

ASTRO forecasts



by Tina Mews
What's happening in the heavens?

Aries

These are times where reversals and surprises in financial matters are more likely. Free yourself from expectations and things that you do not need anymore and focus on your inner core. What is important to you and what can go? Find ways to better manage stress and tension by creating a balance between work and play.

Taurus

Shared experiences are rewarding and you might be able to make some surprising new connections. This might be because you are more outgoing and direct in your approach with others while feeling more in touch with the rhythms of the universe. However, you might have less patience with difficult people or situations and need more autonomy and space for yourself.

Gemini

Knowing what motivates you helps with sorting out head and heart. This is important now as Mars enters your Sun sign on August 21st, here to stay until March 26th, 2023. These are important times for Gemini because Mars is the keeper of your energy, vitality and self-assertion but also can be troublesome when not aligned with the inner core. Mars's entry into Gemini signals the beginning of an individuation process and a new chapter in your life.

Cancer

These are times when you are pushed out of your comfort zone and are challenged to explore innovative options that could open new avenues. Make your voice heard when collaborating with others. You might be the one who feels deeply motivated to change the culture of your workplace or the areas of activity that you are involved in.

Leo

These are times where your determination paired with creativity can steer your life into a powerful new direction. On the other hand, you could easily drive yourself too hard and then feel like hitting your head against a brick wall. Handle partnerships and communication with care and diplomacy. Your career path is changing and with some patience you will find that there are new avenues to explore.

Virgo

More quiet time is needed to reflect on your vision and ideas for the future. Take care of your physical and spiritual health by retreating from too many duties and responsibilities. Nevertheless, there are more stimulating times ahead when Mars in Gemini will kindle your ambition transiting your solar house of career and

August

Like always, when the Sun journeys through the sign of the Lion (July 23 – August 23), we are encouraged by the cosmos to live our authentic self and thus contribute creatively to the world that we are co-creating. The Sun in Leo inspires the individual search for a larger purpose and finding ways to create inner fulfilment. Leo and the Sun rule the heart centre, the core of our unique essence. We feel happy, content and acknowledged when we can apply our energy to produce something of significance.

The New Moon in Leo took place on July 29 while forming a trine with Jupiter in Aries, an invitation to enjoy life and raise our frequency. By staying focused and sharing our light with the world around us we can move beyond all the negative things that are happening. These can be illuminating and liberating times of change and awakening especially for those with planetary placements in the fixed signs and 2nd half of Taurus, Leo, Scorpio and Aquarius. Fixed signs hold on, dig in their heels and resist when they feel pressured or unsure about how to move along. The downside is that positions can become entrenched and thought patterns stuck in a rut. On the other hand, there may be opportunities for a surprising paradigm shift. In our personal lives, we can make immediate changes regarding our material possessions and domestic conditions and realign with our true values. This is a good time to replace the old with the new and be innovative in advancing personal goals. Changes that we make now may have long-term implications for our personal and collective lives.

August starts with a very rare triple conjunction between Mars, Uranus and the North Node in Taurus. Mars is the planet of confrontation, action and assertiveness, while Uranus signifies disruptions, surprise and revolution. The Lunar North Node reveals collective trends and our collective destiny while in Vedic astrology Rahu represents a point of excess and greed. These energies are expressed through the stability seeking sign of Taurus. Taurus rules all the things we rely on such as food and shelter, things we enjoy and normally take for granted.

We have already been confronted with supply chain issues that will only intensify over the weeks to come. Saturn in Aquarius makes a square to the triple conjunction in Taurus trying to put the brakes on, attempting to slow down the fireworks and explosive energies generated by Mars and Uranus. We might witness sudden break-downs and break-throughs as well as new developments concerning the environment, financial markets and the economy. On a mundane level, the current confrontations and conflicts between different nations can easily escalate into a global scenario especially as we have entered the royal sign of Leo. Leo can signify the benevolent ruler and leader or it can represent a tyrant who pushes their will and ideologies onto others.

People are especially hard-headed and strong-willed when triggered by these aspects, resisting

input from others while being motivated by their own ideas and desires. Transiting Mars joins Uranus from July 29 until Aug 3 and forms a stressful square with Saturn from August 4 until August 9. The Sun in Leo squares the Uranus/ North Node conjunction during August 10-12 and then Saturn from August 13 to 15. The first half of August can be volatile and explosive, since Mars plays a grand part in the unfolding cosmic drama.

The Full Moon on August 12 in Aquarius is in aspect with Uranus and Saturn, the forces signifying tradition (Saturn) and revolution (Uranus), the tension between the old and the new. Leo and Aquarius are the archetypes of individuality and diversity, passion and progress, the heart (Leo) and the head (Aquarius). Saturn is conjunct this Full Moon while Uranus forms a tight square; together they create a forceful fixed T-square which challenges long standing patterns to evolve into a new expression. Uranus demands real progress. We are asked to explore alternatives and think creatively.

The Saturn-Uranus square was the main outer planet constellation in 2021 coinciding with lockdowns and protests against the restrictions. When Saturn and Uranus meet, change becomes unavoidable. They will have their last nearly exact pass during October at 18-degree Taurus-Aquarius. Whatever is initiated now will evolve towards its resolution point in October-November coinciding with the next eclipse cycle. Eclipses manifest transformation for the better or worse. It is up to us to make use of these energies in a beneficial way to further real progress.

The New Moon that follows on August 27 is in Virgo and in square with Mars in Gemini. Mars will enter Gemini on August 21 and will remain in Gemini until March 26th, 2023. This is an exceptional long period for Mars in Gemini as the planet of action and confrontation is preparing for its retrograde cycle starting by the end of October. Venus, the planetary archetype of love, beauty and balance is in expressive and proud Leo opposite Saturn in Aquarius and square Uranus in Taurus. This New Moon could bring long-lasting change and transformation to our relationships and alliances. There could be unexpected endings and new beginnings. The New Moon in Virgo encourages patience and perseverance aligned with pragmatism. It is a good time to clear the path for healing and releasing old trauma. Nevertheless, Mars in Gemini might prove as a restless and evasive energy. Mars is in trine with Mercury in Libra and could be helpful for open discussions. The challenge is to listen carefully to the other side without jumping to premature conclusions.

Navigation by the stars:

Personal and/or relationship Astrology; life cycles and your year ahead: Plans, directions, concerns for 2022/23; contact Tina on 0457-903-957, email: star-loom@hotmail.com **Gift vouchers available.**

A New Beginners Class in Astrology starts on September 1st: Astrology for Beginners, Part 1
A 7-week course, starting Thursday, September 1st, 10.30am - 1.30pm at Lillifield Community Centre, 4505 Kyogle Road, Wadeville. Registration: 0457-903-957 or email: star-loom@hotmail.com

life direction from August 21st until March 26th, 2023.

Libra

You might find yourself taking on the role of the social reformer, speaking out about what is not working in society at large but also in your group of friends and in your personal relationships. Your participation in a particular community could make all the difference that is needed for securing the support and cooperation of others. Whatever you start now will go through a process of review in September.

Scorpio

You might be stuck in a relationship drama that requires a lot of your energy and attention. Try to break the cycle by using your energy more creatively. Transformation is the key. Take yourself less seriously and focus on your heart. The best way to handle the emotional roller coaster is to have fun in the moment.

Sagittarius

Things might change unexpectedly asking you to remain flexible. You may have to reorganize your schedule more than once. The task is to go with the flow and expect the unexpected concerning your daily life, duties and routine. Tune in and allow enough room and space for innovation so that new creative ideas can manifest.

Capricorn

These are unpredictable times when you might be forced by outer circumstances to re-evaluate your priorities. You might find that the support of others that you were counting on is not forthcoming and you are challenged to dig into your own creativity to achieve your goals. Determination and perseverance will eventually get you exactly where you want to go.

Aquarius

The foundations of your life are shifting pressing you towards reforming your inner life. The old and outdated ways of seeing the world are becoming irrelevant to you and your personal life. You are moving through the process of aligning more genuinely with who you truly are. Welcome the new insights that will propel you forward and keep you growing and evolving.

Pisces

You are filled with innovative ideas and looking for ways to network with like-minded people who can assist you in manifesting your vision. However, the vibes of the moment are strenuous for the nerves. Keep your nervous system healthy by having sufficient rest. Working on a creative project can help with channelling the surplus energy.



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Balance

by Marilyn Devlin

Astrology's been a companion of mine since I was a young girl. My particular set of early challenges set me on a quest to understand and learn.

To find answers. Is that possible?

Balance is often attributed to Libra... the lady with the scales. Weighing things – are they good, are they bad? Or are they really a mixture in between?

The endless quest to understand the complexities of life... as they unfold. As they approach --as you hear them in the wind, constant companions calling you. Desiring to meet.

We look in different ways – above, below, in between. We skim the surface, we dive deep to the depths – uncovering, unfolding long lost secrets buried under concrete, earth and sand.

Will we find what we're looking for?

Can you hear it in the wind? The raging waters coming right to your door. The voices are loud – piercing at times. That eerie sense of calm you know is just a pause – the eye of the storm.

You scatter here and there – your attention stolen by thieves... easy pickings they say.

We're thirsty to know – hungry to find. Where do we look? How do we accomplish this monumental task before it's too late?

Fear has no place – it just takes up our precious air.

It's hard to move off track – well-worn – down to the gravel surface underneath.

We've trodden it so long – we've fallen asleep. Sleep walkers – dream chasers – lamenting, laughing, snoring. Where are we now? It all seems so surreal.

Yet it's real enough... I can touch it with my hand.

The gales rage – the waters rumble underneath... stretching its arms it reaches you up in the hills. Our ears are still blocked – so much stuff. So many talking all at once.

Where did I go – am I still here? What did you say? I've forgotten again. I keep doing that... forgetting that is.

Then they jolt me awake – the noise, the voices, the calling – louder and louder.

We're not even packed – we haven't even begun.

We'll just wish it away – pretend it's not there. It's too hard to face – too wriggly to hold. Too damn depressing to even consider.

So we'll pull down the blinds – turn on the machine. Ahhh machines the places they've taken us. Grabbed us by the hand – didn't even ask. Pulled us along – lured, seduced, promised, deceived.

Where are we going again? I've forgotten... I keep doing that.

It must be in the water – in the air. I don't know... got it hidden somewhere.

The noise gets louder – the screams, the raging waters. The warning winds.

Will we open our ears – will we allow them entrance? Permission to speak?

We're running out of time.

It was always only a short visit anyway.

The Balance – Libra – the scales – harmony, relationship, beauty and love.

How can we fill our corner with more and more and more... getting those scales somewhere near where they're meant to be.

And yes... of course it's Leo time. Leo's all about Love... so a bit more adjusting of those scales could be a very good thing indeed.

Think of all that luscious creativity... just ready, waiting to appear.

Nimbin Trivia Time

by Eclectus

Questions

- Let's kick off with another bird.
This big bold long-lived crimson cheeked cockatoo with the cosmic crest is native to Cape York Peninsula and New Guinea. He is more than just a pretty face. Take a point for his name and two for his hidden talent. (Photo: Doug Janson, courtesy *forbes.com*)
- Who is the drummer in the Muppet band? Take a bonus point if you know the name of the band.
- In what sport did newly elected ACT senator David Pocock represent Australia?
- How many buttons does a men's button-up shirt most commonly have, excluding the collar button if there is one?
- The 1900 L. Frank Baum novel, *The Wonderful Wizard of Oz*, has been adapted for virtually all media on numerous occasions. The much respected 1939 movie *The Wizard of Oz*, starring Judy Garland as Dorothy, is a much respected adaption. What is her dog's name? Hint: It is shared by the dog of a prominent Australian. Take a bonus point if you know which prominent Australian, take another if you know the colour of Dorothy's magic shoes and take five bonus points if you know what colour they were in the original novel.
- One each of the words polyanthus, polychaete and polynya can be associated with animal, mineral or vegetable. Which is which?
- Is Nimbin closer to 20, 30, 40 or 50 kilometres from the coast as the crow flies?
- Two Australians who share the same name but compete in very different sports had spectacular come from behind victories in July. Take a point each for the name and the two sports.
- Which Nimbin performer has been giving very well received piano recitals at the Nimbin School of Arts lately, and, rumour has it, may perform there, ensemble, in the not too distant future?
- What is thought to be the oldest human civilisation of which we know? Take a bonus point if you can name what is, perhaps, their most important invention.

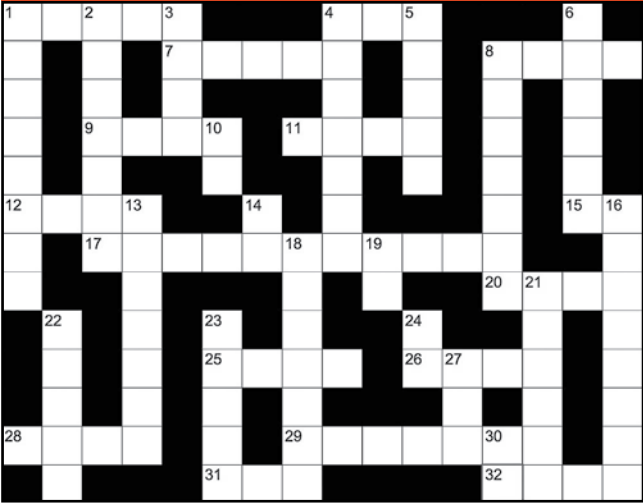


- Answers**
- The palm cockatoo (*Probosciger aterrimus*) doesn't only use tools, he makes them. When a male finds a dead branch suitable for nesting, he harvests and fashions a stick to beat the hollow "drum". The rhythmic beat carries through the tropical rainforest attracting a female who pays close attention. Together, they assess the nesting site and if the female thinks it sounds suitable she inspects. The male will fashion several drum sticks if the earlier ones prove inadequate.
 - Animal is the drummer in Dr Teeth and the Electric Mayhem.
 - Rugby union. This outstanding flanker and activist played 83 tests for the Wallabies.
 - Six.
 - Dorothy's dog is Toto, as is Anthony Albanese. Her shoes were red in 1939 but they were silver in 1900. New Technology demanded the shoes be red against the background of the yellow-brick road.
 - Animal is polychaete, a segmented worm found mainly in marine environments. Mineral is polynya, an expanse of open water within sea ice that is important to marine mammals, seabirds, the marine food chain and the flow of marine currents. Vegetable is polyanthus, a natural primula hybrid with very bright flowers.
 - Nimbin is 33 kilometers from the coast but over 60 by road.
 - Cameron Smith is assistant coach and former captain of the Queensland Maroons who came from two points down at half time to stage a memorable victory in the deciding game of the 2022 State of Origin Rugby League series at Lang Park in Brisbane. The game ranks among the greatest in over 40 years of competition. Cameron Smith is a professional golfer from Brisbane who won the British Open Championship at St. Andrews in Scotland, coming from four shots down at the beginning of the final day. This tenacious and gracious competitor's US\$2.5M winner's purse will come in handy. It means he can now afford a decent barber and ditch the mullet.
 - Stephanie Hamlet. Keep an eye on the windows of the School of Arts and Nimbin Hook-ups for future performances.
 - The Sumerian civilisation arose around 7,000 years ago where the Euphrates and Tigris rivers meet the Arabian Gulf. The Sumerians invented cuneiform writing on clay tablets.

Nimbin Crossword

2022-08

by Novata



Across

- How do you describe this winter weather? (5)
- Top of the pond, or insidious drug (3)
- Deep ravine (6)
- Potato in Indian cuisine (4)
- Strong local spirit in various Asian countries (4)
- Female friend (French) (4)
- Flimsy cloth barrier (4)
- Expression of surprise or confusion (2)
- Evil intent (8)
- Describes the weather lately (4)
- Well dug to access ground water (4)
- Gossip (slang) (4)
- Mythical woodland creature (4)
- Toothed whale with a tusk (7)
- To be announced (init.) (3)
- God of the sky in ancient Greek mythology (4)

Solution: Page 33

Down

- Plant variety produced by selective breeding (8)
- Biblical patriarch (7)
- Priest of Tibetan Buddhism (4)
- First son of Biblical patriarch Abraham/Ibrahim (7)
- Respected older person (5)
- Herb commonly used in soup and other cooking (6)
- Paid to use others' land to graze livestock (7)
- Punched someone unconscious (init.) (2)
- Publicly criticise using irony or sarcasm (7)
- Resumé (init.) (2)
- Natural places for wildlife to inhabit (8)
- Wind musical instrument, often made from ceramics (7)
- Former spouse (2)
- Unruly people (6)
- To do with birds (5)
- Stop something abruptly (5)
- Obstetrics (abbrev.) (2)
- Sixth note in musical scale (3)
- Abbreviation for Arizona (2)

Has your Hot Water System been checked lately?

Ever heard of a Sacrificial Anode?

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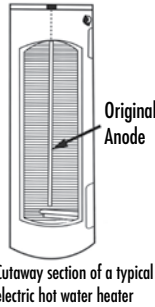
Manufacturers recommend that you maintain the anode in your system in order to prevent damage from rust + corrosion. After its 5th birthday – warranty expires.

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Press photographer remembered



Embedding Indigenous perspectives in the preschool curriculum



The Cawongla Playhouse welcome mural

by Leanne Logan

What does it mean to “embed Indigenous perspectives” into an early childhood setting, like ours at Cawongla Playhouse? The concept has been around for many years, and as I travel around the Northern Rivers, sharing storytelling with many preschools and early childhood centres, I see many preschools doing just that – displaying the Aboriginal and Torres Strait Islander flags, incorporating indigenous knowledge and voices into their day-to-day programming, learning language, and acknowledging country in simple but profound ceremonies that bring tears to your eyes. It’s so good to witness.

In the July holidays, I was fortunate enough to attend the Koori Curriculum Book Summit, a virtual conference for early childhood educators where First Nations’ culture and knowledge were generously shared, and where we – indigenous and non-indigenous – were made so welcome. It was a place to start conversations, some of which hurt, deeply. It was an invitation to know more about the people who have lived here since, as author Gregg Dreise, explained, “the beginning of time”. To my knowledge it was the first time an on-

line conference like this had been held, and it was extraordinary. The Book Summit was the work of, amongst others, Wiradjuri woman Jessica Staines, director of Koori Curriculum, an Aboriginal Early Childhood consultancy that “supports early childhood educators to grow their cultural confidence and capacity”. Jess began the Summit by saying that ‘story sharing’ is one of eight ways of learning in Wiradjuri pedagogy. This immediately gave me a strong indication of the importance and relevance of story to humans. Story is not just for entertainment – it carries power as a means of learning, communicating and connecting. For many hours, I listened to the sharings of all the indigenous and non-indigenous authors gathered for the Summit. And as I listened, I grew more and more hopeful for the future of our country. So much generosity of spirit was shown, and there is so much for us to be curious about and inspired by. As educators and parents, our connection to culture will feed the curiosity and connection of our children. And as Boori Monty Pryor, author of many books including *Story Doctor*, put it: “It’s not a black and white thing. It’s an ‘us’ thing.” Cawongla Playhouse is open Tuesday to Friday from 9am to 3pm. For information call 6633-7167.



Part of image painted by Lethie Walker which tells part of the story of how Cawongla and Kyogle travel along Gullibal country.



Keepers

Dear SSHS,
I think I’m a lovely person, as do my friends, but, even though I succumb to many men’s advances, they never seem to hang around for long. What can I do?
– Poppy Paskudna, Wiangaree

by Uncle Norm & Aunty Maj

She says

It doesn’t matter how open your legs are, if your heart is closed then it is impossible to have a deep relationship. Some people think the other person is only there for them, like a living doll, or a dream come true. These fantasies die a prompt death when confronted with a real-life person with all their flaws, bad habits, wounds, scars, baggage, illnesses, failures, addictions, different beliefs, etc. It is only love that gives us the impetus to allow ourselves to be changed, forever, hopefully for the better. I know many difficult women in good relationships. Women are committed to changing the status quo and helping the evolution of the species, which is always a struggle. I suspect there are other factors here. Are your expectations unrealistic? Do you expect men to be just like you but with a penis? Do you believe you are always right? I know this is often a problem for people who are used to living alone. They do exactly what they want, in their own time. Without anyone challenging them they can find themselves believing everything they think. Do you fight every time he expresses a different opinion to you? This can quickly become tedious. We learn from each other’s experiences and way of being in the world. Neither is right or wrong, they are just different. It is an honour to share another’s intimate journey and learn from them. But to include another, one has to feel respected and accepted. Healthy relationships require flexibility, compromise, humour, and constant forgiveness. Without these, you can have as much sex as you like, but afterwards they’ll say “thank you, ma’am,” and disappear to their next conquest.

“My mother said it was simple to keep a man. You must be a maid in the living room, a cook in the kitchen and a whore in the bedroom. I said I’d hire the other two and take care of the bedroom bit.” – Jerry Hall

Send your relationship problems to:
normanappel@westnet.com.au

HE says

1. You make him a cuppa on your first morning together. He says he likes more sugar and milk. Do you
a) pour it down the sink and make him a fresh cup;
b) try and fix it; or
c) tell him to go fuck himself and make his own from now on.
 2. You make arrangements to meet for dinner. Do you
a) turn up on time;
b) arrive 15 minutes late and apologise; or
c) arrive an hour late and tell him you’re worth waiting for.
 3. He arrives 15 minutes late. Do you
a) tell him not to worry and buy him a beer;
b) act all cold and grumpy for 15 minutes before finally lightening up; or
c) leave after waiting only 10 minutes deciding he’s stood you up.
 4. He comes down with the flu. Do you
a) make up a bed on the couch in front of the TV, feed him chicken soup and nurse him back to health;
b) tell him to see a doctor; or
c) yell at him because he doesn’t take responsibility for his own health.
 5. You come down with the flu. Do you
a) go to bed, ask him nicely to bring you a hot drink and look after you in his own feeble way;
b) yell and curse at him because he’s useless at looking after you;
c) self-diagnose your illness as something life-threatening and blame him for potentially giving it to you.
- These questions should give us a clue to what’s going on. If you answered all A, you’re a liar. Absolutely too good to be true and no such woman exists (except my little quiz champ). All B’s would be a fairly accurate example of your species. Neither humourless nor horrible, bang on average and tolerable to a point. All C’s then you’re a monster. Any man who sticks around long enough will end up with his balls in a jar that you keep next to the blender in the kitchen. So, Poppy, which one are you?

“I’m tough, I’m ambitious, and I know exactly what I want. If that makes me a bitch, OK.” – Madonna

Student ambassador supports healthy HSC

by Cath Marshall, Principal

Nimbin Central School was very excited and proud that their school captain, Kian Berry (pictured), was invited to be the Northern Rivers 'Healthy HSC Student Ambassador' for 2022. This role involves Kian publicly supporting his peers throughout the HSC and acting as a spokesperson for the Healthy HSC campaign in media opportunities and through NESAs social media platforms. He will participate in Zoom video conference 'round table sessions' with student ambassadors from other regions and representatives from the Stay Healthy project team, to help formulate strategies to support his peers. "Since the beginning of Covid in 2019, the Northern Rivers has experienced



various illnesses and associated challenges. While this has impacted the whole community, students have had

a particularly challenging experience," Kian said. "With school being closed 20% of 2020, students have had to learn to work independently in isolation. Now that we have emerged from the worst of Covid, we are regaining momentum as the HSC exams approach. "As a student, I understand the importance of maintaining this momentum – something that requires me, like my peers, to be in good physical and mental health," he said. "I look forward to helping maintain the community's health and combating the persistent nature of covid and illness in the northern rivers as we strive for a healthy future together." I know the community joins us in congratulating Kian and thanking him for representing our school in this important role.

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Anakin building a garage using magnets

Preschool road-building

by Carina, Annalyce and Summer, educators

Transportation has been the go-to activity this month at Nimbin Early Learning Centre using a variety of resources to build roads, garages and ramps for their cars. We used recycled cardboard to make a ramp

which was a success, and we all really enjoyed this experience. Outside, the dirt pit was the place to be, with everyone using diggers and dump trucks to navigate through the dirt piles. Please feel free to call the Centre on 02) 6689-0142. We are open Monday to Friday 8.30am-5pm.

Donations van visits Nimbin



by Cath Marshall, Principal

The generosity and kind-heartedness of the entire NSW community continues to gladden us at Nimbin Central School, as well as supplying much needed ongoing, material support to our community. The latest example of this was the arrival of a van from Scone in the Hunter Valley, laden with items for distribution to our school and wider community. This was an initiative of Scone Rotary Club in conjunction with Scone Public School and Scone High School and their wider community. They arrived with a wide range of useful items for distribution including clothing, books, toiletries and stationery. All the items were new and appreciatively collected by those who needed them, both students in the school and community members. I know you join us in sending our heartfelt thanks to Scone Public and High School and Scone Rotary Club for their kindness and thoughtfulness. The blight of the Northern Rivers has not been forgotten.



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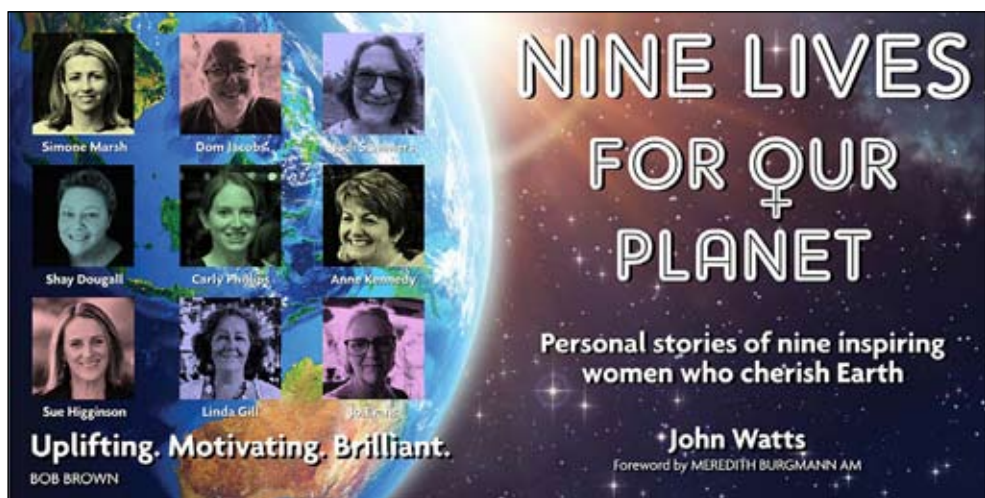
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Nimbin Crossword Solution

From Page 31

C	H	I	L			I	C	E		B	
U	B		A	B	Y	S	S	L		A	L
L	R		M		H	D		G		R	
T		A	R	A	K		A	M	I	E	
I		H		O			A		R		S
V	E	I	L		C		E		T		E
A		M	A	L	E	V	O	L	E	N	C
R		M				C	X		D	R	A
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	V	O		B	O	R	E		B	L	A
	I	O		O		I			A	B	A
F	A	U	N		R		N	A	R	W	H
	N			T	B	A			Z	E	U



Compelling new book released

This newly-published book tells the personal stories of nine inspirational, brave women, who had the courage to stand up against huge odds, to protect our precious planet.

Writer and resident of Gloucester, John Watts, previously authored *The Town That Said NO to AGL*.

Nine Lives for Our Planet features Simone Marsh (Queensland gas industry whistleblower), Shay Dougall (OH&S specialist and landholder advocate from Western Queensland), Sue Higginson (NSW Greens Upper House Representative and lawyer), Dom Jacobs (Climate action mother of seven), Carly Phillips (Climate Change Activist), Linda

Gill (Former Great Lakes Councillor and forest campaigner), Judi Summers (Knitting Nanna), Anne Kennedy AM (Water Protector) and Jo Evans (Environmental campaigner).

Nine Lives is a great read that showcases the diversity and strength behind the environmental movement in Australia.

For every woman featured in this book there are hundreds more who work hard every day for our beautiful planet.

2022 will be remembered as the year that women changed the course of politics and environmental policy in Australia, and you can see why that happened when you read about these fabulous women.

The book is particularly relevant, as the right to protest is being challenged by many governments around Australia.

Bob Brown said: "John Watts introduces us to women who light up the darkness of the climate and extinction emergencies with their flair and stoic commonsense."

"Each has acted to take on the gas frackers, coal miners, native forest loggers, wildlife killers, water profiteers and their political agents."

"They ring the bell of ecological sanity."

The book is available from: www.redbellybooks.com where it can be purchased for \$25 plus \$5 postage and handling to anywhere in Australia.

Mindfulness features in Open Learning offerings

by Christine Strelan,
Program co-ordinator

Nimbin Open Learning classes will commence for term 3 on Tuesday 2nd August.

We are offering classes in Mindfulness Meditation, Spanish, Creative Writing and sessions of Life Drawing with live models.

We're pleased to introduce our Meditation tutor, Monika.

She's trained in Mindfulness Based Cognitive Therapy (MBCT) and has taught mindfulness in corporate, education and community setting for over 10 years.

She describes her course like this:

How often do you pause to feel the breeze or sunshine on your face; or take the time to savour the flavours in your meal?

These simple actions assist us to disengage from the thinking mind and shift our attention to our present moment experience.

When we focus our attention on the present moment, we free ourselves from thoughts and feelings



connected to past experiences and imagined future events. It is in this place, or state of being, that we can deeply connect with a sense of inner peace and clarity.

The on-going practice of mindfulness has been found to reduce anxiety and depression, assist in reconnecting with our values, finding clarity in decision-making and increasing feelings of self-worth.

If you would like to learn how to integrate the practice of mindfulness into your daily life, you are welcome to

join the up-coming six-week program at Nimbin Open Learning.

In a small supportive group, you will learn various mindfulness exercises that will provide you with the skills and experience to continue your mindfulness practice at home.

For more information, call 6689-1477 or check out our facebook page at Nimbin Open Learning. Late enrolments may be accepted. All courses are \$60.

The Nimbin Open Learning Centre is an on-going project for adult education conducted by the Nimbin Community School Co-op.

Intuitive listening

Psychic development

with Magenta Appel-Pye

'Intuition' is a general term for a large number of psychic skills. There is telepathy, the communication of thought by means other than the physical senses.

Empathy is similar to telepathy, except that emotion or experience is communicated.

Reading the energy of objects is called psychometry, and geomancy is reading the energy of environments.

Past life reading is connecting with times past, and clairvoyance is connecting with times in the future. There is auric perception and farsight.

You can also develop the skill of energetic healing. Reiki is one of these modalities. You may want to learn how to communicate with spirit guides, animals and the deceased. There are medical intuitives and shamans.

Metaphysical ability covers every facet of life yet each one uses the same ability: communication other than through the known channels of the physical senses.

Rationally it seems impossible until you look at quantum physics. It's all there.

When it comes to psychic development, the most important skill is listening. It requires the willingness to stop thinking our own thoughts.

It means switching off our phones and giving our full attention to someone or something else. Full body listening with every fibre of your being picks up on things not normally heard or noticed.

I find that when I get a genuine psychic hit, or hear something that is a higher truth, I experience tingling in the body. The more tingling, the more solid the truth is for me.



When I go into a meditation state (Theta), I usually experience tingling in the crown chakra.

We have to learn to listen not only with our minds, but also with our hearts and guts. How often was that 'gut feeling' correct and guided us on the right path?

Sometimes, when things are too difficult to work out intellectually and we are overwhelmed, the best way forward is to let go of our minds and listen to and trust our intuition.

Don't do something, just sit there.

It is your connection to the spiritual side of your life that creates the context for everything else. You can live without it, but you may lack the inspiration and meaning that you could otherwise have.

"The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal."

– Deepak Chopra

magentaappelpye.com

Nimbin Preschool

Playful, collaborative, multi-layered, creative, respectful, critical and lasting.

MONDAY TO FRIDAY 8:30AM-4PM

Run by our experienced early childhood teacher Katie Pennant, Nimbin Preschool offers a genuinely child-focused and led program.

A variety of spaces for your child to explore, learn, play and grow.

We have a vegetable garden and an enormous outdoor shaded play area where your child can test out their physical prowess. We have chooks, guinea pigs, bunnies and an education support dog named Gidget.

We also take walks into the wider and sometimes 'wilder' world. There is always a repertoire of activities on hand - painting, felting, reading, piano playing, mud kitchen, cooking and more...

ENROLLING NOW

contact us

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Facebook: Nimbin Preschool
Location: A&I Showgrounds, Cecil St
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<p>\$1,550,000 - \$1,650,000</p>  <p>574 BLUE KNOB ROAD, NIMBIN 6 BED 3 BATH 5 CAR 2 DWELLINGS ~70 ACRES SHEDS DAMS CREEKS</p>	<p>OFFERS OVER \$1,000,000</p>  <p>16 WEISMANTEL ROAD, CAWONGLA 5 BED 3 BATH 1 CAR ~92.4 ACRES CREEK DAMS 3 DWELLINGS</p>	<p>SOLD</p>  <p>5 RUBBO PLACE, GOONELLABAH SOLD! CONTACT URI ROSS FOR MORE PROPERTIES</p>	<p>SOLD</p>  <p>1899 CAWONGLA ROAD, CAWONGLA SOLD! CONTACT URI ROSS FOR MORE PROPERTIES</p>



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Sundai
0413 751 184



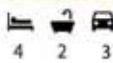
26 Alternative Way,
Nimbin 872m2

\$315,000 Agent: Sam



1117 Tuntable Creek Rd,
Nimbin 3990sqm

\$850,000 Agent: Sundai



14 Thorburn St,
Nimbin 1012m2

\$685,000 Agent: Jacqui



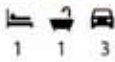
1/39 Thorburn St,
Nimbin

\$399,000 Agent: John



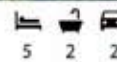
Bolzicco Rd, Cawongla
7 acres

\$635,000 Agent: Sam



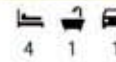
45B Lawlor Rd,
Terania Crk 88 acres

\$1,550,000 Agent: Sam



8/78 Cecil Street,
Nimbin 2120m2

\$1,050,000 Agent: John



21 Mount Burrell Rd,
Mount Burrell 5.5 acres

\$1,500,000 Agent: John



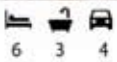
1166 Roseberry Crk Rd
Roseberry Crk 13acres

\$275,000 Agent: Jacqui



179 Faraway Rd,
Cawongla 44.97HA

\$1,450,000-\$1,595,000 Agent: Jacqui



1959 Cawongla Rd,
Larnook 10 acres

CONTACT AGENT Agent: Sam



9 Evelyn Way, Nimbin
Vacant Land - 3030m2

\$370,000 Agent: Sam



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PRICE



902 Jiggi Rd, Jiggi - BEST VALUE IN 2480!

A beautiful quiet location with unlimited rural views. Low maintenance 1000m2 block with the feel and privacy of a large acreage. Brick & tile home with covered outdoor entertaining space over looking in ground pool

3 1 2 \$699,000 - Negotiable
Agent: Sam



3911 Kyogle Rd, Lillian Rock

Designer home set in the perfect tropical gardens & opening out to views of the Border Ranges. The Bahauss inspired home is equally awe-inspiring. Split level design, raked ceilings, hard wood floors & high end finishes throughout.

5 2 2 10 Acres \$1,500,000
Agent: John

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