

# ASTRO forecasts



by Tina Mews  
What's happening  
in the heavens?

## Aries

Current imbalances in your personal relationships might initiate a very potent time of healing. Making your feelings heard is part of the process. Nevertheless, you could feel more vulnerable than usual during these times of great transformation. Be prepared for entering a cycle of new soul-growth accompanied by endings and new beginnings and a potential for metamorphosis in your relationship dynamics.

## Taurus

A cycle of a heightened need for self-sufficiency and stability is ending. Now it is about creating the right balance between work and relaxation as you may have to take more care of your body. Regard this as a time of spiritual healing, which can add another perspective to your life's priority list.

## Gemini

Endings and new beginnings are taking place in your creative sector of the chart. It is the house of pleasure and romance but also children, pregnancies and the birth of new children. This cycle could be a powerful call to explore your creative gifts further and align yourself more deeply with your own heart energy.

## Cancer

During this cycle, the focus is on home and strengthening your foundation. Endings and new beginnings might be taking place around your domestic affairs. Align yourself with your 'inner witness' and trust this process of renewal and regeneration that ultimately can heal wounds from the past.

## Leo

Communication plays a key role right now, especially the conversation you have with your community, neighbours and siblings. Make sure that you have understood the other person's view fully before drawing definite conclusions. The Solar eclipse on October 3 might mark important endings and new beginnings suggesting the need for gaining new perspectives and clarity.

## Virgo

Endings and new beginnings might affect your financial reality and could challenge your sense of security. Your judgment of what is most important and where or how to invest your resources might suddenly change. Revisit your values and ponder on what is most important to achieve.

## October



Since the last equinox (September 22) the Sun has travelled through Libra, the sign concerned with balance and harmony. Libra has a strong sense of beauty, justice and fairness demonstrating a natural talent for mediating and negotiation. However, with Mars, the planet of assertiveness and conflict, moving through self-protective Cancer until November 4, it has been more difficult to maintain an emotional and mental equilibrium. Additionally, we are in an eclipse season. Eclipses are harbinger of change and often coincide with important endings and new beginnings, especially if they interact with a natal chart, may this be the birth chart of a person, an event, or a nation.

**The Solar eclipse on October 3 occurs in 10 degree Libra. During an eclipse 'the lights go out' not only causing disturbances to the electro-magnetic field of the Earth but also effecting our nervous system.** Remaining grounded is especially important during eclipse times. The Libra theme suggests that relationship and business matters could go through unexpected changes. There was an eclipse in the same degree on October 3, 2005. What started then in regard to partnerships or projects may now end or enter a new level in its life cycle. It might be a time when we try to clear away some of the accumulated baggage and start afresh. Mercury and Black Moon Lilith are both conjunct the eclipsed Sun, activating unresolved grievances and memories of previous injustice. This may be especially true for those who have planets around the 10th degree of Libra. It makes it harder to maintain a sense of balance in our communication with one another. A defensive Mars in Cancer is squaring Sun, Moon, Mercury and the Black Moon Lilith driving our desire for emotional security and protection. To avoid being trapped in the past we may reflect on what is gained by holding onto an old story or old resentment. On the positive, chances are that our perspective shifts suddenly. We may be able to find a deeper understanding by accepting the light and shadow aspects of ourselves, the other or a certain situation. The eclipse carries a strong signal for embracing peace instead of war by focusing on mutual trust, empathy and on what binds us together versus what separates us.

Even though October promises to be emotionally intense, there are

opportunities for accessing our deeper wisdom that supports the understanding side of our nature. **Jupiter in Gemini stations retrograde on October 9 forming an exact sextile to Chiron in Aries.** This constellation encourages self-reflection and increases our ability to access the divine mind. Chiron represents the 'wound' but also 'the inner healer', the bridge between physical experiences and spiritual dimensions.

Our wound pulls us into our own transformational journey. Jupiter is moving backward until February 4, 2025.

**The Full Moon in Aries on October 17 forms a conjunction with Chiron, a square aspect with Mars in Cancer and Pluto in Capricorn but also a sextile with Jupiter.** We are dealing with the dynamic energies of a cardinal cross representing an urgent need to act or resolve an unresolved situation, most possibly connecting back to the October 3 eclipse. There is a pressure to get things done without delay. Luckily, Jupiter is sending its helpful rays to Sun and Moon, encouraging an open-minded dialogue between opposing parties. Jupiter in multi-faceted Gemini and in retrograde motion symbolises the complex nature of truth. It teaches us the necessity of acknowledging everyone's experience as a valid part to the puzzle. "Be more committed to discovery, which requires sometimes being wrong, than to control, which demands you always be right." Jeff Jawer.

By the end of the month, Mars, planet of war, reaches its opposition to powerful Pluto (exact November 3). **Undigested emotions may have reached their boiling point at the Scorpio New Moon on November 1.** Nevertheless, Saturn forms a stabilising trine with the New Moon, supporting us to own our feelings instead of blaming others for their perceived shortcomings. Going deeper and bringing to light what has been buried may take courage but is ultimately empowering.

**Navigation by the stars: Personal and/or relationship astrology; Life cycles and your year ahead transits: Plans, directions, concerns for 2025; contact Tina on 0457-903-957; in person, zoom or skype consultations; email: star-loom@hotmail.com Gift vouchers available!**

**Astrology at the Lillifield Community Centre: 'Walking with Chiron: Embracing the Inner Healer Medicine' Saturday, 23 November, 1am - 4pm; email: star-loom@hotmail.com All welcome.**

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## Libra

This could be the beginning of a new 19-year cycle especially if your birthday occurs in the first week of October. You may experience a desire to stand your ground more firmly and heal old issues around co-dependency. It might mean the end of a relationship or a contract that doesn't fulfill your needs anymore. The task is balancing your personal identity with meaningful relationships in your life.

## Scorpio

Pay attention to your dreams and observe your environment for messages that are coming towards you. Take them as messages from the soul. You might gain sudden clarity about something previously hidden. Just trust the process, trust your instincts. It could include insights about your own behaviour or insecurities that need addressing.

## Sagittarius

This eclipse cycle brings your attention to your social networks and circle of friends. It is a time of endings and new beginnings with possible endings of some alliances and strengthening bonds with others, may they be old or new connections. Whoever enters now into your life might provide you with a sense of destiny, a feeling of synchronised encounters.

## Capricorn

This eclipse cycle brings your attention towards your life direction and greater purpose in life. You might undergo a sudden career change as new opportunities are coming your way. Nevertheless, it involves a process of clearing assumptions and perspectives that belong to the past. Honour this journey of inner and outer transformation.

## Aquarius

Your spiritual and philosophical attitudes and outlooks are in a process of transformation. It involves a change in your storyline and emptying out beliefs that keep you trapped in the past. You are encouraged to imagine new pathways or begin a course of study, not knowing how it will change you.

## Pisces

This eclipse cycle could initiate a process of soul-searching. Endings and new beginnings in your relationships might bring to light something which has been lingering in the dark. It might involve an act of letting go of control. Speaking your truth and sharing your deepest feelings as well as your fears will initiate a new level of understanding and intimacy.

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## Changes and renewal

by Marilyn Devlin

When the world around you changes... there's a need to catch up or adapt in some way. When your world inside you changes... how do you do the reverse?

Still a form of catch up or adaption I guess... but in a different way. You're striving to be true to this new emerging world inside you. And that takes clarity, courage and trust. And sometimes simply patience.

But even more than that... it takes getting to know this brand new you and giving her space to be. And like all new relationships that takes time.

Yes, the changes are also happening all the time... bit by bit, drop by drop. Then there are chapters when they all coalesce and form a whole new you... inside the old. Desiring to be born.

As I write, this is the 13th day of this persistent head, throat and chest thing and it's just not wanting to budge. It's been a huge few months... well really all year. I've travelled many different worlds... accessed dimensions I'd never been before and experienced things I'd never known.

All a part of the bit by bit, drop by drop... it's just sometimes they come in great huge waves. Currently coalescing into a frustratingly persistent mucous filled world... sorting through things, getting rid of the old and diseased. Clearing a space for the new to be.

There seems a big focus on clearing the old for a whole new relationship with everything to be. And that's going to happen in one way or another. Whether we're willing or whether we're resistant.

The new can never be thwarted, stopped or killed. It will just keep creeping through the cracks. The wise person knows the best strategy to take, the best road to walk. And the best way to their destination.

There's a lot happening on the outside... often not visible to our eyes... there's also a lot happening inside us. As the two work in harmony and balance, we are not separate from anything.

I guess when you're sick... there's a process in action. It's hard to access clarity when so much is moving. It's a natural response... as there's a need to stop, the body needs rest to do its thing. There's that patience again... not having all the answers. It's not time for action but for stillness and rest.

It's time for comfort, soft comfy cushions, hot drinks and enthralling novels. I do love great novels... I've made a kind of boundary-less intention to write fiction in my eighties. I've got a few years to prepare.

There's so much new... in so many ways. It's hard to catch up when so much is changing all at once. At the same time it's exciting, inspiring and renewing. We're built for change, it's changing we do best. We're not prepared for it though... not shown or guided in the real rules of life.

We just get these plastered over excuses for learning and discovering... no wonder they bore us and leave us dangling. Hungry for something that will truly feed us.

I've travelled many worlds in my short time here, I've explored many new realms, studied and uncovered, trained and discovered many miraculous things. This universe we exist within is an exquisite mystery. I've satiated my curiosity again and again.

Right now... I love the stillness. The glow of joy in my heart. The glorious world of green and blue... and all the colours in between. The bounty and grace and continual giving of our natural world and all her exquisite creatures. I love them so. It's easy to see how we are joined.

And new things will arise... new visions, new creations, new intentions, new loves. While we have breath so many things are possible. After which life changes form again.

And it continues. We have more than we know. We have so much. Wishing you well.

## Nimbin Trivia Time

by Eclectus

1. This universally recognisable symbol of peace was designed in 1958 by WW2 conscientious objector, Gerald Holtom. It was adopted by the Campaign for Nuclear Disarmament as the symbol for its first march against nuclear arms in the same year. Why is it the shape it is? Hint: It's not a gas mask. Photo courtesy redbubble.com



2. Prime Minister Anthony Albanese has a pet dog. This charismatic canine popped up from time to time during the last election federal campaign. Can you name this small hound? Take a bonus point if you can name the breed.

3. At a bit of a loose end one day, you decide to count to a million at the rate of one number every second. After 11 and a half days you reach your goal. Having enjoyed it so much, you decide to crack on to a billion. Will it take you 30 days, 30 weeks, 30 months or 30 years?

4. Does the Can-can have feathers, fins, fur or none of the above?

5. Which critically endangered Tasmanian species captive breeding program was recently successful in producing viable offspring? Hint: That most erudite and entertaining of hounds, First Dog on the Moon, has kept all of us up to date on this tragic biodiversity hotspot.

6. Does "purple patch" mean a swatch of purple fabric sewn into a jacket as a protest symbol, a purple themed section of a grand garden or is it a successful or lucky streak in sport?

7. In Australia, if one is particularly busy, one is said to be flat out like a [what] drinking?

8. What hard, dense metal has the chemical symbol Ir? Hint: it is one of the rarest elements in Earth's crust and shares its name with an old-school satphone network constellation.

9. Three on the Tree was largely replaced by Four on the Floor from the late 1960s to the mid 1980s. What is this all about?

10. If someone suggested that salmagundi would be a good idea, would you: put some in your pipe and smoke it; embark on a rigorous fitness program in preparation; or sit down at the dining table in gastronomic anticipation?

**Answers**

1. Take a point if you said it represents the semaphore flag letters for N (both flags pointing down at 45 degrees) and D (one arm pointing up and one down) abbreviating Nuclear Disarmament. Take 37 points if you added that Holtom said later that his first idea was his own despair about nuclear arms with the representation being his own arms and palms outstretched in despair, inspired by Goya's peasant before the firing squad.

2. Toto is a cavoodle.

3. It will take you almost 32 years. You probably should stop for a bit of a rest then.

4. The energetic and, at the time, scandalous French music hall dance form of the 1840s is still popular in French cabaret as female chorus line dance today. It sometimes has feathers, so take 0.0001 of a point if you said feathers.

5. The Maugean Skink (*Zootoca maugeana*). Scientists have reported that this endemic Macquarie Harbour and Bathurst Harbour (South-west Tasmania) species is under threat from pressures generated by commercial salmon farming.

6. A purple patch is a successful or lucky streak, especially in a sporting context.

7. In such a circumstance, one is as flat out as a lizard drinking. This is because many lizards are small and succulent so cannot carry about their rehydration. Iridium. The rarity of iridium has facilitated a technique to date the impacts of massive extraterrestrial bodies with Earth. Because these bodies contain far more iridium than Earth, such impacts dust the planet with a tell tale layer of the element, allowing geologists to accurately date these events.

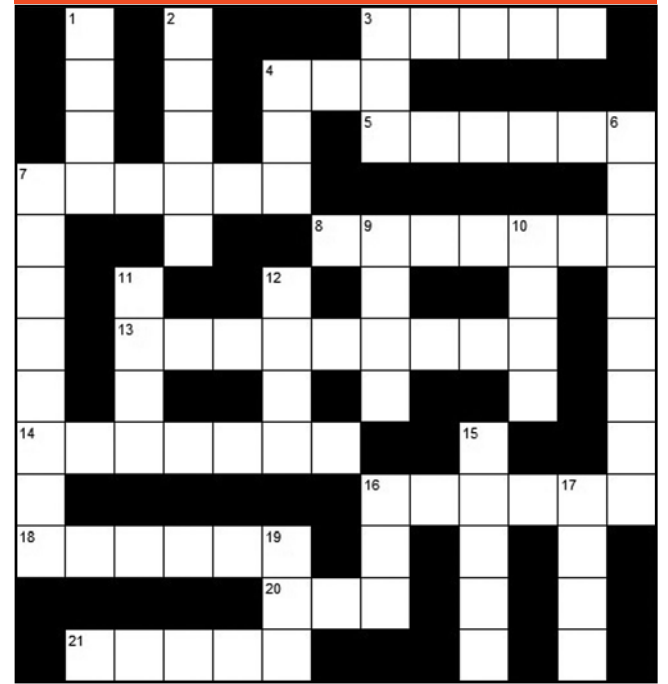
9. This is about the change in the manual transmission arrangements of cars from column mounted gear shift to floor shift mounted gear shift.

10. Sit down at the table to enjoy your splendidly decorated elaborate cold salad platter of multirarious fruits, vegetables, leaves, flowers, meats, seafood, nuts, eggs and flavoursome dressings.

## Nimbin Crossword

2024-10

by 5ync



### Across

- Board game with 13 centuries of history
- The way, the road, the technique of self cultivation...
- (and 15 down) Festival of traditional musical styles in this beautiful village (6,5)
- The larger of the two main Gaulish villagers resisting Roman occupation in 50BC
- (First) Nation
- Organised (labour)
- Custom made
- Electronic musical sampler/repeater pedal
- Worn away (by water, for example)
- (See 4 down)
- African-American music, originating in the deep South

### Down

- Strike with a blunt weapon?
- Spicy beef
- Trick
- (Also 20 across) USA southern border culture
- Negative nellie?
- (Of an illness) Surgical intervention is possible
- One-eyed Norse war God
- Oceans' rhythm?
- You'll see lots of these at naturist campgrounds
- Popular guitar music style
- (See 5 across)
- Loose? Lacking care
- World-weariness

Solution: Page 34

## NOT JUST NIMBIN

16,000 copies of *The Nimbin GoodTimes* are distributed monthly throughout all six Local Govt Areas of the Rainbow Region, including the following towns and villages:

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THE NIMBIN GOODTIMES  
YOUR COMMUNITY NEWSPAPER

# Tottering forward

It is the inherent nature of our system of government to totter forward, lurching zombie like onto the right leg, then the left leg and so on.

In the 2021 Lismore council election we lurched onto the right leg and we've stayed tottering on that leg after this most recent election.

The right leg has lost some steadiness though; the Krieg team lost more than six percent in a swing to the only other known figure on the right Cr Rob, who picked up the whole swing and more.

Soon another conservative will realise that the Krieg team isn't everything they promised to be.

I imagine personal nest feathering will be their undoing... it certainly helped Rob this time around.

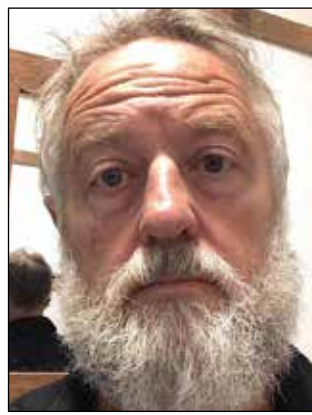
But for now their unified front is holding and the progressive elements are still divided.

Maybe someone will rise from the centre left and pull them together.

If the lurching monster of history tells us anything it is that that will happen. Maybe it's you ... have you thought about a career in local government?

The next four years is what matters now ... how will the culture of and at council survive another four years of dysfunction and division at the hands of you know who.

The healers are there to try



**Revenge of the Loon**  
by Laurie Axtens

to halt the slide but I think we've seen enough to know a scorpion when he jumps on our back and stings us repeatedly.

Frogs listen to me when he says to you, "please please carry me to the other side I promise not to kill you ..." he can't be believed ... it's in his nature to strike and destroy.

Change is possible but it requires a huge effort, a burning in the crucible and most of all it requires a commitment to change and if anything this most recent result will only further embolden him to be more destructive and more controlling.

He might've won the election swing but 90% of the populous voted against him and the conservatives he stung so viciously won't be letting him on their backs again anytime soon.

## A moment

by S Sorrensen

The trick is to be able to move on from a relationship without destroying the connection you created. It's difficult.

And, let's face it, you usually have another love waiting somewhere, all shiny and attractive, a new body to explore, a new journey to take.

But to keep the previous relationship alive, albeit in a new form, to incorporate it and your changing self into a happy situation with the new love – that is best. It honours the road you've travelled.

So, you can imagine my joy as I sit on the deck of the Shack, seeing my loves, old and new, hanging together in a gentle rain, their obvious similarities and distinct differences saying much about me and what has changed.

For 12 years, the Superoo and I have been on a shared journey. Ten years old and with the odometer reading 150,000 kilometres when I bought it, this 2002 Subaru Forester has now clocked up 456,000 kilometres. We have shared much.

We have accelerated up my dirt driveway a thousand times and plunged smartly back down – in reverse – only once hitting a tree.

We have negotiated city traffic, frightening drivers behind us with our hill starts, the little roll back before the clutch catches reminding automatic drivers that some of us still drive manuals.

We have camped at festivals, the Superoo's home-made awning providing shelter for me between gigs, its solar system driving the back-seat fridge, its one-person-only sleeping accommodation keeping my mind focussed on the job.

We have travelled the narrow road to the jungles of the far north, camping among the huge angry military-style off-road vehicles with their colour televisions and leafblowers.



We have carried washing machines, 5x2 hardwood joists, and, once, a cement mixer on its roof racks as the Shack grew in size and its occupants shrank in number.

Over the shared years, we looked after each other: she helped me move through that part of my life; I gratefully changed her oil and replaced her worn bits.

The Superoo has personality. She's a greenie despite her reliance on oil. She carries a plethora of environment stickers in various stages of decay and has a large Superman logo on her bonnet, coloured green: 'Truth, justice and the sustainable way.' She and I know that the 'S' of the logo is the Kryptonian symbol for 'hope'. We like that.

I love that car.

Is that weird? Is it wrong to love an object?

No, it isn't wrong to love a thing. All things are made of atoms. We are made of atoms. All atoms are older than the sun. We all are things. We are all old things. Life is a rare and lucky arrangement of these old things.

Love is knowing that.

Some months ago, The Superoo started complaining. At first quietly, and then loudly. The gearbox. And then there's the head gasket... And though we went on as normal – frittering at Fundies, beaching at Ballina, teaching at the Gold Coast – she and I knew change was coming.

And here it is.

Ladies, gentlemen (and the Superoo). Allow me to introduce the Supertoo – a 2006 Subaru Forester. Basically the same car, but the luxury S model. (Hope model?) It has cruise control, leather seats, electric sunroof and only 83,000 kilometres on the clock! Pristine. (Take your shoes off at the door, please.)

The Superoo, now enjoying partial retirement, is still noisily hauling rubbish to the tip and floorboards from Bunnings, while the Supertoo transports me to faraway places, the open sunroof allowing moonlight to play on my shoulders, and the six-stack CD player allowing Motown, Meatloaf and Mozart to play through the four speakers.

Bravo and thanks, Superoo. Welcome, Supertoo.

## Quietly confident

by Magenta Appel Pye

Having a 'quietly confident' report from my surgeon after two years cancer free, I am only now feeling like getting out there and making some new friends. Unaware of my recent history they just see who I am now and I can tell them in my own good time, or not.

Having a cancer diagnosis and subsequent treatment, lasting for years, was an isolating experience. Family and friends may have had good intentions, but sometimes people don't know how to deal with cancer and the emotions it brings up. It was hard to describe what I was going through and, really, it was so debilitating that I didn't have the energy even if I had wanted to. There is pressure to be 'positive' and many times you simply are not. And many don't want to hear it. The 'C' word is a conversation killer.

If you are lucky enough to survive, 'remission' means that, even if the sword of Damocles has been put back into its sheath, it never leaves the room. One must learn to accept and accommodate this new reality. The good thing is that you appreciate every

single day like never before.

You are forever changed and so, of course, do your friends. Some drop out completely and cross the road when they see you in the street, embarrassed because they did nothing to help a friend in need. Some don't know what to say. Others only want to hang out with fun people, and I understand this. Some people simply have no compassion for whatever reason, often a good one. Then there are those who support you not just once, but regularly over the years of treatment. They are gold. And there are some unexpected, lovely souls who come forward because they are truly empathetic and are not afraid of those who are suffering. Many of these have personal experience of cancer or other severe illnesses. You certainly get to find out who is who and realize in a very tangible way that life is limited and who you want to spend your time with.

If you have cancer or any other long-term illness it is important to get back out there when you can and connect with people even if it's on-line because we are inherently social creatures and we survive better when belonging to a group.

## It's not the razzamatazz bawdy kinda circus they have in the USA

by Michael Brooke

"She's a Marxist!" This is an emotionally charged tag Trump has pinned to Kamala Harris. He depicts Marxists as extreme radicals, un-American revolutionaries. He's pissed Kamala is running against him for the presidency of the USA. Trump trumpets Marxists like her eat cats and dogs – he said so live on TV. Insulting nonsensical language is a Trump stylemark which he seems to believe will, once again, garner him the popular vote.

He is horrific, childish, immature and stupid, and yet millions of Americans will vote for him. It was aptly said that "When a 78-year old man repeatedly rants about dog-eaters rampaging through Ohio, you have him evaluated by a geriatric neurologist. You don't hand him the nuclear codes."

Goodness me, I'm glad to live here and not in America. With civility and saneness



we've recently cast our collective vote in our local council elections. Even though I may not like some of the buggers who got elected, I accept the count and I know it is fair and most importantly I accept the declared election results are truthful.

Australia's way of voting, Federal, State and Local, is by a system of proportional representation – this is a consensus rather than a census of opinion. A consensus is an agreement, whereas a census is merely arithmetic. Australia has an equitable way of voting and we should be proud of it.

The USA saw a president who refused to accept

the result of a democratic election; who attempted to retain power through violence. A similar thing happened in Brazil. There is a list of countries experiencing democratic decay – these include India, Turkey and Israel. Sadly we must add a declining America to this number.

Democracy is precious, it is fragile, it yields political equality and it is associated with economic prosperity, reduced poverty, and it fosters peaceable community. Democracy engenders harmony by ensuring equality under the law.

The most precious expression of democracy is mutual toleration, which

means political adversaries are not treated as an enemy to be eliminated. The worst we do in Australia is a bit of shouting in the house and, oh yes, sometimes our polties play funny buggers with the truth, but typically they come to regret it at the ballot box. Australia's form of democracy postulates fair play.

Polling day in rural Kyogle is a sedate kind of carnival. Posters and ribbons and people handing out fliers and locals wandering in to vote in ones and twos, friends pause to gossip and there's Country Party Joe sharing food with Labor Party Jane.

It's a quiet sociable meeting about as animated as an ordinary Aussie shopping day. It's not the razzamatazz bawdy kinda circus they have in the USA. An Australian election day is indeed a sort of shopping day, us all looking for specials and bargains, none of us too bothered if what we get isn't altogether perfect ...

Goodness me, I'm glad I live here.

# Caring for country

by Kaali King, president

Last month, Tuntable Pre and Primary Schools had the very great privilege of being invited on country at the beautiful Nimbin Rocks by Auntie Monica and Gordon Ramsey from Ngulingah Nursery.

Tuntable regularly ask First Nations individuals to come along and teach the kids about the land, animals, and stories of our Bundjalung people, who always love the stories and activities generously given by elders and custodians from around the region.

The intention for our visit to Ngulingah stems from a commitment to collaborate and contribute; to find ways to give back some of that amazing energy. As we all know, many hands make light work!

For most of us, this was the first time we have been close to Nimbin Rocks. As we walked up the hill into the back gully where we intended to do some weeding and dig some holes for fence posts, the Rocks towered above us in all their glory.

Auntie Monica and Gordon told us that close to the Rocks was a special men's area, but that where they were taking us was fine for women and kids. We did a big 'U' shape around the bees because, whilst generally placid, bees can get startled by a big group.

In the gully, the kids had some free play and a few lessons on weed identification. Then they got busy, pulling out lantana, camphor, giant devil's figs and crofton weed. Later, some of the bigger kids went to dig a few holes for fencing; the area we worked on the day will soon be fenced off so that cattle can't stray into sensitive planting areas.

Back at the nursery, the children set up mats under the trees and had lunch. Gordon started splitting up some pecan logs not far away. He searched the rotten bits with his fingers and his axe for 'Jubul', or witchetty grubs, which he placed on a big piece of bark on the grass.

The kids loved picking up the grubs and were simultaneously fascinated and grossed-out when Gordon informed



them that he would take them home to his family for a yummy treat. Apparently, Jubul taste like peanut butter!

We had such an amazing time at Ngulingah Nursery and really appreciate the great honour to be invited to come on country with Auntie Monica and Gordon.

Tuntable Preschool hope that we can come back to Ngulingah very soon to contribute some more energy, time and care for this very special place.

Tuntable Early Childhood Centre is open Tuesday - Wednesday - Thursday during school hours and is open for enrolments now.

Please phone (02) 6689-1179.

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## Reflections from the centre

by Jane Robinson

The Year 7 and 8 students from Rainbow Ridge Steiner School and I have just returned from a great adventure to the red centre, the heart of our country.

We enjoyed 12 days touring from Adelaide up to Yulara, accompanied by two wonderful parent volunteers and two 16-year old chaperones. We began our first hike in the southern Flinders Ranges, where the oldest geological sequencing is found – 550 million years! – followed by a swim in the icy Southern Ocean.

We ventured up to Coober Pedy, slept underground and went searching for opals. The children enjoyed bartering their finds for lollipops! Our first night under the huge open sky, we all exclaimed at the vastness of the heavens and the glorious sunset, amazed by the spectacular colours of the desert!

Onwards we travelled, long days in the bus, spotting emus, camels, wedge-tailed eagles and dingoes on the red sand and spinifex, until we arrived at Kurrku, and stayed with

Traditional Owners, the Liddles, on their land. We heard stories of how Uncle Johnny was sent to school, as his mother knew that knowledge was "more powerful than a gun".

We visited Mututjulu community in Uluru, and the high school at Yulara. This was a life-changing experience for our children. They have witnessed the differences, inequality and complicated situation that First Nations people live with. The true owners of Uluru live in poverty while there is a resort up the road.

Having the two older students join us was invaluable in terms of developing maturity in some of the 12- and 13-year olds. To have healthy, empathetic 16-year olds explain their perspective on respect, friendship and to jump into every opportunity available, gave the younger children a peer to strive towards.

It was the perfect mix of ages and abilities. Friendships were made, transformations took place, compassion and understanding of the ancient culture of the First Nations people was taken hold of in

our hearts.

Everywhere we went we sang, as we do; this became quite a 'trademark' for us. Our tour guide said we were the best singers he had heard and encouraged the children to sing for Elders and people we met along the way.

One truly exquisite time, in 'The Garden of Eden' at Watarrka, Kings Canyon, we were asked to sing, and all the other visitors went silent. It was pure sound and beauty. Everyone was touched and felt connected through harmony.

So many people on our journey asked many different questions: "Where are you from?" "These children are remarkable!" "How much did this cost the families?" "Are you a choir?" We opened many minds and hearts to Steiner education.

I am so proud of our students, and so grateful that we were able to take up this great adventure.

We are currently accepting enrolments in our Kindergarten class and playgroup for 2025. We have a Kindergarten orientation day on Saturday 26th October and a Primary School open day on Friday 8th November.



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# Soul contracts

**Crystalline Clarity**  
by Daryl Spilberg

Before we incarnate, our life plan and lessons to be learnt are meticulously planned out whilst in another realm with the assistance from highly evolved beings.

To help us achieve all that we set out in our subsequent incarnation, many contracts are inked and put in place.

These keep us on track for learning the life lessons that we came to learn and assist us in achieving our Divine Blueprint – that which we came to Earth to do and accomplish.

Contracts between other

individuals are a vital part of this, as we help each other shift through the necessary lessons needing to be learnt.

Contracts with loved ones and friends, of a highly loving nature, come to lift you up and support you along your journey.

Conversely, we may have binding contracts with some of the most difficult family members, work colleagues and other significant individuals in our lives, with terms to make our lives incredibly difficult and set us huge challenges so that we may overcome them, grow and transcend our core issues.

I have seen incidents where on a soul level those who



seem to be one's worst enemy can love the individual so much that they make their life incredibly difficult, pushing them to the brink, causing them to make significant changes and

ultimately revolutionise their lives for the better.

In the Crystal Dreaming sessions I hold, clients frequently view these contracts and the terms involved.

Often, the contracts are long standing across many lifetimes, sometimes appearing with so many terms, conditions and past incidents that when unfurled they roll out like a carpet!

These contracts remain binding and as more incidents and interactions occur, are continuously added to until resolution is made.

In the sessions, other individuals can be called upon to speak with on a soul level whether they are living or deceased, to help deal with any issues, details

or grievances that may be present and to express anything that has been left unsaid.

Within this space, individuals can be spoken to and negotiated with, contracts broken if appropriate and resolution brought to long-standing issues and karma.

After the session, the changes then filter down to our 3D reality and results can manifest instantly.

Amazing changes can be apparent post session; estranged family members suddenly getting back in touch after many years, workplace bullies backing off or quitting; or dynamics between individuals noticeably shifting instantaneously.

At this pivotal time of

Earth's ascension, many long-standing contracts are ending and loose ends are being tied up, so that we may clear our karmic history and ascend with ease and grace.

The most important thing to remember is that just as contracts are made, they can also be broken. Ultimately, you are the one with control over your own destiny and are a being of free will, so you needn't be held to binding contracts that no longer serve you.

If there is someone you would like to talk to but are unable to face to face, or contracts that you would like more details or resolution on, please visit my website for more information or feel free to contact me for a chat: [www.crystallineclarity.com.au](http://www.crystallineclarity.com.au) or phone 0422-717-905.

# A hub of spiritual growth

by Jagad Samuel

I recently attended the Art of Meditation Global Summit, where I learned from some of the world's foremost meditation teachers, including Sharon Salzberg, Ruth King, and Jon Kabat-Zinn.

I am eager to bring their wisdom to the Northern Rivers community. The summit explored a wide range of topics – from non-dual meditation and secular mindfulness to Vedic traditions – providing a rich array of insights that I am excited to share with others. I hope these teachings will foster a deeper sense of connection and awareness in the region.

In addition to the summit, I staffed at a New Warrior Training Adventure Weekend, a transformative rite of passage for men. The weekend provides a safe and transformative space where participants confront personal fears, past traumas,

and limiting beliefs. I found this experience empowering and invigorating.

Having gone through the training, I credit it with transforming my life, and encourage other men to explore this path. If you're interested in personal growth through this training, don't hesitate to reach out.

Flourish Sanctuary is not only a place for personal and spiritual growth but also a thriving community hub that offers a diverse range of activities designed to nourish both body and soul.

Whether you're looking to deepen your meditation practice, explore permaculture, or simply connect with like-minded individuals, Flourish has something for everyone.

## Upcoming events at Flourish

- ♦ **Monday 7.30-9am** – Spirituality Radio Show. Tune in to NimFM (FM 102.3 or: [www.nimfm.org](http://www.nimfm.org))

for an engaging discussion on spirituality and personal growth. Jagad's topics are insightful and thought-provoking, making it a great way to start your week on a high note.

- ♦ **Monday 10.45-12pm** – Morning Meditations. For those looking to enhance their meditation practice, Monday morning meditations offer both quiet reflection and deep discussion. These sessions provide an opportunity to explore spiritual truths and expand your understanding of enlightenment.
- ♦ **Wednesday 9-11am** – Practical Permaculture. Learn practical permaculture skills with Jazmin and Jagad while beautifying Flourish's gardens. This month, the focus is on preparing the vegetable garden for spring, including upgrading fencing and planting crops.
- ♦ **Thursday 9.30-10.30am** – Sound Healing. Experience deep relaxation through

sound meditation with Michael's use of Japanese singing bowls, which create an immersive soundscape that can transport you to a state of profound peace.

- ♦ **Saturday, October 12th, 4-6pm** – Biodanza. Move your body and uplift your spirit through the joyful, connective practice of Biodanza. After dancing, stay for a shared meal to further connect with your fellow participants.
- ♦ **Sunday 1-3pm** – Satsang. Engage in meaningful conversations about spirituality, life, and consciousness during Satsang. These gatherings are followed by a potluck meal, fostering both intellectual and social nourishment. Satsangs are held twice a month on Sunday. The first Satsang is being held on Sunday the 13th in Mullumbimby at Parambodhi's property and the second is held on Sunday the 20th at Flourish.



## Mark your calendar

- ♦ **October 19th and 20th** – Weekend Working Bee. This is a wonderful way to contribute to the sanctuary, meet new people, and enjoy a communal lunch with fellow volunteers. Nimbin locals are especially encouraged to join in this collaborative effort!
- ♦ **December 31, 2024, to January 4th, 2025** – World Peace Festival. Celebrate the power of community, unity, and healing, with the intention of fostering peace on both personal and

global levels. The festival will feature a wide array of activities, including spiritual workshops, yoga sessions, sound healing, dance, live music, improv and art classes.

Stay connected with Flourish and keep updated on upcoming events by visiting [www.flourishsanctuary.com.au](http://www.flourishsanctuary.com.au) or stop by to visit us in person down the end of Gungah Road, Nimbin (449a Gungah Rd). We look forward to seeing you! With love and light,

# Nimbin Crossword solution

From Page 31



# Warning: attending this festival may cause world peace!

by Jagad Samuel

The dates for the much-anticipated second World Peace Festival have been finalised, and we couldn't be more excited to invite you to join us from Tuesday 21st December, 2024 to Saturday 4th January, 2025.

This festival isn't just an event – it's a unique opportunity to come together, celebrate life, and cultivate peace in a beautiful, natural setting.

The World Peace Festival is more than just a gathering; it's a transformative experience designed to uplift your spirit and bring people together in harmony.

Whether you're seeking inspiration, community, or just a good time, there's something for everyone at this year's festival.

Get ready to groove to the rhythms of live music that will fill the air. From local favourites to visiting artists, the line-up is packed with talent that will get you dancing, swaying, and singing along.

For those who want to express themselves through doing, we've got you



Skyla

supportive environment.

You'll laugh, learn, and maybe even discover a hidden talent as you collaborate with others to create spontaneous, hilarious scenes.

But that's not all. The World Peace Festival is expected to also feature meditation sessions, healing circles, yoga, community discussions, face and body painting and other opportunities to connect with like-minded individuals who share your passion for peace and creativity.

Whether you're participating in a workshop, enjoying the music, or simply soaking in the peaceful atmosphere, you'll leave feeling refreshed and inspired.

By coming together to celebrate and connect, we can spread that peace far and wide. So come along, bring your friends and family, and be a part of something truly special. To ensure the festival is fun for everyone, it is a drug and alcohol-free event.

For more information and to secure your early-bird tickets, visit our website: [worldpeacefestival.com.au](http://worldpeacefestival.com.au) or contact Jagad on 0433-173-508.

covered. The festival includes beginner art and craft workshops. Let your imagination run wild.

Whether you're a seasoned artist or just learning, these sessions are designed to inspire and engage, allowing you to create something truly meaningful.

Ever wanted to try your hand at improv? Now's your chance! Improv sessions are all about having fun and stepping out of your comfort zone in a

# YOGA

The Art of Practice  
by Susan Paget

How is it even possible that it's taken two years of this column before writing about practicing yoga? After all, yoga is the origin story of my obsession with practice. So why has it taken me so long to share my thoughts?



I think there's a couple reasons.

For one thing it's a huge topic and after 26 years of dedicated practice I have no idea where to begin! Should we start with asana, the physical type of yoga that most of us know about? Or should we dive into philosophy?

Or should I tell you about what yoga isn't? For instance, a super bendy body on Instagram or someone striking a pose in Lululemon gear couldn't be further than what yoga is about.

Perhaps I can explain what it means to me. I walked into my first yoga class when I was 36-years old and what I've gained from over two decades since is an acceptance and compassion for my body. That's a lot!

But wait there's more. Because of yoga, I have a teacher who's been my mentor, a community of friends, an outlet for my creativity, opportunities to share it and an immersion into culture and travel.

Circling back to the art of practice, yoga has taught

me how to love discipline rather than run from it. Yoga has taught me the benefits of habit.

So perhaps we should start at the beginning. Here are a few tips if you're yoga-curious but feel daunted by it.

### YouTube is your friend

On-line classes are a perfect way to familiarise yourself with the shapes, the lingo and different types of yoga. The amount of quality and free YouTube yoga classes is incredible, and there's an offering for every constitution.

From Ashtanga, a strong physical practice, to Yin, a practice that relies on long holds, to Chair, which uses a chair for stability and is perfect for those recovering from injury or seniors who might need balance support.

Experiment with different styles and teachers til you find the one that works for you. Once you're comfortable with the practice, this virtual route could give you confidence to try a class out in the real world.

### Find the best teacher for you

I've had the same teacher my whole practice life. On the occasion when I take a class with someone else, I generally have a few requirements. I prefer someone who is a dedicated student and has been practising for a long time – that makes a solid teacher.

You should feel welcomed when you walk in the class, safe and supported during it, and uplifted when you leave.

It's totally normal to go through a few different styles and teachers in your experimental days of finding the best fit so don't get discouraged if it takes a little time.

There are a lot of yoga classes and teachers, whether in our region or on-line, and the perfect one is out there waiting for you.

### Stuff

The beauty of yoga is that you don't need much to do it. For the sake of hygiene, not to mention energetics, I recommend getting your own mat rather than borrowing one.

Other than a class fee,

that mat will be your main expense and fortunately there's a range of prices to suit all budgets.

Regarding what to wear, I've never cared about that aspect and just prioritise comfort. Aim for breathable clothes where you can move freely but that won't get in the way.

As far as props go, most studios will provide bolsters, blankets and an eye pillow, but if you get hooked on yoga, and I hope you do, it could be nice to reward yourself with your own so you can have a luxurious home practice.

But when it comes to equipment requirements for practicing yoga, that's about it. They're low-cost investments for a practice that provides dividends for years to come.

Those are just a few ideas for beginning a yoga practice journey. Put aside visions of Cirque de Soleil contortions and social media humble brags; yoga is for everybody, all ages and bodies.

After all, in Sanskrit, yoga means connection. It links the body to the mind and breath and when we practice doing that, life becomes easier.

My hope is that if you've been thinking about giving yoga a whirl, that this inspires you to put any overwhelm aside, roll out your mat and start your adventure.

*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! Timetables

by Harry Gumboot

Someone recently suggested Countrylink should run an early morning bus between Casino and Murwillumbah via Nimbin.

After being disgorged from the train at Casino at 2.20am, they'd then been dumped in Lismore at 3am with a five-hour wait before the first bus to Nimbin.

They reckoned they should have stayed on the Countrylink bus and arrived at Murwillumbah around 5.30am, wandered over the bridge for coffee and a wrap at the bakery, then caught the Gosel's service to Nimbin at 7.30am.

People claim to want more local public transport, yet most trips on the Nimbin-Lismore service are barely a quarter full. I find this astounding because, if you're eligible for a RED ticket, a day trip to Lismore and return will cost you less than the price of 1.5 litres of fuel.

The Regional Excursion Daily (RED) ticket is available to holders of War Widows, Veterans Affairs, pensioner, and NSW Seniors concession cards and caps the ticket price at \$2.50 for a day's travel on local buses. This includes services to centres as far afield as Tenterfield, Grafton, Evans Head, Ballina, Byron Bay, Mullumbimby, Murwillumbah, Tweed Heads and Kyogle.

Buses leave Nimbin for Lismore at 8.55am, 12.40pm, 3.20pm and 6pm. Return trips are at 8am, 12pm, 2.35pm\* and 5.30pm. \*This service actually departs Lismore Square at 2.25pm and is great if you've got several bags of shopping.

Heading north one can get the 9.30am Gosel's service (630) from Nimbin to Murwillumbah, the (605) Surfside bus from Murwillumbah to Tweed Mall, and the (760) bus from Tweed Mall to Robina via the Gold Coast airport and Varsity Lakes railway station.

With a \$2.50 RED ticket from Nimbin to Tweed Mall and a further \$1 for bus and train tickets – at 50c each under the Queensland Government's new fare structure – this comes to \$3.50 for a one-way trip to the Brisbane CBD.

The real problem with local public transport is the train timetable. Getting dumped in Casino at 2.20am is ludicrous. Of the two Countrylink buses, one takes a scenic meander to Murwillumbah via Lismore, Ballina, Byron Bay and Mullumbimby, while the other heads to Surfer's Paradise via Lismore, Bangalow, Bogangar and Tweed Heads.

For any of the other routes mentioned previously, one has to wait around for some permutation of daylight.

Whether or not we ever see trains back on local tracks, we need a train timetable that can be integrated with local bus services.

Spring has sprung and the buyers are about! The best time to sell is Spring. Call Uri today for a no-obligation appraisal

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