional blockages, and past traumas. Water's ability to exist as liquid, solid, or gas

mirrors our own capacity for change and adaptation.

#### Water and emotion

Emotions are intimately connected to the water element. In astrology, water signs (Cancer, Scorpio, and Pisces) are known for their emotional depth, intuition, and sensitivity. This connection arises from water's fluid and receptive nature. Like water, emotions ebb and flow – sometimes crashing like waves during turbulent times, at other times gently

lapping at the shore, bringing peace.

To embody the spirit of water is to embrace the full spectrum of emotions, both light and shadow. Water encourages us to explore our feelings – whether joy, sadness, anger, or love, without judgment. It cultivates emotional intelligence, allowing us to accept and process emotions instead of suppressing them.

By releasing what no longer serves us, water enables healing and fosters clarity and grace.

#### Intuition and the subconscious

Another significant aspect of the water element is its connection to intuition and the subconscious mind. Water's mystical quality reflects the unseen depths of our psyche. Like the ocean's depths, much of what drives us lies below the surface, hidden in the subconscious. The spirit of water helps us navigate these emotional depths, guiding us to trust our intuition.

Meditating with water, whether by sitting near a river, the ocean, or using

water in spiritual rituals, can strengthen our connection to inner wisdom.

Water quiets the mind, heightening our ability to sense subtle energies, messages from the universe, and our own inner guidance. It invites stillness, reflection, and inner peace.

#### Healing properties

Across centuries, many cultures have used water for healing. From sacred baths to healing springs, its therapeutic properties reach beyond the physical, touching emotional and spiritual realms. The spirit of water revitalises, helping us let go of emotional pain and facilitating profound emotional healing.

Water rituals can be as simple as washing one's hands or face with intention, or as elaborate as water blessings or baptisms. These rituals connect us with water's purifying essence, symbolically washing away burdens and opening the heart to renewal.

#### Honouring the spirit of water

Honouring the spirit of water begins with a respectful

relationship to the element. We can conserve water, give thanks before drinking or using it, and recognise the sacredness of natural bodies of water. Through mindful practices or ritual, connecting with water brings balance and harmony to our lives.

The spirit of water calls us to embrace flow, adaptability, and emotional awareness. It teaches patience, transformation, and healing. By attuning to the water element, we deepen our connection to nature and our emotional and spiritual journeys. Let the water spirit guide you towards a life of fluidity, clarity, and inner peace.

Join us for a special gathering on Saturday 7th December at Flourish Sanctuary, where we will connect deeply with the sacred waters through meditation, sound healing, and ceremonial practices.

This retreat offers a unique opportunity to honour the spirit of water, cleanse emotional blockages, activate intuition, and rejuvenate your soul in a nurturing environment.

For more details, visit: [www.FlourishSanctuary.com.au](http://www.FlourishSanctuary.com.au)

# ASTRO forecasts



by Tina Mews  
What's happening in the heavens?

## November

November begins with a New Moon in Scorpio. Scorpio is probably the most intense sign of the zodiac and is associated with the life/death/rebirth cycle.

In the northern hemisphere it has been the time of the year when the creative forces withdraw and lay dormant until the arrival of spring. November 1st is celebrated as the Day of the Dead in Mexico and other parts of the world, when the deceased's loved ones are remembered and honoured. Halloween, a celebration on October 31, has a similar origin. In India, the festival of Diwali is celebrated during this time as the "victory of light over darkness, good over evil, and knowledge over ignorance."

In many ways, Scorpio season is a time when we have to dig deeper to get to the truth, when secrets are brought to light and corruption is exposed. Saturn is trining the New Moon, encouraging a mature approach when dealing with difficult problems. Mars in Cancer, the traditional ruler of Scorpio is approaching an opposition to Pluto in Capricorn, exact on the third of November. This is a volatile combination and occurs on the last degree of Cancer/Capricorn.

*I have skipped the horoscopes this month because we are travelling overseas, returning to Australia early November. The astro-forecast for December will be back in normal format. – Tina*

These planetary forces will not meet again on this axis for the next two centuries as Pluto is making its final transition to Aquarius on November 17.

Mars signifies anger and in Cancer Mars is highly self-protective about family, home and homeland picking up themes from the last two years. Violence can erupt easily, so best to stay calm until this transit passes.

On a different level, the Mars-Pluto opposition signifies the stand-off by the individual against authoritative rule and manipulation. An energetic shift into a new phase happens when Mars enters sovereign Leo on November 4. We are encouraged to stand strong in our heart and know about our own power, our own truth.

There will be another two Mars/Pluto oppositions on the Leo-Aquarius axis on January 3 and April 27, 2025, concerning itself with the challenge of maintaining one's individuality and humanness in the age of technology and AI.

Saturn stations direct on November 15 after

finalising its yearly four-month retrograde phase and just a few hours before the Full Moon peaks in Taurus early on November 16. Saturn is the planet of reality. We can move forward with plans that were drafted earlier in the year and can now be manifested. The Full Moon is closely conjunct unpredictable Taurus opposing the Scorpio Sun. The Taurus-Scorpio axis is associated with values and finances. This Full Moon could reveal surprising developments in these areas.

The other big news of the month is Pluto's final entry into Aquarius on November 17, the sign it will remain in until 2043-44. While Pluto was in Capricorn (2008-2024) we have witnessed major break-downs and deep sweeping changes in the financial sector and governmental mechanisms of top-down control. We are less free and our individual rights have been curbed during this period. The move to a cashless society is part of the agenda.

Over the next 20 years, while Pluto slowly journeys through Aquarius we will witness the transformation of our human society. This may include a meddling with our genome on the one hand but also an expansion into space and the re-connection with our galactic family or heritage.

This may sound all a bit weird now but major life-changing processes can be expected

during this period. Aquarius likes cutting edge technology and knowledge that goes beyond accepted boundaries.

On a different level, we can all take part in this new chapter in the evolution of consciousness by raising our own frequency and becoming aware of our own energetic signature.

Mercury stations retrograde on November 26 in Sagittarius initiating a three week period of review and reflection. This can include a deeper assessment of our beliefs, including areas where we might have become stuck or too dogmatic. Sagittarius encourages openness towards the unfamiliar and ultimately is dedicated to the pursuit of what is meaningful (until December 16).

Sagittarius concerns itself with the big questions and philosophies that frame the way we not only see, but interact with life. As always, when Mercury is retrograde, delays and misunderstandings are more likely.

Book your personal astrology reading with transits for 2025. Contact [star-loom@hotmail.com](mailto:star-loom@hotmail.com) or message 0457-903-957.

Astrology at the Lillifield Community Centre: Astrology workshop on 23rd November 'Walking with Chiron. Embracing the Inner Healer Medicine' 10am-4pm. Bookings and info: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)

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# Metamorphic opportunity

by Marilyn Devlin

November appears to be pulling out all the stops. Confronting us with our perceived realities (if 2024 has yet to reveal them)... our life-long habits and constant avoidance. Which seems unlikely through this intense passage of 2024.

The years have increased their intensity... their push and pull on all our worlds. The ever-frequent coming face to face with the demand for change. And this change goes to the root of everything.

There is none... and has never been a capacity for us humans to forget our place. The demand of all life that we continue to evolve and honour what is real.

The heat's been on in some way, shape or form in all our lives. The need for change becoming more urgent with each passing day.

Not only due to outside chaos and calamity infringing on our space... but our own sanity, our own reality, our own humanity.

We cannot remain removed from what is real. As these stirring times come to show us... our love affair with unreality. Our inhabitation of the virtual... not the real.

As humans we have great strength, courage and resilience. When the blows are hard and stretching... we find ways to continue. But these are different times... borders have been crossed. We don't live in the same world we once did.

2024 has been a lot to endure... in one way or another for everyone. And the demand will not cease... Life gives no care for our sensibilities or sensitivities. She'll constantly remind us of our avoidance strategies... our head in the sand... our refusal to face our pain. Seeing what's standing directly in front of us.

November usually carries some degree of intensity... winding up the year and awakening the energy of Scorpio. But this is no average end of year... this is the climax of a year that has changed us... so deeply to our core. Whether we're aware of these shifts... or choose to ignore them.

Change requires the letting go of what is no longer possible to carry or endure. We've come to the end of a road. And this is happening inside us. Everything begins within... from which the external follows.

Letting go... as we know, is not easy. We love the comfort of familiarity. Often there's a fight, a battle. We don't understand the process that is necessary. So much happens beyond our understanding.

We don't like pain, of course... but sometimes it's the only way to gain our attention.

And yet, at the same time... there's a true reality that I know exists... with each and every precious breath. The pure joy that exists within what is real. The magick that lives and shows itself again and again. The understanding that fills. The gratitude that overflows. The blessings that are.

This Earth journey is a trip... for sure. Also an amazing opportunity. We're here for a reason... to understand the reality. Our modern world is in crisis.

Our systems are decayed. Our ignorance isn't serving us. And won't take us where we want to go. In some ways these are end times... giving space for new beginnings. And that's exciting.

Yes... all too big for our little minds at times. Some things we're not meant to understand... simply to experience. And experience we do well. We just gotta know what's real... and what's not.

And be the brave and courageous soldier that we are... intent on winning the battle... the journey of life with all it contains. To be successful... in the truest sense.

It's not woohoo... or fantasy. It's what is. It glows in the natural space around us. So much speaks to us... so much reminding us again and again... come home, come home. Rest in internal peace.

It's a journey for sure. But one we can do... one we can accomplish... one where we can succeed. Love to you.

# Nimbin Trivia Time

by Eclectus

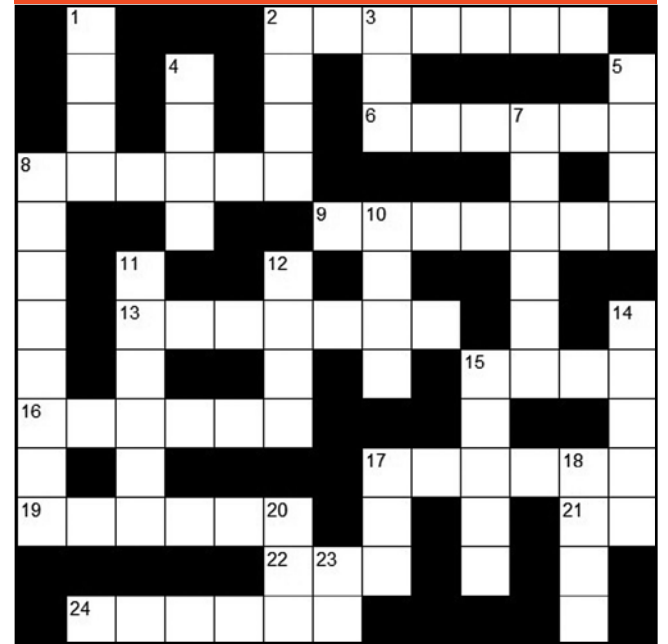


- Can you name this interesting looking tree dweller? Take a bonus point if you can say where it lives.  
*Image courtesy NaturalWorldLover*
- What year did The Beatles first top the charts? Take a bonus point if you can name the song. Take another bonus point if you can name the year that the Beatles formed as a group.
- Soldier, spanner and spider are all kinds of what creature?
- In Australian vernacular, one who "bung on side", trying hard to impress and, perhaps, not quite pulling it off is described as being as flash as [what]?
- Mulder and Scully are the protagonists of the cult sci-fi/supernatural series *The X-Files* which ran for a decade from the early 1990s. What are their given names? Take a bonus point each if you can name the actors.
- Red sky at night, fisherman's [what]; red sky in the morning, fisherman's [what]. For a point each, what are the "what's"? Hint: This adage uses rhyming to facilitate retention. Take two bonus points if you can say what it implies and why.**
- Spanning four continents, the Godolphin organisation is involved in which sport?
- Have you ever heard of Diego Garcia? Many will not have, because the proprietors of this small island prefer it that way. In which ocean will you find Diego Garcia? Take a bonus point if you can say why it has been in the news lately.
- What is the French mother sauce used in Mornay, moussaka, lasagne, cannelloni and pastitsio?
- The words bike, goat and pass are often associated with which natural geographic feature?

- Answers**
- It's a cuscus. The common spotted cuscus (*Spiloscus maculatus*) is at home on Cape York Peninsula in North Queensland and in New Guinea. Its range reaches from Sulawesi to Solomon Islands.
  - The Beatles formed in 1960 and had their first number one hit in the UK in 1963 with their third single, "From Me To You".
  - They're all crabs.
  - Such a person is described as being "as flash as a rat with a gold tooth"; they may look the goods but are not to be trusted.
  - Fox Mulder and Dana Scully were played by David Duchovny and Gillian Anderson.
  - Red sky at night, fisherman's delight; red sky in the morning, fisherman's warning. This old adage, used by sailors and farmers alike, has been around for a very long time. It has been quoted by William Shakespeare and even Jesus Christ. A red sky in the evening indicates high levels of atmospheric moisture and/or dust, likely due to high atmospheric pressure and implying stable weather coming from the west. Early in the morning the implication is that the stable weather has already passed and unsettled weather is moving in from the east.
  - Thoroughbred horse racing.
  - Diego Garcia is a small island of the Chagos Archipelago in the middle of the Indian Ocean. The Chagos Archipelago was a part of the British Colony of Mauritius in the mid 1960s as the Cold War was hotting up and the US needed a strategic presence in the Indian Ocean. They gave the UK a \$14m discount on some Polaris missiles in 1965 to excise the archipelago from Mauritius, forcibly remove the Chagosians and lease Diego Garcia to them for 99 years. The British Indian Ocean Territory has recently been returned to Mauritius with reparations paid for the brutality of colonial occupation. However, the UK has maintained control of Diego Garcia for "an initial period of 99 years" and extended the US.
  - Béchamel, a white mother sauce traditionally made with butter, flour, milk and nutmeg.
  - Mountain.

# Nimbin Crossword

2024-II  
by 5ynic



## Across

- Hindu deity – "Lord of beginnings"
- Positions for 1 down
- Town in Bavaria, infamous for concentration camp
- Sacred utterance or holy chant
- Respectful greeting, palms together
- Mafia boss? Guitar key-changer
- Bowman
- Worm?
- Well dressed
- In the year of our Lord
- Comfortable Australian boots
- See 8 down.

## Down

- Flexercise?
- Who you follow, on the Ashram
- Gangster rap ensemble,

- straight outta Compton (init.)
- Pulse-based Indian dish
- Functions?
- Frozen realm behind wardrobe
- (and 24 across, 17 down) Popular pet, on four limbs (8, 6, 3)
- Upped when consequences are serious
- "Shaggy" edible fungus
- Duo
- Solid? Noise.
- Commonly origami'd bird
- See 8 down.
- Northern Eurasian staple grain
- Manage?
- Friendly on-line gamer sign-off (post-match) (init.)

**Solution: Page 34**

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**THE NIMBIN GOODTIMES YOUR COMMUNITY NEWSPAPER**

# Ascension energies peaking now

## Crystalline clarity

by Daryl Spilberg

I had a big response to the article I wrote in September about Earth's ascension process, so with the process reaching its critical point right now, I felt it's the right time to write more about the peak we are currently experiencing.

It's been a turbulent year and indeed years for us all, with many changes both on a personal and global level. The ascension process of planet Earth has been playing out for years now, with its effects becoming increasingly apparent and intensifying as we reach the current crescendo.

The month of November brings us to the peaking point of this process, with intensifying energies, codes, upgrades and solar activity all coming to a culmination as the summit of the largest of climbs is reached.

With the peak reached, this doesn't mean that we are instantly living in a utopia and all will become simple. In fact, it could well bring many things to a head and intensify them, making for extremely difficult times for a period.

After the peak has passed though, there will be a gradual decrease in intensity over the coming years, with much integration and innovation taking place as we

can begin moving towards Earth's golden age.

What can be expected with this peak towards the end of the year is fated events, surprises, shocking news, culminations and endings. These can happen on both a global and personal level, so be ready for some abrupt changes and potentially unprecedented events that may seem uncomfortable at the time.

With the ascension peak we may feel a host of ascension symptoms, strange aches and pains, a feeling of vagueness, light-headedness, insomnia and overall fatigue.

Both these events and feelings of unease are all happening for our Divine

Highest good and are fated events to help us to grow and ascend, so remember that there is no reason to fear them.

This process is going to take time to integrate, but know that it is all ultimately for the greater good and that for many of us, we are going through the toughest part now.

Although it may not be immediately apparent or seem visible, the planet and many of us have been through some monumentally huge changes in the past years, leaving us unrecognisable to our former selves on an energetic level.

This is particularly true for those of us that are



lightworkers and star seeds, and although our advancements may be tough to see and discern in these energetically charged times, many of us are advancing and taking huge leaps forward at an incredible rate.

Ultimately, the veil of the illusion of our 3D reality is thinning and falling away, with the truth no longer hidden and now becoming

more visible as we ascend into 5D and towards unity, as well as the golden age that Earth is destined to enter.

If you would like some assistance with your ascension process, feel free to get in touch with me for a Crystal Dreaming or counselling session

[www.crystallineclarity.com.au](http://www.crystallineclarity.com.au)  
or phone 0422-717-905.



by Michael Brooke

I follow four on-line news outlets plus the ABC and SBS. I find duplicate news on all six channels. They appear to copy each other. Fiction presented as fact. Fact presented as fiction.

Mostly I find fact and fiction mixed and matched. Which leaves

me wondering, who stole the news? Why can't I keep up with what happens in the world?

What's really happening in the world baffles me. Blaring headlines, enormous photos, eye-catching graphics... all I find is the paradigm 'Never mind the facts, stick to the script'.

And keep it entertaining.

## News: Who needs it?

Entertaining for we Aussies who, just like me, want to be distracted, anything to take us away from the humdrum grit of ordinary life. I've got click-and-view, post-truth, fake-news at my fingertips. I ought to be a happy camper.

Lucky me I live in the rural, peaceful Northern Rivers. "I wander lonely as a cloud that floats on high o'er vales and hills..." Know the poem? The poet's imagery of a cloud floating over hills and valleys evoking a sense of peace and detachment.

Damn it to hell, I say of that fearful otherness; damn that half-truth half lie news, that over the hill and far away thunder, the detonating of bombs and the crack of gunfire and people weeping.

I really don't want to know about it: the dogs of war in Gaza, the slaughter in Ukraine, anarchy in

Africa ... it goes on and on: the misery, climate change, forest fires, drought, floods. Stuff it!

I thank my lucky stars I'm happy here in Kyogle, sipping a gin and tonic on a sunny afternoon sitting on the verandah, from where I can see green pastures and cows grazing and a flock of white cockatoos and way, way in the distance a blue haze on forested mountain slopes, and it comes to mind, unbidden, lyrics penned by Wordsworth: "And then my heart with pleasure fills, And dances with the daffodils..."

Bloody nonsense! Dances with the daffodils? No! Bullshit! I have to face it, despite my lucky life, I'm not dancing. I'm sad. I remember what the novelist Virginia Woolf said: "There is a kind of sadness that comes from knowing too much, from seeing the world as it truly is."

Like Tala Herzallah, age 22, from the Northern Gaza war zone, who wrote: "I saw two colours – red and grey. Everything turned grey from the dust, and there were red flames everywhere. The sky was filled with screams, crying and the sound of ambulances."

"The night before, I was looking at the sky. It was full of stars. It was very romantic, I never imagined I would open my eyes to the complete opposite. Now we are literally surrounded by death."

American bombs, British tanks, French artillery, German mines, Canadian rifles, NATO missiles, Israeli war planes and soldiers, supported and approved of by most other democratic nations including Australia; the systematic killing of men women and children on the basis of their ethnicity, religion, political opinions et al... genocide.

## Claiming worthiness as a path to fulfilment

Buddhist monks go for weeks into self-isolation to meditate, and in the animal world there occurs self-isolation for many reasons. Isolation for enlightenment, self-autonomy and self-preservation is integral to human and animal culture.

Voluntary isolation means time out. You seize an opportunity to restore peace and equilibrium. It is falling back on yourself, relying on inner strength and it may open a new window to who you are and what you want in life.

Isolation gives you a moment to stop and reflect, allowing you separation from the voices and the influences of your partner, family and friends, and if you turn your device off, from the voices that present you with subjects you might be tired of hearing. You might be able to distance yourself from uncomfortable thoughts.

Distance is what we need. We are sharing this planet



by Antionette Ensbey

with over eight billion people. Every corner of the world seems occupied. We are living on top of each other, competing for food, water, space.

The chatter and the noise are ceaseless. Quiet natural environments are scarce. Conformity and consumerism stifle our self-expression. The mind is starved of stimulation only the natural environment can supply. It's high time you connect with your inner truth, and what defines you as a human being.

Formed patterns of

behaviour are conservative. The modern world of repetition and imitation may keep pushing you along undesirable pathways that lead nowhere. Unanswered needs blanket the awareness for your innate worthiness. Feelings of guilt and self-doubt are quite pronounced.

To drown those feelings our society developed a cage-like structure of conformity. Conventions and traditions have you clinging to the cultural norm.

This norm is paired with a great intolerance towards differences. Individuality is feared and suppressed. Playing the game of social conformity is the safety net in our world of material wealth. Confidence in one's own powers is consequently not strong and insecurity is common.

Materialism and the accumulation of wealth is the stand-in for the lost principle of a love for life.

Consumerism is one of the accompanying manifestations and the

blinking shopping mall the accepted ever-green of modern culture. Despite of this, a vague sense of loss still prevails.

You know it's not the worth of a house or a car that matters but the worth that you attribute to another being and the innate worthiness that you carry with you wherever you go.

You are inherently complete. You have the faculties to be social, caring, adaptable and happy. In a non-artificial environment correlating to human requirement you are able to experience fulfillment of your needs. Feeling confirmed in your existence your fulfillment is rooted in the weaving of the universe.

Being part of the universe, your atoms and molecules are the atoms and molecules of the universe and of the earth. Your body functions because you are made according to this blue print of creation.

And however strongly you try to pull away from your

animal, you always will be just one of a million species that are built to function and built to answer the matrix of life.

To acknowledge your dependence on Mother Earth and the reliance on Mother Nature is the only standard for happiness. There is no other. The current cure to the collective ailment is materialism, which may relieve some of the pain without removing the ever present uneasiness.

The deficiency that is so very prevalent reflects in the confused behaviour opposite the real problems humanity is faced with.

Sometimes we are confronted with agonising inertia, like in the often-ineffectual action for climate change; sometimes we see a mad rush in implementing measures that aren't solving anything but exacerbating the problem, like spraying pesticides that have an adverse affect.

The realisation of self-worth is our collective

rescue remedy. Self-worth opens your mind to the real fulfillment of needs.

Worthiness is connected with your inherent expectations in relation to the natural existence on this planet. Begin with your deliberate retreat from the noise. Feel the serene peacefulness of mind and how the body responds so well to a state of equilibrium.

If you feel a little lost, observe how those material and comfort wishes pale against the fantastic feeling of being confirmed as the person who you are. Nothing rates higher than being confirmed in your existence.

You can feel it every day, anywhere you are. In the concrete jungle of a city or in nature's lap, you are worth a happy you because your worthiness stems from life itself. Just claim it.

*I'm available for counselling.  
Please contact me via email:  
newpacificpublishing@gmail.com*



## Year 12 graduates say 'thank you'

by Sara Prikulis, Nimbin Central School captain 2024

**T**hank you to everyone for challenging and supporting us along our schooling journey at Nimbin Central School. I feel so much gratitude towards all the teachers for putting up with our year. It's been like a second family to me since Year 2 through to Year 12.

School has taught me the importance of balancing studying alongside having fun with my friends.

It has taught me about grit and determination and how to work

hard towards something. But man, I'm also really glad to close this chapter.

Many of us graduates have exciting new opportunities ahead.

I just want to say to the Year 12s and all the other students: don't limit yourself. You are capable of so much with consistency and effort.

Everyone has their own individual talents, passions and dreams. It's up to you to push yourself and work towards the best version of you.

As Max Ehrmann wrote, "You are a child of the universe, no less than the trees and the stars; you have the right to be here."

Sending out peace and love.



## Springtime allergies

by Julia Lincoln, Kinesologist

**A**llergy testing can be easily done with muscle testing and correcting with a simple and easy protocol.

A sample of what someone assumes to be allergic to can be easily tested with muscle testing to see if the body is recognising this as an allergen or not. It could be an energy mismatch resulting in stress to the person in various ways. This will always show up in a gait pattern.

An energy mismatch can be corrected so the body has a better chance of overcoming the problem. The corrections are done using particular acupuncture points and rechecking with muscle testing.

I would prefer clients to have a couple of sessions in regards to having themselves structurally and neurologically organised and work done for the immune system.

I haven't come across anyone yet who has a completely well balanced immune system. There are more stressors these days than ever before.

The energy mismatch procedure can apply to other things such as foods, water and environmental toxins. It can also relate to other processes going on in the body, for example people who regularly supplement their diet may actually have an excess of those vitamins or minerals stored in the body, perhaps the body is not utilising due to a lack of assimilation. It often happens that people have deficiencies they are not aware of despite supplementation.

Types of samples that can be used for testing may include animal fur, any types of supplements, grass, pollens, sample of drinking water, amino acids, saliva, any types of jewellery, bread or other foods, shampoos etc.

Other possibilities include using a sticky strip and



placing over a rash or other skin conditions and bringing that test sample in. It's a reliable way of narrowing down health issues.

Last but not least, the energy mismatch can be applied to what's going on in a person's blood to identify anything that is not being recognised or needs to be eliminated correctly.

I can be contacted on 0434-919-172.

## Nimbin Open Learning classes underway

Term 4 commenced on Wednesday 23rd October, with courses include Monoplate Printing, Creative Writing and Art. All courses cost \$60 for the 8-week term.

For more details, see the facebook page at Nimbin Open Learning or phone 6689-1477.



Julie De Lorenzo's art class in the field

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# Paradox

by Magenta Appel Pye

Lately I am thinking about and studying paradoxes, the seemingly contradictory statements that, upon closer examination, reveal deeper insights and truths. As Albert Einstein said "the more I learn, the more I realize how much I don't know." Rather than being frightening, I find this idea empowering. I embrace my ignorance and enjoy lifelong learning.

I really get the truth of The Connectedness Paradox. We're constantly bombarded by phone notifications and dopamine hits. We have hundreds, some of us thousands of social media 'friends' but while we have more connectedness, we feel less connected. Put down the phone. Look someone in the eye. Have an actual conversation. It will leave you much happier than time spent on Facebook or whatever.

Having had many inauspicious failures in my life I am very aware of The Failure Paradox. That many of these 'mistakes' have led me to my greatest moments of growth and deepest wisdom. They put me on a path that I would otherwise not have taken had I gotten that job, not done that thing, done that thing, been with that guy, not been sick and had time to lie around thinking. The trick with

failure is not to fear it, for it is inevitable, but to fail smart and learn fast.

The 'Say No' paradox teaches us that by taking on less, we accomplish more. The deep focus I can now afford on the tasks that really matter gives me greater success than when I was saying 'yes' to everyone and everything. I now protect my time as a cherished gift.

I often hear people complain that things are not as they used to be, or it is not as good as it was before. It is often difficult to embrace the paradox of Constant Change but it is the only thing you can count on in life. I find the concept comforting in difficult times. 'This too shall pass.' The only way to fully live is to learn to embrace change and be dynamic and adaptable.

I have come to understand intimately the paradox of knowing your death in order to truly live your life. Once past the fear, I saw my life more clearly. I became more inspired than ever to become my best self with whatever time I have left. I know that death is inevitable but have learnt to live while I'm still alive. Every day is a blessing full of potential to love and learn.

These days I think I'll live by 'the only rule is there are no rules.'

*"When you are finished changing, you are finished."*  
- Benjamin Franklin.

# Community living on Yaegl country

by Ginger O'Brien

For decades, school camps have been integral in Tuntable Falls Community School's philosophy. They offer a crystallised example of community living for all who attend.

The menu is set, food packed, camp trailer loaded, and with the bike trailer brimming, we convoy off. This year over 100 of our beautiful families stayed on Yaegl country at Woody Head for a week.

We have it down to a fine art, so much so that it feels like a real, actual holiday. The meals and cleaning jobs are all shared amongst the adults and older children. Shoes go off and beach umbrellas come out.

The children ride bikes from dawn to dusk, toddlers giggle as the kangaroos jump around with joeys. Inter-age play is everywhere you look. Groups of kids are fishing, bush-walking and scouring



the rock pools as parents socialise, without their usual household burdens looming.

I was overwhelmed with joy from my decision to send my children to Tuntable Falls Community School, knowing that they have a solid foundation to thrive as they grow surrounded by community.

This year we were lucky enough to have some former students camping nearby, who were also welcomed to

share meals as they told us of their ventures into the big world. It was humbling hearing them fondly acknowledge their time at Tuntable Falls Community School, and I marveled at what community-orientated, helpful and kind young men they have become.

As well as the excellent literacy and numeracy programs, sustainable and environmental education, creative and performing arts opportunities that sets Tuntable Falls

Community School apart, these camps really are the cherry on top.

Come along to our annual school open day and fete on Saturday 9th November.

See the beautiful playground, enjoy some pizza or curry, coffee and cake and cool off on the waterslide or creek and feel the community spirit alive and strong at Tuntable Falls Community School.

# Club and community

by Lewis King

As the dust settles on what has been quite an incredible year at the Headers, I would like to thank the local community for its support for this club.

Thanks to the Nimbin Bowling Club for hosting our senior presentation and to Sibley's Bistro for providing the delicious meals.

Some awards of note handed out during the proceedings include life membership to Lucy White and Ruben Mack for their dedicated service to the club in recent years.

And also the president's award to Torsten Wittkopf for his countless hours at the grounds, coaching, advising, lending machinery, and generously giving so much of his time and energy to improving the club.

Club person of the year was jointly awarded to Colin and Lisa for their huge effort in the canteen. There were three Junior club persons of the year; Elliot and Zavier for helping in the canteen and River for coaching and helping out wherever needed at the club.

Coach of the year was Mark. Well done to all the recipients, your hard work doesn't go unnoticed and deserves recognition.

I took the opportunity at the presentation to say some words acknowledging the importance of partners and recognising that for those of us with children, playing football means time away from the home and family duties.

Shout-out to all those partners of players who do more than their share while we're at training and games, and to my partner Roisin for her love and support over the last seven years of playing whilst also having kids.



And also to the parents and grandparents who help out with our little ones while we train and play, we appreciate you!

Our annual celebration held on Saturday 19th October was something to behold. The turnout was amazing with so many families braving the heat to come down early and spend some time out on the field (albeit mostly seeking areas of shade).

Kids began lining up to get their faces painted, and adults were lining up at the bar, waiting thirstily until its 5pm opening time.

The melodic sounds of Josh Wright, a talented local musician carried across the field. The sun finally began to drop behind the trees and a breeze picked up. And the bar opened and we were on.

Ted Cox gave us some great covers, and had people dancing and singing along, as the smell of Fernando's Mexican and Nghi's Vietnamese food wafted by hungry noses.

Families filled the northern end of the field, some on picnic blankets, or hay bales (thanks to Pete Robinson), or under the marquees kindly loaned by the Hemp Embassy. A kid ran past with a balloon sword, play fighting another with a balloon spider,

followed by a balloon alien.

The line for Sheyzo the Great to make any balloon creature/item of your choosing grew longer than the line at the bar (thanks to Sam and her efficient bar staff).

The age of attendees ranged from babies only weeks old in prams, to those in their later years who tell stories of the club's founding and early days (as wild and hazy as they were). Bunting and flags blew in the breeze, adding to the festive vibe. It really was like a mini-festival.

I stood under the giant tallowwood trees and took it all in. My vision had come to life, exceeding all my expectations. And it was only 6pm.

As darkness settled over the fields, it brought with it a change to the sounds of electronic music, uplifting and melodic, and so began the dancing.

It was at that moment that I realised I had just achieved something spectacular; I had combined my love of football and the Headers with my love of music and dancing. We were dancing on the hallowed grounds.

Local DJs Fabien, Keir, Bobby, myself, and Tribe maintained a rocking dance floor till midnight: Nimbin people know how to dance!

One reason for having this event was to raise funds for the club. But for me the real reason wasn't about making money, it was about bringing people together; a reason for people to connect with each other, with friends and family, old and new and to share what we have. To show what we are about at the Nimbin Headers: we are so much more than just a Football Club.

What we have is unique, and it is thanks to a town like Nimbin and the community we live in, that we're able to be what we are. We see it through our players, our supporters, our committee, how highly we achieve for such a small club and what we bring to our town.

I cannot thank the club and the town enough for getting behind this event and making it so amazing from start to finish. Hats off to the organising group, local businesses for their donations, artists and entertainers, our hard working volunteers - there are too many to name but you all know who you are!

It is my aim to make this celebration an annual event and next year will be the Headers 40-year anniversary, so get ready for a bigger and even better event!

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# Nimbin Crossword solution

From Page 31

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### The art of practice

by Susan Paget

If you've ever imagined writing a book, you're not alone. Research suggests there's a lot of wannabe authors out there. But it's the sitting down and actually doing it part where the dream fizzles out.

I get it. About 10 years ago, I had an idea for a book but felt overwhelmed by the task. This is where the art of practice came to my creative rescue. Using practice fundamentals of having a go and being consistent, I figured that if I could just carve out a little time every day to write, I'd eventually get on paper the ideas I'd been tossing around in my mind.

This resulted in an experience that not only was less daunting than I expected, it was empowering. I ended up self-publishing seven books, one of which became an Amazon best-seller and still earns a little passive income.

Writing is the basis of many powerful well-being and creative practices. Think journaling, writing affirmations or gratitude practices. They are effective because they connect our thoughts to physical expression and this can create new neural pathways, better decisions and positive behaviours.

Writing a book with an attitude of practice takes the whole thing to

# WRITE A BOOK

another level. The result is something tangible that we can actually hold in our hands and even share.

If you've always wanted to write a book, here are tips for taking a practice approach to getting started:

### Templates rule

The first step I take for writing a book is fun. I create a template where I write the title and then list out all the potential chapter topics.

When you try it out, I recommend doing this very quickly so your inner critic stays out of the way. You can always swap topic chapters around or delete and add as you go but this template gives you somewhere to start.

With topics to riff about, the work begins and you have subjects to write about versus staring down a blank page wondering what to say. When I've led people through templating their book idea, they're often shocked at how fast it comes to them.

The speed makes sense though, because many of us have been thinking about the book we would write, its title and the stories within it, for years. We often know exactly what we'd love to write about, we've just been waiting for permission to let it rip!

### Give yourself a month

Every November there's a month-long on-line competition called NaNoWriMo (look it up!) that encourages aspiring authors to write a 50,000 word book. That works out to about 1700 words a day.

I've used this event to write first drafts of books, and just the discovery that we have the ability to write that many words is a revelation.

To be clear, a first draft of a book is usually the equivalent of a first pancake – often crap! From there the writing

process of refining and crafting several versions really begins.

But this first draft, done in a specific timeframe, seems to put a positive time pressure on those like me who work well with parameters.

There are many authors who take years to write a book, and then there are others who can knock something up in a weekend.

Taking 30 days to practise writer's discipline and committing to completing a piece, no matter how raw and rough the result, is a significant effort.

### Commit to 20-30 minutes

I've found that 20-30 minutes daily is my sweet spot for large writing projects.

Unless I'm on a deadline and don't have the luxury of time, this length of practice works with my other commitments.

If you're a first-time writer, this duration on daily repeat is relatively painless and will result in something!

Back in the day, those who fantasised about writing a book could only do that. The only choice was to go the traditional route and convince someone to publish your work.

Thankfully, times have changed and now it's as simple as uploading your writing onto a website and hitting 'publish'.

With an attitude of practice, of allowing imperfection and just showing up day after day after day, a book-writing dream has no choice but to eventually become a reality.

*Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntable Creek. Listen to her podcast 'The Art of Practice'. More info at: Instagram: @therainforestfarm or email: susanpaget@gmail.com*

## Don't get me started...

by Harry Gumboot

I wasn't really concerned when I missed out on a ticket to the sold-out Nimbin premiere of the *Aquarius* documentary.

Cynical old me presumed it would be just another retelling of a story by someone who wasn't present at the time.

However, friends who were at the original festival and had managed to see it assured me it was well worth a look, especially since a lot of the footage shot by Bush Video on nascent portapaks has been included.

This may go a long way in correcting the assumption that the 1973 festival was a free-for-all of drugs, nudity and related debaucheries. An assumption that over the years had led to anything-goes behaviour on Cullen Street.

As I remember it, there was a community agreement pre-festival that there would be no nudity up town. Apart from skinny dipping in the creeks, air drying by the saunas and showers, and sunbaking, much of the so-called nudity went no further than the women asserting their right to go topless like the men.

Which brings us to the village's most recent "festival" and the nude parade up Cullen Street.

Like the film, I managed to miss it. When I arrived

shortly afterwards, I was informed by the young person serving me that it consisted of a bunch of old (old is subjective here), mostly out-of-towners trying to recapture a lost youth they'd probably never actually experienced.

A local wag standing behind me in the queue described some of the body painting as akin to chucking a can of cheap primer at an unrenovated Lismore flood buyback.

Predictably, local social media exploded over the next 24 hours, with posts ranging from young – sorry, middle-aged – people who had been raised on local communities; those who defended the march on the grounds that opposing it was a form of body shaming; and those who were merely dazed and confused by what they'd witnessed.

On the edge of this there were whispers about the lack of community consultation, inadequate advertising, council DAs, camping fees, and blow-ins seeking to profit from the Nimbin brand? Perhaps these and other issues could be examined in the naked light of day.

At my age, about the only benefits of nudity is its ability to discourage purveyors of religious tracts. My body might be a temple, but these days it's more akin to the ruins of Karnak than the Taj Mahal.

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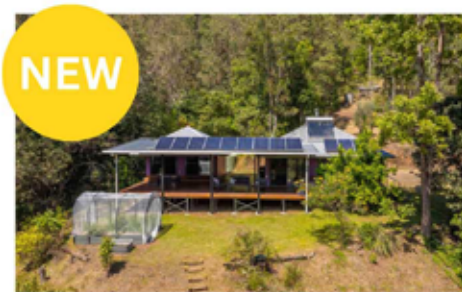
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