

Aries

Over the next 2 years eclipses will predominantly occur in the signs of Aries and Libra, with the first one being on April 20th. If you are born during April 15 – 21, this eclipse might represent a powerful symbol of endings and new beginnings. You are guided towards new ways of knowing and healing that challenge and transform your usual perception and value judgements.

Taurus

These are revolutionary times and you might be called to lead the change. Be clear about your motivations and how you want humanity to evolve. This could potentially be a rather intense phase and it could take over your life especially if you are seeking more influence over others. Shield yourself from too much self-imposed pressure.

Gemini

A new era demands a fresh mindset. Revolutionise those beliefs that have carried you until recently but are now outdated. You might be in need of a totally different perspective that includes ideas and thoughts which you previously may have judged as too eccentric or weird. Stay in touch with your inner guides and think creatively. Allow yourself to be stunned, confused and enlightened.

Cancer

Mars has finally reached your sun sign and will remain in Cancer until the 21st May. This provides you with the necessary energy to move your plans forward. It is a good time for taking charge of your life and working towards the bigger picture. On the other hand, you might be more reactive and forceful than usual.

Leo

These are times of major restructuring of your personal relationships including your attitude towards others. You may want to revolutionise those who are in close connection with you and unintentionally might stir up a power game. On the other hand, you can be drawn to people who are intense and powerful. The challenge is to be guided by the passion of the heart while remaining objective of your own drama.

Virgo

This is a time of soul-searching and a deep confrontation with the truth. You may become aware of the heavy energetic price of toxic entanglements that limit your freedom. A cathartic release of pent-up emotions will help with transforming your darkest fears into productive action. Guard against too much strain or self-imposed pressure. Your habitual state of being needs reforming.

April

We have entered the first eclipse season of the year with a Solar eclipse coming up on April 20th followed by a Lunar eclipse on May 5th signalling an intense period of revolutionary endings and new beginnings. Mercury turns retrograde on April 21st (until May 14th).

We are urged to shift and change, but also reminded to reflect on past events and tie off loose ends. Trusting our intuition is the key to greater awareness as the answers will not arrive from the outside alone. As Saturn is in Pisces now for the next 2-3 years (March 7, 2023 – 14 February 2026), our emotional reactions are the barometer of what needs to be healed to move safely into the future.

To summarise, eclipses reveal what has been lying in shadow. The weeks leading up to an eclipse can be helpful with cleaning out and shedding the past to make space for the new incoming energies symbolised by the recent entry of Pluto in Aquarius.

Pluto, the planetary force of destruction and rebirth, has just entered Aquarius on March 23rd, two days after the Aries equinox. **Pluto will be shifting back and forth between the last degree of Capricorn and the first degree of Aquarius until November 2024 signifying the Shivaite dance between the collapse of an old order and the birth of a new consciousness.** Pluto as an archetype represents the collective shadow, reveals fraud and betrayal and increases the energies of the sign it is in. When Pluto entered Capricorn back in 2008, we experienced the GFC caused by a corrupt banking system.

Due to a 248-year cycle around the Sun, Pluto's last journey through Aquarius coincided with the French Revolution. Even though it ended in a bloodbath, the French revolution initiated the birth of democracy across Europe including a fairer distribution of wealth amongst its people. **While Pluto is moving back and forth on the cusp between Capricorn and Aquarius, the planet of transformation is squaring the karmic Lunar Nodes that have been moving through the financial signs of Taurus and Scorpio since January 2022.** It is not surprising that the problems that we collectively haven't dealt with since 2008 are re-emerging now requesting deep changes of attitudes and a thorough re-evaluation of all values within humanity. Pluto in Aquarius enhances desire for reform and revolution, especially in the areas of social equality, individual liberties and community participation; it also inspires progressive science and the invention of new technologies. What does it mean to be human and how can we live together on this planet (and within this solar system and galaxy...) without competing and warring for resources, territory and the control of power? The pressure for change is on!

On April 6, the Full Moon occurs in Libra opposing the Aries Sun in conjunction with Chiron and Jupiter. In Aries, the focus is on new beginnings, self-governance and autonomy. Libra is interested in relationship, co-operation and fair social interaction. The Sun's activation of the Jupiter/Chiron conjunction informs us with a new value system that might be opposed to what we have been taught or used to believe. Instead of following the usual path, thoughts and emotional reactions we learn to trust our inner guidance. There are new dimensions to reach in our collective evolution and new ways of 'knowing' to explore. The aim is being courageous (Aries) and mindful of others (Libra) at the same time, participating in furthering the greater good while remaining truthful to one's own soul journey.

On April 20th, we experience a second New Moon in Aries that also is a Solar eclipse. It falls on the final degree of Aries and symbolises the end of an old cycle and the start of something new. The eclipse will be visible over Western Australia, East Timor and Papua New Guinea. Eclipses occur when the Sun, Moon, and Earth align more precisely while strengthening the influx of cosmic energies. They alter the electromagnetic field of the Earth, have a destabilising effect on current realities and can reconfigure consciousness. They are messengers of sudden change. Eclipses have a 19-year cycle. On April 20th, 2004, there was another solar eclipse on the same degree. This is an especially powerful time to set intentions, as well as to reflect on what needs to be resolved or released. Eclipses are always significant in world affairs even though we might not see the effects immediately. How an eclipse will impact us personally depends on how it intersects with our birth charts. **It is not a good time for major decision making as some of the information might be in shadow and especially with Mercury turning stationary retrograde on the next day, April 21st (until May 14th).** Like always, when the messenger planet is retrograde, we are entering a 3-week period of review and reflection. We can expect sudden turns of events, misunderstandings, delays and communication difficulties while we are reminded to focus more on our inner wisdom and trust our deep perception.

- **Navigation by the stars for 2023** Plans, directions, concerns for 2023; contact Tina on 0457-903-957; in person, zoom or skype consultations; email: star-loom@hotmail.com Gift vouchers available.
- **'Intentions of the Soul and Life Purpose in the Natal Chart';** Saturday, April 15, 10.30am-4pm, Lillifield Community Centre, 4505 Kyogle Road, Wadeville. All welcome.

Libra

These are revolutionary times of endings and new beginnings. Your relationships, personal or otherwise, are in the process of restructuring and changing. Too much dependency on others needs to be balanced by courageously following your own path. Be in control of your own creativity and invest more energy and passion into your creative projects.

Scorpio

The revolution occurs in your home environment where a major long-term restructuring is taking place... and this is just the beginning! Buried resentments come to the fore and demand to be resolved. Avoid getting bogged down with issues that cannot be changed. Trust and let go of too much control. You are in for spiritual healing as you are striving for a more soulful and vibrant life.

Sagittarius

This period is all about your special gifts and how to creatively express yourself, may this be alone or in collaboration with others. Do what you love to do even if this means taking some risks. Your way of thinking needs revolutionising, and you might question a lot of things, including knowledge and information you have learned in the past.

Capricorn

Endings and new beginnings centre around your home life. Some unexpected events could bring new insights and opportunities for healing of long-standing family conflicts. The revolution is internal as you learn to detach from your need to be in control and trust your own inner wealth and riches.

Aquarius

Pluto just entered Aquarius bringing on the long-term process of personal transformation (until 2044). Get ready to evolve and shift to the next level. Transform, let go of the old and outdated version of yourself and bring on the revolution! This is a time when you are reclaiming your personal power. Quirkiness on its own doesn't do it anymore. Real substance is needed.

Pisces

Endings and new beginnings are taking place around your material reality. There could be surprises and unexpected developments concerning finances and your possessions, shifting your focus in the direction of spiritual growth. Or your boundaries are getting pushed as unfinished business from the past appears out of the dark, forcing you to go through a process of re-evaluating your values and what is most important to achieve.



Star-loom

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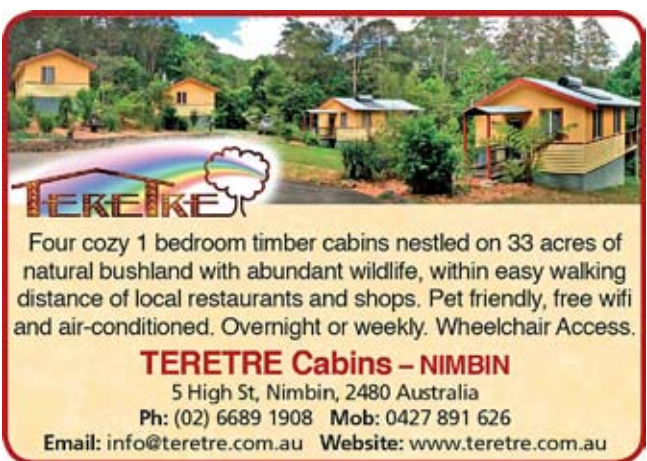


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Love and awareness...

by Marilyn Devlin

It's hard to hold something in a steady structured form... while everything is moving. And a lot is moving... a lot is in flux.

Sometimes I feel it in my body... the shaking, the tremors below my feet and all around.

I hold on to what I know is true... trustworthy and always there.

We might feel seasick... or lose our balance atop these teetering heights. We can't venture too far away from our core. Or we'd be adrift.

New beginnings... zooming out in all directions. Where do we stand? To make use of all the opportunities. Brave enough to let the going go. Bury the dead... lay it to rest. The old, no longer useful bits, hogging precious space.

We need all systems go... for this new adventure. We need to be ourself... so perfectly created.

We need to stand tall and erect... we have so much to be proud of... thankful for... forever grateful.

The sun rises and sets... as does our moon. Our lives flutter away... day by day, month by month... year by year.

But while we have it... what a gift.

Being in between, upside down or straight and erect... we're all in the same boat. A leaking one at that. We're making our way through time... or time's slithering itself around us.

I mean what can you say about these times... they're full-on and intense. Yeah... some appear to be more aware of these invisible fields... some say they don't. Doesn't change that they exist.

My training and work in Pranic Healing opened my eyes to that. Energy takes many and various forms. It can be felt and seen with our senses.

For me personally I don't think I've ever been in such a neutral space... meaning not connected to anything... like past or future or before... it stands alone, just hanging here in now.

Sounds good, but at times can be worrisome.

We only have our self to work from... we can't operate from anyone else. It doesn't work that way.

Only we know... what's the very best thing for us. A lovely teacher of mine from many years ago said to me... 'only you know what you're feeling Marilyn... everyone else is just guessing.'

During April we enter and complete one third of this eventful year... hopefully it'll be a little less activated (although eclipse season begins). March was a huge one. Maybe we need a recovery month. I sure do... many more as well. We've got a bit of catching up to do.

It's been a big few years... and the changes and shifts continue. We get stronger with every interaction. We learn. We welcome... we let go. Have to let go of it all one day... so it's good practice.

If I stop to think about it... I truly amaze myself. But a lot of the time I go unnoticed... I don't truly see myself... just how amazing I am. Our capabilities are awesome.

That we can feel and experience all these extraordinary things... faith, trust, knowing. Surrender, kindness, caring. And genuine compassion. And for self... what a hoot!

And yes we're a clumsy, loveable human...that feels a wide range of different feelings, emotions and sensations.

Even if we say we don't.

Astrologer Kaypacha encouraged us to bring our awareness 'to bear not only on the outside world of space, time and matter – but the inside world of feelings, emotions, memories and longings.'

With Mars slipping into emotional Cancer... these emotional fields of ours will be brightly illuminated. The tides will be high in our internal worlds.

During these incredibly pioneering times... it's great to be grounded in our emotional intelligence. It's a powerful resource. Happy joyous times...

Nimbin Trivia Time

by Eclectus

Questions

- Who is this trim, self possessed young woman with the purposeful gaze? And what British 60s television program did she dominate as Emma Peel? Take a bonus point if you can name the 20-teens blockbuster content in which she played a similarly strong, independent role. (Image courtesy [louderthanwar.com](#))
- Which Australian rapper recently topped the 2022 Apple Music chart in a collaboration with Justin Bieber?
- The Australian fifty cent coin was originally round and slightly larger than the twenty cent coin. It was also 80% silver. Within a couple of years, the silver price increased such that the value of the silver content was higher than the face value. It was replaced with a dodecagonal coin of much more modest metals. How many sides does the fifty cent coin have?
- Pontiac, Russet and Sebago are all types of what?
- What do mosquitoes usually dine upon? Hint: It's not you and me!
- Which, now sadly departed, sporting personality reckoned that he could "float like a butterfly and sting like a bee"?
- Mount Erebus is the tallest mountain of which continent?
- If we light the blue touchpaper, we are, usually with relatively little action, setting in train a series of dramatic or exciting and, sometimes controversial, events. What is the origin of this expression?
- The America's Cup is the longest running international sporting challenge in the world. It even predates the Modern Olympics. In 1983 Australia's Sun City Yacht Club broke the New York Yacht Club's singular, 132 year domination of this international yacht racing challenge when Australia II defeated Liberty 4-3. For a point each, can you name the designer, skipper and owner of Australia II? For a bonus point, what is the nickname of the America's Cup?
- How far is Nimbin from the coast, as the crow flies? Is it closer to 30, 50 or 70 kilometres?



- Answers**
- This is Diana Rigg as Emma Peel from The Avengers. Dame Enid Diana Elizabeth Rigg DBE appeared as Olenka Tyrell in Game of Thrones.
 - The Kid Laroi with Stay.
 - Twelve.
 - Porato.
 - Mosquitoes usually dine on the nectar of flowers or the juice of fruit. Only female mosquitoes eat blood meals and then only to produce eggs. The male mosquito's proboscis is not even strong enough to penetrate the skin of animals; or you and me.
 - The profound, prolific and irrepressible Muhammad Ali. The Louisville Lip, as Ali was nicknamed, also said, quite accurately, "I may not talk perfect white talk-type English, but I give you wisdom." Z. Antartica.
 - Blue touchpaper is used as the ignition fuse in fireworks and explosives. It is paper that contains saltpetre (potassium nitrate), an ingredient of gunpowder.
 - The designer was Ben Lexcen, who came up with the winged keel for the 12 Metre class, the skipper was John Bertrand and the owner was that roo'tin', roo'tin' cowboy of the West, Alan Bond, successful on his fourth challenge. The America's Cup was affectionately, if somewhat smugly, known as The Auld Mug.
 - Nimbin is about 30 kilometres from the coast as the crow flies but the shortest route by road is over 70 kilometres.

Nimbin Crossword

2023-04
by Novata

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Across

- Pimple (3)
- Greek author of fables (5)
- Having reached a desired or final condition (4)
- Object with a spherical shape (3)
- Changeling or elf child, left by fairies (3)
- pH values above 7 (10)
- Only metal which is liquid at room temperature (abbrev) (2)
- European wild or whistling swans (5)
- Party that won the NSW March election (5)
- Something causing misery or death (4)
- Spanish for sun (3)
- Japanese sock with separation for the big toe (4)
- Give out, emit (6)
- Howled (5)

Down

- Theatres (10)
- Sew together loosely (4)
- Revere (4)
- Small vascular growth on the surface of a mucous membrane (6)
- Give up power (8)
- Fourth note of diatonic scale (2)
- Slang for private investigator (4)
- Slow down or fall behind (3)
- Formal decision or law by a legislature (3)
- Fur on the nape of animals such as dogs (6)
- Exclamation of surprise or dismay (3)
- Gradual decline (3)
- Remote in manner (5)
- Assists in wrongdoing (5)
- Hailing someone while sailing (4)
- Top part of an apron (3)
- American English (inits) (2)
- Outmoded (?) musical record (inits) (2)

Solution: Page 38

MISS SOMETHING?

There's an extensive archive on-line.

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

Nimbin Central School celebrates with a bang



Year 6-7 Open Night at Nimbin Central School

by Corey Wheeler, Head Teacher English

It was with great pleasure that we welcomed a large group of prospective 2024, Year 7 students and families to our beautiful little school for an open night on Wednesday 22nd March.

Our school captains Sav, Benson, Ruby and Ellen, as well as our welcoming and passionate teachers, showed the group through our wide range of facilities and resources, including:

- Our soon-to-be renovated science labs, where Ms Coburn and School Captain Sav demonstrated a loud chemical reaction (pictured above).
- Our Agriculture facility, with its emphasis on sustainable and environmentally conscious farming.
- Our Ceramics and Visual Arts facilities, including student work which, as suggested by one community member, was as good as he'd seen in any art gallery.
- Our Music and Drama facilities, where resident rockstar Brett Osterhage had the group experiment with his loop pedal.
- Our 3D printer and robotics equipment.
- Our innovative furniture and Humanities program.

If you are interested in sharing in our beautiful little community school and



enrolling your child here into Year 7 for 2024, or if you couldn't make the night and wish to visit us at another time, please see our school website: <https://nimbin-c.schools.nsw.gov.au> for enrolment details, or contact the front office, phone 6689-1355.



Harmony Day
Nimbin Central primary students celebrated our cultural diversity on 21st March by collaborating on an art installation.
It was part of a week of cultural respect for everyone who calls Australia home.



Pi Day
Tuesday 14th March marked the International Day of Mathematics, otherwise known as Pi Day.
There was a fantastic turnout for the Lunchtime Trivia Competition, where students tested their knowledge on the history and development of one of the most famous mathematical constants.
The winners were cheered on as they won the privilege of pie-ing their teachers!
Congratulations to the winners and a big thank you to students and staff for supporting the appreciation of Mathematics at Nimbin Central School.

International Women's Day
On Tuesday 7th March, Nimbin Central School celebrated International Women's Day (8th March).

The school invited special keynote speakers Linnet Pike, President of Nimbin Branch of the Country Women's Association, and Entrepreneur, Tee Prikulis, co-founder and owner of Radium Bounce an independent software company.

It was a privilege to welcome Linnet and Tee to our International Women's Day assembly and Nimbin Central School looks forward to future collaborations.

Our very own Winter Matheson presented an inspiring speech that made all the women in the room feel heard and hopeful for future progress.

The assembly concluded with a delicious morning tea. A big thank you to all staff for supporting International Women's at Nimbin Central School.



Nimbin Open Learning classes

Nimbin Open Learning Term 2 begins on Wednesday 3rd May, with enrolments open the preceding week, 26th and 27th April, at the Community Centre.

Classes confirmed so far include Mixed Media Art, Creative Writing, Crochet and a new Drawing class with Lisa Dowall.

All courses are \$60. For more information, call 6689-1477 or contact us on facebook at Nimbin Open Learning.

Drawing

Lisa Dowall's drawing class is for people who have always wished they could draw and would like to learn and for those who have some skills but would like to improve them.

Students will learn skills to enable them to represent what they see, with still life as the subject (ie domestic and natural objects).

During the six-week term we will use the traditional drawing media of graphite pencils, charcoals and erasers on paper. Colour may be introduced towards the end of term.

A basic kit of what to bring to the first class will be given to you on enrolment.

Nimbin CWA Women's Gathering

by Linnet Pike, President

Our CWA Branch is always busy with multiple engaging gigs each month, however March holds a special place in our hearts.

International Women's Day has a longer history than our century-old Country Women's Association and we treasure celebrating the changing roles of women: in our own lifetimes, over the last century and, well... forever.

We know that often Herstory becomes History, so that women's lived experience is obscured, and we know little of female artists, philosophers, mathematicians, astronomers, et al. You had to be an extraordinary individual, or assistant to a famous brother or patron to be acknowledged as a 'Great Human'.

Not to mention the "ordinary" women, the bakers, merchants, weavers, the makers and doers, the "fishwives" that we overlook or disdain. Their stories "from below", are hard to hear unless we dig deep and listen hard between the lines of written texts. Oral histories and non-Western sources reveal much of the rich global diversity of Women's lives



Jasmine McHenry (Cultural Officer) and Pauline Ahern (Handicraft Officer) with Pauline's fabby new IWD Banner.

throughout deep time.

Our Branch was delighted to be invited to attend Nimbin Central School's inaugural IWD Assembly and Morning Tea. Listening to several students, we have faith that the next generation will be inspirational and passionate.

The theme of IWD this year was 'Embrace Equity' and posters around the School and the engagement of all students at Assembly was heartening.

With our CWA community fundraising, we gift several students at our various local schools with both CWA Awards and Book Vouchers.

As a new Branch, forming

in late March 2019 (and then with Covid restrictions), last year was the first opportunity that we had to celebrate IWD. In amongst the flooding, landslips and general chaos, we took pause to come together as community women, in muddy gratitude and celebration.

This year, even in extraordinarily humid and hot conditions, we were able to take more time to think, dress the Main Stage at the Community Centre with flags and foliage, and make preparations for a more mindful Gathering. Poets and Singers, grand performers all, entertained us; while our beautiful community weaving

women sat in the shade, coiling, teaching and yarning.

Our CWA Room is in the Figtree Building, and we hung artist Pauline Ahern's latest stunning Women's Banner in the Figtree that gives our room its name. Women brought purple, white and green flowers and offerings to contribute to the Women's Mandala that we slowly crafted throughout the late afternoon.

We feasted together on beautiful food provided both by our community women and our CWA.

Personally, it's gatherings such as this, supporting local students and many community organisations, and offering interesting workshops, that makes all the hard slog of stalls, raffle tickets, and Open Days very worthwhile and pleasurable.

However, we are a diverse and inclusive Branch and we all have our own very different reasons for our membership... there is also some intangible numinous magic in amongst the hard work, laughter, learning, camaraderie and kindness of the CWA.

We meet on the second Monday of each month at 4.30 for a 5pm start. Follow us on Facebook at: CWA Nimbin Branch.

Autumn Festival at Rainbow Ridge

by Rosalie Shearer

As we pass through the balancing point of the Autumn equinox, there is a moment of pause, where the cosmic scales are in perfect symmetry.

Then as the wheel of the seasons continues to turn, Earth begins to take her inhaling breath, bringing the life forces deep within her body as she prepares for winter.

Tuning in to these natural earthly rhythms is an important part of our culture at Rainbow Ridge Steiner School, where we can celebrate together through song, dance, laughter, food, ritual and theatre.

The Autumn Festival,



as well as being filled with songs and community togetherness, holds a special tradition dear to many hearts. It is the whole school

Chalk art of the St Michael story performance of the St Michael's Play. Michael, who in many

traditions is honoured as one of the seven Archangels, becomes a symbol of strength and courage, a great warrior who battles the dragon which can be seen to represent the materialistic forces present in our world.

It is a great story and play, filled with song and great colours. A wonderful experience to watch as each different year level contributes in their own special way.

"Festivals are not merely the commemoration of historical events or personalities. They are in and of themselves, each year, spiritual events carrying a significance that grows and deepens with the developing phases of human evolution." – Rudolf Steiner

Inspired educators

by Keely Jones, educator

Maree, Aimee, Silvia and I were extremely fortunate to go to Sydney last week for a two-day Early Childhood Conference called 'Inspire – Fantasy, Reality, Opportunity', facilitated by Semann and Slattery Consultancy, who are inspiring leaders in our industry.

There was an incredible range of passionate early childhood experts (including Maree) who presented talks and workshops for the 1200 or so delegates from preschools and early childhood centres around Australia.

We all came away feeling incredibly inspired, thought provoked and positively recharged.

We also came away from many of the workshops feeling affirmed that we are on track with our practices and incredibly grateful for the beautiful preschool we work in and the land and community that it lies on.

Some of the highlights for me were listening to Claire Warden from Scotland, who is a passionate nature-based learning advocate with years and years of experience exploring the natural world with children; Matt Karlsen from the USA who started the Opal School and talked about playful inquiry; and Dr. Gai Lindsay who spoke about a rich art curriculum using simple but meaningful materials, resources and techniques.

I came away from her talk with lots of neurons firing and fresh ideas.



The conference was also embedded with First Nations culture and voices, which was also a highlight. An Aboriginal cultural and knowledge space had been set up for everyone to experience, which was amazing.

There were some Aboriginal presenters throughout the conference and a keynote panel comprising of Aunty Denise Proud, Dr. Karen Martin and Anthony Semann in conversation with Katie Noonan who has spent a lot of time on Country with her music as the portal.

We were then graced with Katie Noonan singing with her band for us in Aboriginal language. There wasn't a dry

eye in the audience after that.

It was such a special and bonding experience, going together as a team. Aimee also won a wonderful prize via a golden ticket for the preschool which includes facilitators flying up to spend some time with the team at our preschool for some further professional development.

It really was the conference that keeps on giving!

Our preschool is open Tuesdays to Thursdays during NSW school terms and we currently have vacancies. Phone 6689-1179, email: tunablepreschool@gmail.com

Italian classes in Kyogle



by Luca Barbieri

From now on, Kyogle has a running Italian course for adults in town.

The initial course has been booked out, but here are two new Level 1 classes that will start in April:

- Level 1 – Tuesdays at 3pm from 11th April
- Level 1 – Thursdays at 12.30pm from 13th April
- Level 2 – Fridays at 10am from 14th April

Need more information about future classes? Visit the website: www.ilcibidi.bigcartel.com

Or feel free to send me an email: ilcibidi@gmail.com

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Natural Law

by Helene Collard

Welcome to the 150th edition of Natural Law in the NGT!

The name 'Reiki' contains two Japanese kanji – 'Rei' and 'ki', meaning 'universal or divine' (Rei), 'life-force energy' (ki). Therefore 'Reiki' is 'universal life-force energy'.

The higher consciousness of 'Rei' together with the pure healing energy of 'ki' directs the Reiki session, rather than the practitioner. Therefore, a practitioner is taught to trust and be guided by the energy.

This sounds like a simple concept, however in practice, this is a very unique way of working that takes time to master. Indeed, Reiki is encoded with a clear framework that guides students how to work with this ancient healing system. Other examples include:

- Reiki works on the cause (rather than symptoms)
- Reiki always works for the highest good of all
- A person must be self-responsible for their own healing journey
- A person must ask to be treated with Reiki (permission/consent)

There is much we can learn about the mysterious process of healing through the framework of Reiki.

Reiki works on the cause (rather than symptoms).

Often times, I am guided by the Reiki healing energy to work in other areas, as well as where people are experiencing symptoms.

The root cause of an issue often begins in childhood, and manifests into illness over time.

The Reiki healing process is one of working on the root cause, and gently peeling back all the layers, that have grown over time. Holistic healing is a commitment and a process.

Reiki always works for the highest good of all. The Reiki healing energy clears,



balances and restores for the greater good of all concerned.

This includes the land, waterways, plants, animals, ancestors and spirit world, skyways and yes, you and the other humans involved.

A person must be responsible for their own healing journey. This foundational premise of the Reiki healing system, reveals an important truth about healing.

Dr Mikao Usui, the man credited with rediscovering Reiki said, "There has to be a rise in consciousness, before true healing can occur."

Even when we can see where a person needs healing, or what is out of balance for them, only when that person decides they need to change something, and they ask to be treated with Reiki, is when a powerful healing process begins. In Reiki, the guru lies within.

Now is a powerful time to contemplate the glory of your soul and how you can share that with greater ease and flow.

I have 5 and 10 Reiki session packages to peel back the layers and reveal more of your shine. I have Reiki courses happening in April and May. Visit my website or contact me directly.

The Yemaya Centre is open in Lismore and Wollongbar

Distance and in-person Reiki treatments available. Reiki Courses on website. Also Shiatsu, Over-50's Yoga, Psychology.

For information, enquiries and bookings, visit: www.yemayacentre.com.au or phone 040- 656-797.

Nimbin Crossword Solution

From Page 35

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

It's a family affair at the Headers



Our ANZAC Cup team were defeated by Ballina at home on 19th March. Photos: Lucy White, Chibo Mertineit



League 3 women claimed a 3-0 defeat against MBVFC at home in their first match of the season.

by Golden Gordy

I think an historical moment was played out at the trial game between Nimbin 7th division and Uki 6th division on Tuesday evening 13th March.

I was delighted to play a part in that moment when three generations of the King family played together in that game.

Over my playing time with the Headers, I have had the joy of playing in the same team as my youngest son, Lewis and oldest son, Reuben. This year my middle son Bobby has decided to strap on the boots and play, for the first time, with the Headers 7th division.

The opportunity to play with Bobby has coerced me out of retirement. It was a momentous occasion at Uki as Bobby laced up for his first

game with the Headers, ably joined by Reuben, Reuben's son Arien and somewhat injudiciously by myself.

The moment did not go unrecognised as grandson, son and grandad took the field. Unfortunately in our unbridled excitement we neglected to take a photo, but the memory will stay with me.

For me it was an unexpected thrill, of the best kind, to see the boys strutting their stuff, and to give and receive passes from each of them was a simple but heartfelt experience.

This year though presents logistical problems with family playing in three divisions; add in three Minirooms: Kilo, Aedan and Leo taking the field for the first time, and we have eight Headers in the family. How much football is too much? I hope this historical

precedent is one we will see revisited at the Headers, as there are 'mature' players who have sons and daughters playing. Already the strong family threads are being woven with partners playing in both men's and women's teams as their children come through the age divisions.

It just depends on longevity, passion, a little bit of wishful thinking and lots of liniment on the part of those 'mature' players as to whether history will be repeated.

The opportunity is there for families such as the Whiskers, Courtneys, Coxes, and Levys to delight in experiencing the same intergenerational interplay that I experienced at Uki.

These inter-generational threads are an important part of the vibrant and colourful tapestry of the Headers, with first and second generation

members filling many of the volunteer, coaching and committee positions.

The Headers are certainly building on already solid foundations for members to play well into the future with recent developments.

Developments are afoot with field lighting finally being upgraded, so teams can train throughout the darkness of winter and night games can be played. With completion of the second field drainage upgrade the Headers will own one of the best soccer venues on the far north coast.

A huge, heartfelt thank you to those members who have contributed to securing massive grant funding to facilitate these upgrades. Gratitude also to the loyal supporters and sponsors who are an integral part of the Headers colourful, living tapestry.

Motivation tips

by Tom Jones

Another month has gone by us and hopefully you are well underway taking control over your life, your health and your fitness.

Last month we tried to do some sprints and hopefully you found some benefit. Sprinting does wonderful things to our hormone profiles and should most definitely be something that is included in our workout schedule.

Like anything, and as I have said before, start somewhere and start now. Whether it's doing some fast pace walks, hill runs or whatever you choose to do, whatever it is, do it now. The best time to plant a tree was 20 years ago, the second-best time is right now.

Everything works until it doesn't, and when it stops working, try something else but for the love of yourself (and those around you), DO NOT give up!

The most important factor ultimately is consistency, and unfortunately that's the not so glamorous part. Motivation is the part we need to get ourselves started and discipline is the thing we need to get the job finished.

If you hadn't noticed already, motivation wanes quite quickly and can be easily replaced with comfortable

thoughts like: "It can wait, I'll start on Monday..."

Whereas discipline on the other hand stands strong and keeps us on course in the darkness, like a lighthouse is to a ship.

Motivation can fade much like the dopamine hit after watching a motivational video on YouTube or Instagram, whereas the art of discipline is about keeping the end goal always in mind. That never changes, even with all its ebbs and flows.

Training programs work on a similar principle; Micro (daily plan), Macro (weekly or monthly plan) and Meso (monthly or yearly plan) cycles all can be extremely different, however the end goal remains the same. To get stronger, leaner, fitter and faster. Mentally and physically.

So even when you feel lost in the daily and weekly, but remain consistent toward the bigger picture, that goal is eventually achieved and you walk away the winner. Personally, I try to keep it as simple as possible, and that way the plan doesn't have to be too complex!

What is the meaning of the phrase, "Stack wood, carry water"? Is it to take pride in everything we do no matter how miniscule they may feel? Is it to do



the small tasks well and consistently as these small things turn into big things?

Maybe it is to help us stay grounded and on track and not get too carried away with the materialistic world. One thing I do know it that stacking wood and carrying water would be a great way of getting your steps in!

Either way, the message is that of consistency. Consistency equates to discipline and discipline is what gets the job finished. Find your deep why and you will have more of a chance of being disciplined and achieving your goal.

Write it down, tell a friend, tell a stranger, but you've got to get it out to the universe.

Stay free.

As always, any questions, or if you want help creating a fitness plan, email me: charliejones5891@protonmail.com





TUNTABLE FALLS COMMUNITY SCHOOL
"Barefoot Education for the Future"

Annual General Meeting
28 April, 3:15pm
at Tuntable Falls Community School
All interested parties are welcome to attend.

0491 466 619 | www.tuntablefallsschool.nsw.edu.au



Renewables exceed coal for the first time ever

by Diana Gosper

There was a time when solar panels and the thought of renewable energy for all seemed a pipe dream, or simply the domain of hippies and fringe dwellers. Not so anymore. And this is good news for both consumers and the environment.

Now more than 30% of Australian homes have panels, a larger percentage per rooftop than any other country in the world, and soon the renewable energy feeding back into the Aussie energy grid will exceed that which is coming from coal.

And rightly so, with the Australian rolling plains and strong plentiful sunshine we were always going to be leaders in the solar and renewable energy field. Rainbow Power Company began in the 80s, when solar for everyday households really was a pipe dream – too expensive and inaccessible. Not so anymore!

Qld of course has the highest uptake of solar with 82% of roofs powering hundreds of thousands of homes and businesses, but the rest of the country is not far behind and our local North Coast 'Rainbow Region' residents and businesses alike are doing their share.

You may have noticed the proliferation of solar companies appearing in our area – the demand is producing a supply, but do be warned not all companies are equal. Do your research and look for a reputable and trustworthy company. (Word on the street is that RPC is the best.)

Households and businesses who already have solar are increasingly coming to us for upgrades and expansions, benefitting from reduced bills and or grid independence.

The increase in EVs is also a driving factor for the uptake – and one that we welcome here at RPC. We love our EV



and the free charging station here at the headquarters gets a lot of use!

So how much power do we need to power the whole country? Well we currently produce 20 gigawatts, and we are nearly halfway there.

And the demand for solar and the roll-out has got faster; when you take note that the first 10gigawatt took 10 years to reach, but the next 10gigawatt only took another 4 years and the subsequent 10gigawatt is expected to take 3 years, we are on track for a full solar revolution!

This is good news for consumers and great news for the environment, it's also great news for RPC! Although there were some stock and supply interruptions during Covid, RPC managed to secure enough stock to facilitate on-going system designs, and have not had to miss a beat. And as the company moves forward in leaps and bounds, so do our customers!

The increase in solar comes at a time when battery technology has improved dramatically, with new batteries much more affordable, expandable and

accessible to the regular person. This is also sure to be one of the driving factors in the uptake.

Increasing power prices and reduced feed-in tariffs have put a strain on households and businesses, and this combined with a push to be green and environmentally sustainable has meant that the new-found support for solar and battery storage, and any new technology, has come at the perfectly right time.

Even though the price of solar systems in general has increased, energy retailers have increased their prices exponentially, and it's now highly feasible that almost everyone has either got solar, got a quote for solar, or is considering it.

If you or someone you know is considering solar, recommend the local experts at RPC, we've helped thousands of people go solar since we started in 1987, we have trusted products, designs and after sales care, and we are proud and passionate about what we do.

Phone 02 6689-1430, email: sales@rpc.com.au or visit: rpc.com.au



Art with a purpose

The work of the Toronto-based Beehive Collective is multidisciplinary and multifaceted.

Most recognised for their expansive narrative graphics campaigns, they also put a lot of time and energy into projects on the ground around the world, partnering with communities and organisations who are seeking creative ways to amplify their voices and struggles for social and environmental justice.

Two members of the collective visited Lismore in March and gave a presentation of three of their large narrative artworks at the new Timbre Cafe in Dawson Street.

They also brought with them posters of their works and copies of their newly-released kids' book, *The True Cost of Coal*.

To find out more, go to: <https://beehivecollective.org>



For more information & Uri's latest listing

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Agent of the Year

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Grant
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Sundai
0413 751 184

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| 2020 | 2021 |
AGENCY OF THE YEAR
2019| 2020| 2021|2022|2023



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\$825,000 Agent: Sam



NEW

106/265 Martin Rd
Larnook 2 acres
\$720,000-\$750,000 Agent: Jacqui



NEW

152 Jack Smith Rd
Brays Creek 22 acres
\$175,000 Agent: Jacqui



NEW

191 Billen Rd,
Georgica 5 acres
\$670,000 Agent: Sundai



NEW

357 Stony Chute Rd,
Nimbin 10 acres
\$990,000 Agent: John



NEW

100 Basil Rd
Nimbin 4999 sqm
\$820,000 Agent: Jacqui



NEW

Hillview Drive
Nimbin 723 sqm
\$345,000 Agent: Jacqui



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\$675,000 Agent: Sam

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* 6 internal paddocks, a gravity-fed header tank and large house tank for water storage, 3 bay machinery shed plus a tractor shed and Bales with power. These functioning bales are perfect for the hobbyist or for hand milking cows or goats, and would be perfect for a secondary dwelling/guest house renovation.
*The lifestyle buyer of this property will be smitten and perhaps will become a one-family holding for the next 50 years

