

ASTRO forecasts



by Tina Mews
What's happening
in the heavens?

Aries

Mercury is still retrograde until August 11, possibly delaying projects and plans. Patience and extra care are required to avoid errors in judgement. Clear your mind, allow yourself to be inspired and develop new concepts for the future. Practise diplomacy in your dealings with others and you find support for your ideas.

Taurus

This is the time of year when the focus turns to your personal life. A major restructuring process may inspire you to become more creative—and truer to your heart's desires. What truly nurtures you? Allow a new vision for the future to guide you. If you take the higher road, magic can happen.

Gemini

Remarkable creative forces are released during the first part of the month. Clear and open your mind and allow yourself to be inspired. Find ways to air your truth without having to provoke resistance. Cooperation and teamwork will bring results. This is a time to learn and evolve by reviewing and reflecting on your own thoughts and beliefs.

Cancer

During August 8 -15, Venus and Jupiter, the two benefics of the cosmos, will meet in your sun sign, starting a new cycle of nurture and support (exact August 12). This once every 12-year event can smooth and soften whatever needs healing and calming. Take advantage of the happy vibes of this transit and enjoy!

Leo

This is a period to confidently shine in your own light. With Mercury still retrograde in your sun sign (until August 11), you may want to reflect and review on your creative processes. It is an opportunity for creative restructuring, an invitation to create alternative paths of expression giving a voice to what is moving you from the inside out.

Virgo

This is a good moment in time to look back on your personal year that is just ending. What has worked well, what hasn't, and how can it be improved? Uranus in Gemini signals a time of surprising shifts and reforms. Repeatedly clear and open the mind, allowing helpful and creative impulses to reach and inspire you.

August

We are in Leo season until August 23, when the Sun enters Virgo. Like always, when the Sun journeys through the sign of the Lion we are encouraged by the cosmos to live our authentic self and thus contribute creatively to the world that we are co-creating. Leo rules the heart and the courage to be the hero or heroine in your own drama. It is a time to celebrate life and be generous to oneself and others.

Mercury, the messenger planet, is in retrograde motion until August 11 (since July 19). Mercury becomes the trickster when retrograde challenging our usual ways of thinking, doing and being. The three retrograde periods during this year are in fire signs reminding us to seek a new vision, a new meaning or a new understanding of wherever we may feel stuck in a rut. When Mercury slows down in speed, miscommunication, delays, disruptions and problems with technical devices are often the result. We are meant to reflect, review and sharpen our intuition as the energy moves inward.

Mars enters Libra on August 7 and will remain until September 22. Mars in the sign of Venus seeks harmony and cooperation rather than direct confrontation. During August 6 – 10 Mars in Libra forms an exact opposition to Saturn and Neptune in Aries while making a trine with Uranus in Gemini and Pluto in Aquarius. This kite formation signals challenges of division combined with opportunities for evolving and learning. We seem to have a choice between engaging in conflict or seeking a wider understanding by focusing on what unites us. Being diplomatic and considerate of others may lead to the desired outcomes.

The Full Moon in Aquarius occurs on August 9 highlighting the need to stay emotionally detached, balancing self-assertion with altruism. Mercury retrograde, the apex of a second kite formation, is in opposition to Pluto in Aquarius while Mars in Libra forms a Grand Trine in air signs with Uranus in Gemini and Pluto in Aquarius. Kite figurations are development and growth promoting if we take on and master the challenges of the opposition. Creative impulses can reach and inspire us, when we let go of resistance and stay clear and open. We then become a channel for innovative cosmic forces that can manifest as ground-breaking new developments. Mercury finishes its retrograde cycle on August 11 signaling a good moment in time to integrate and reflect on what has surprisingly changed

during the last three weeks and which steps to take next.

On August 12, peacemaker Venus is conjunct benevolent Jupiter in Cancer smoothing and softening the hard edges of recent encounters. The cosmos signals a great time for romance and fertility as well as coming together and celebrating life. Incentives regarding real estate and home ownership are also favoured under this transit.

The New Moon in Virgo follows on August 23. Sun and Moon are forming a stressful square aspect with Uranus in Gemini. Remaining open to alternative ideas is the message of this New Moon. Virgo is analytical with a keen mind and likes paying attention to detail. Uranus in Gemini disrupts the Virgo order signaling a time of change and reform. Something may have come to an end and a new approach might be needed to remain in the flow during these fast-changing times.

On August 28/29 Uranus in Gemini forms the first out of five exact sextiles with Neptune in Aries. The last pass will take place in June 2027. The current Uranus- Neptune cycle of 172 years began in 1993. It marked the beginning of a new global mindset influenced by the spread of the internet as a communication device. At each conjunction, humanity receives new collective visions — ideals, dreams, and technologies — that challenge existing structures and inspire transformation. This planetary cycle is associated with the evolution of collective consciousness, imagination, and innovation. Now, 32 years later, we are living a new global reality while becoming more aware of both the potential and the pitfalls of progress in technology, mass media and AI. Sextiles are opportunities for positive change. We have learned so far that we can't afford to get complacent when seeking the truth (Neptune). We have to think for ourselves, using our free will to learn, know and speak out (Uranus) combined with our intuition and capacity to feel (Neptune). Individual participation is required. We are all vessels for translating new information into tangible socio-cultural, technological, or spiritual developments. We all have a role to play in the big game by being engaged in building and strengthening community spirit.

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Libra

Mars, the planet of drive and energy, will be in Libra from August 7 until September 22 boosting your energy level and motivation to try new ways of self-expression. This is a good time for developing new concepts, finding surprising solutions to problems, or suddenly perceive a new vision for the future.

Scorpio

Speaking the truth is an honourable act. Just try to express it in a way others can receive. A good strategy is to repeatedly clear your mind and stay open, allowing helpful and creative impulses to reach and inspire you. Reflect on what is shifting and changing and how to integrate these new developments into your goal-setting process.

Sagittarius

It is time again to embark on a quest exploring new ways of self-expression while also paying attention to the small details of life. The Mercury retrograde period (until August 11) has been helpful in correcting your vision and adjusting the bigger picture. Draw from your new discoveries and integrate them in planning your next steps ahead.

Capricorn

Reaching your goals may not come easily at the start of the month. If you are feeling uncertain or frustrated, it is best to pause and give yourself time. Use the Mercury retrograde period (until August 11) to clear out old beliefs and assumptions. Support is on the horizon, if you remain open to it. Then contradictions begin to be resolved, and things will become clearer again.

Aquarius

Partnerships are emphasised during this period. Contracts need to be reviewed and renegotiated. Avoid getting engaged in mental power struggles. The Full Moon on August 9 occurs in your sun sign signalling a need to stay open and emotionally detached. In this way, you can develop new concepts and find creative solutions to problems.

Pisces

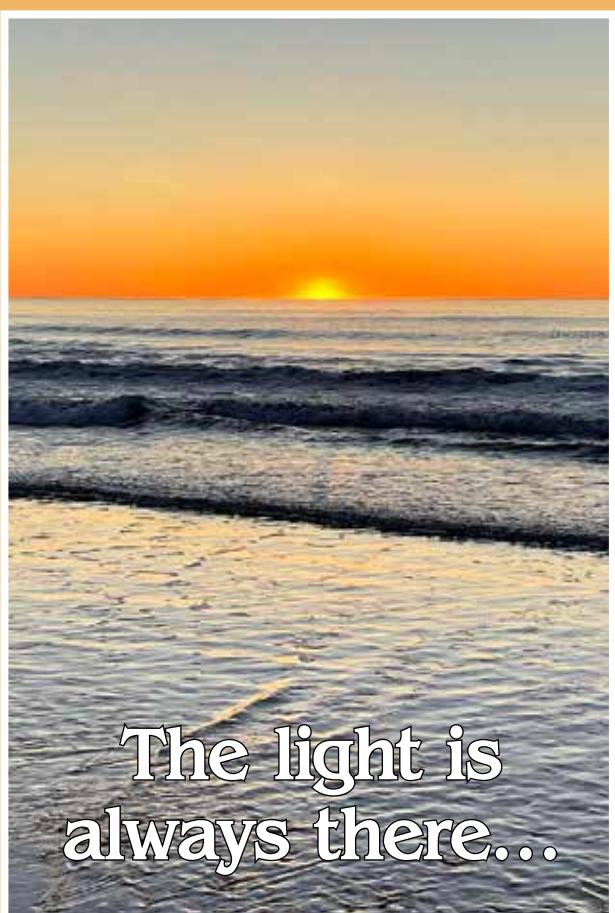
Your heart needs to be in your work, otherwise why bother? Nevertheless, try to find a balance between work and play. This is an important period to look after your physical health and emotional well-being. Use the Mercury retrograde cycle for reviewing diet, daily routines and work commitments. Make space for surprising changes in your home and domestic life.



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The light is always there...

by Marilyn Devlin

It was many years ago... four decades to be exact. My heart felt heavy and a little lost... I reached out. As I did the room vibrated with sound... a resonance that filled my body.

'You'll never walk alone'... the Gerry and the Pacemakers song filled the room.

*When you walk through a storm
Hold your head up high
And don't be afraid of the dark.
At the end of a storm
There's a golden sky
And the sweet silver song of the lark.*

*Walk on through the wind
Walk on through the rain
Though your dreams be tossed and blown
Walk on... walk on.*

That morning, so many years ago... remains clear in my memory.

It reminds me that there are periods we walk through that are difficult... where we need to focus in on our self and our truth. We need to feed and nurture and deeply care for our needs. When we need to receive.

When we need to remember the light is always there. The balance always restores... when we have what we truly need.

This human created world we live within can feel foreign to the truth and knowing we hold deep inside us. It's what it is (for now)... we adapt. But how much adaption is healthy... for our body, mind and spirit?

We need to thrive... truly thrive.

I miss living in the magick. It's like I need the magick to survive. The magick that shines like nothing else... that gives, that fills me full. The kindness, the care... the presence that completes me. Turns on my light.

It's not a faerie tale... a bedtime story. It's a reality... here and now.

A big New Moon carried us out of July into August... it's resonance will remain for a while. The insistence that we clean up our mess. That we face what is. There's always a lot going on... why we need simplicity in our personal spaces. Why we need connection to our self.

Eminess always needs to be filled with something... we can set the parameters for our feeding. We can ask for what we need.

I think back to years long gone... when many could see what was approaching. We understood that changes needed to happen... that how we were living was unacceptable and unsustainable.

But there's nothing like the here and now... to make everything real.

At the moment there's a lot going on inside me... a whole lot surfacing... needing loving and caring. Old things, ancient things... another level of healing.

Seems apt... as I sit in the dark moon phase of my solar return... my 77th anniversary on Earth. The magickal number seven.

The pursuit of healing... has been my life purpose. Much love to you...

Nimbin Trivia Time

by Eclectus

Questions

- In 1966, William Hartnell, the original Dr. Who, was in failing health. The producers of the BBC classic came up with an enduring plot device to overcome the issue. So the Doctor's regeneration capacity was revealed. Who was the second Dr. Who? Take a point for a description (they have always had strong individual personas) and a point for the actor's name.
- To "go for a Werris" means what, in Australian vernacular? Hint: it's rhyming slang.
- A five letter word beginning with S and meaning a bush can be changed using the same five letters to form another word, this time beginning with B, that is the name of a cleaning implement. What are the two words?
- Magpie, Moses and silver are all kinds of what creature?
- Which three colours of the rainbow are named after things that grow in nature?
- Belgian Gardens, Douglas and North Ward are suburbs of which Queensland coastal city?
- Can you name the Australian cyclist who recently won Stage 18 of the Tour de France in the Alps?
- Who first sang "I said something wrong, now I long for yesterday" in 1965?
- To the nearest decade, how long did the dairy industry provide the mainstay of the Nimbin economy?
- What's your favourite colour?



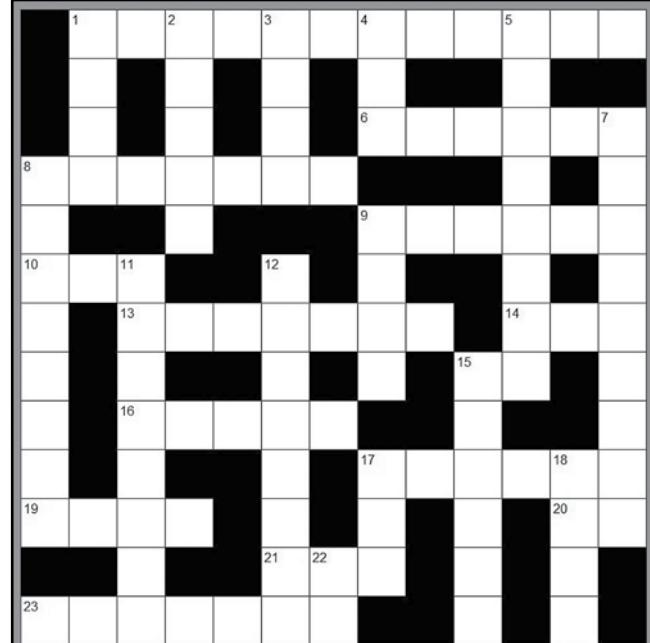
for a long time.
away! Ahhhh. I've been wanting to do that
dire consequences if you're not sure, take a point
to join the European Common Market.
dairy communities in Australia as the UK sought
was already on the wall in Europe for marginal
collapsed in the recession of 1991 but the writing
dairy and bananas in 1903. The dairy industry
the Big Scrub, Nimbin was subdivided for
Six decades. After the cedar getters had felled
songs in history with over 2,200 versions released.
with a string quartet. It is one of the most covered
performed by Paul McCartney on acoustic guitar
to Lennon-McCartney. Yesterday was written and
he has reinterpreted it ever since. Although created
cancer when he was 14) that embarrassed her and
something he said to his mother (who died of
he believes the line is subconsciously inspired by
relationship by breakdown. McCartney has said that
widely, but incorrectly, believed to be about a
7. Ben O'Connor staged a solo breakaway from the
He crossed the finish line with daylight second.
the third alpine climb of the day, Col de la Laze.
valley floor to lead the last fifteen kilometres up
7. Ben O'Connor staged a solo breakaway from the
6. Townsville.
5. Orange, indigo and violet are all named after
4. Fish. They are all perch.
3. Shrub and bush.
2. Gentlemen(?) use the term to indicate that they
are going to urinate. Weeiris Creek is a Liverpool
Plains town in New South Wales (Gambiaray
country). Weeiris Creek = go for a leak.
1. Patrick Troughton played the second Dr. Who,
the piccolo playing elvin Doctor with the bowl
haircut.

Answers

Nimbin Crossword

2025-08

by 5ync



Across

1.

Aztec imperial capital

6. From, say, Serbia or Ukraine

8. Home of the forbidden city

9. Cattle dog

10. Eureka!

13. Flower of Scotland

14. Masters of Ceremonies (init.)

15. Fossil fuel giant (init.)

16. Equivalent?

17. Home of the Dome and the Eye

19. Lyseric, or house

20. (of a car) built for comfort over long distances (init.)

21. Web address

23. Bland? Pod!

Solution: Page 34

Down

1. Grimoire?

2. Stealth warrior? Less stealthy fruit blender

3. Currency

4. Smallest state

5. Hot wax bottle (4.4)

7. Imperial capital (Star Wars)

8. Not Canberra – another colonial purpose-built capital

9. Wrecked boat hull? Incredible.

11. Voting citizen of Ancient Greece

12. Not Constantinople (and that's nobody's business but the Turks')

15. Miniature silviculture

17. Not quite a LMAO (init.)

18. Troll?

22. Egyptian Sun God

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Central School's Community Market Day stretches smiles

by Sinead O'Dwyer, teacher

The sun was shining, the weather was warm, and smiles were from ear to ear at Nimbin Central School's annual Community Market Day – a celebration of creativity, student talent and community connection.

Held on the school grounds, the event on 27th June brought together students, families and the local community for a

vibrant day filled with laughter, excitement and creativity.

The energy was electric as market-goers explored a wide array of student and community-run stalls.

From delicious food to unique collectables, handmade crafts, and stunning artwork, the market showcased the incredible talents and passions of both the school and the wider Nimbin community.

It's amazing how much students learn through the experience: teamwork, money management, customer service, problem-solving and confidence. Real-world skills in action, and lots of fun too!

A true highlight of the day was the live music. Students took to the stage throughout the event, impressing the crowd with their musical talent.

Bands and solo performers delivered

fantastic sets that had toes tapping and spirits soaring, adding to the festive, feel-good atmosphere.

The Annual Community Market Day is more than just a market, it is a joyful celebration of everything that makes Nimbin Central School special.

We thank everyone who came to support our students and look forward to hosting our next Market Day.



Treasures galore at the Central School Market Day

Travellers tales: I've been to Iran

by Andrew George

Over ten years ago I spent six weeks in Iran, three of which were in Tehran with my best friend Maziar, staying with his family, who I met in Adelaide.

My time in Iran was incredible, I am blessed for the opportunity to have visited there.

It is a land of wonder, where ancient graves are dug into the desert mountain sides near Persepolis. A place where a hike up a mountain is not complete without a fire and barbecuing some corn or kebabs.

It is a place of such immense generosity of the people that I even got given free taxi rides and haircuts because "it is an honour to have you". Such a rich culture, pretty much everyone I met would recite the poetry of Hafez or Saadi.

Not to labour the point, but it is a very special land and even more special people. Attractive, intelligent, they mostly despised their regime, yet they were also not usually fans of the US. They just wanted freedom.

So many of them were trapped in Iran, trapped in the reality of being born in a certain place, with limits of freedom much larger than what anyone in the global north can fathom.

My friend Maziar told me recently that where we would catch the shared taxis from the main square back to his parent's place (a three-part journey) was bombed by Israel. I think this is the first place in the world where I



have set foot, that has since suffered such violence. It makes it all a little closer.

Isfahan – a beautiful city I visited, where on a public (religious) holiday, my hosts cooked soup and I helped them distribute it to all their neighbours because "this is our holiday, this is the time when we give" – has been bombed, or at least its nuclear research site. The US, in an act of unprovoked war, did this.

I wish so badly that war does not spread to Iran, to the Iranian people who have loved me and who I love. Which by extension means I wish so badly that war does not come to anyone, anywhere.

When I was travelling eleven years ago, I knew I was undeservedly treated so kindly as a privileged 'Australian'. People seemed to like me and treat me well for no other reason than the word "Australian", which could really be replaced with "White benefactor of colonialism who grew up in the land of kangaroos".

So ironic to be treated so well by Indians, Iranians,

feelings of disempowerment. Now is the time to engage. And beyond immediate actions, like emailing MPs. What I believe is called for, is connection. Think global, act local. One of the facets behind all of this is disconnection, and this is something we can heal in our own lives, right now, wherever we are. Talking kindly with strangers, with people we barely know.

A world of knowing and relationships is not one in which violence can thrive. Time to use our privilege, to speak and listen compassionately, to call out this behaviour, have tricky conversations, unite behind the need for peace and equality – which means disempowering and redistributing the wealth of the insane few.

Maybe we need to go further into chaos before the better world can emerge. Maybe it will take more US warmongering to see that empire really fall apart. Tragically so many lives will be lost along the way to their collapse.

Still, the best day to plant a tree was 20 years ago, the second best is today. Today let's plant the seeds of peace and connection.

And plant the seed for a world in which systems of governance bypass party politics, bias, corruption and authoritarianism.

Let's embrace Citizens' Assemblies. I trust 100 randomly selected people so much more than any elected official in the US, Israel or Australia.

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Learning with pinch pots and a pizza oven

by Gina O'Brien, teacher

Isha, our passionate potter and year 1-2 teacher, used our winter garden day at Tumble Community School to run an experiment with our students.

Isha loves using clay with her students and wanted to find out if our pizza oven could successfully fire pinch pots.

Each child in classes K-6 was taught the patient art of clay making, a slow and careful process that encourages them to use their senses to carve a small pot from earthen clay.

To mark the heart of winter, we lit up the pizza oven and by afternoon the flames were fierce.

The children listened to Isha's art process and observed how she added salt, seaweed, wood chips and even banana peels around the pinch pots, then carefully wrapped them in aluminium foil.

"They look like a little present!" one student



exclaimed as Isha carefully popped them into the flames.

As the flames swallowed them up, the wait officially began.

Two days later when the flames had dissipated, Isha opened the pizza oven door, surrounded by a group

of very excited children, and unwrapped the little charcoaled presents.

The success rate wasn't great, some survived, some exploded and some cracked, but Isha already has ideas to modify her plan and try again.

It was a beautiful lesson for the children and for the pots that did survive, flashes of shadows dance around them from the ingredients added.

Thanks Isha for sharing your passion with the kids, it was a great learning experience for them.



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Coffee Camp students kick off Term 3

by Monique Blackie, teacher

Coffee Camp students have returned for Term 3, full of energy and eager to reconnect with their friends.

An action-packed Term 2 was wrapped up with a thrilling game of laser tag in the Coffee Camp Hall; fitting, as the hall was the central focus of our project-based learning unit last term.

Students explored the historical and current uses of the hall, brainstorming creative ways it can serve our community today.

A heartfelt thank you goes to our special guests who visited and shared their stories and insights about how the hall has been used over the years.

Their input inspired many imaginative ideas from our students.

Sport was another highlight last term, with students learning to play hockey under the guidance of a professional coach who visited weekly.

These sessions culminated in an exciting excursion to the Lismore turf, where students had the chance to put their new skills to the test in a professional setting.

Music also played a big role in Term 2, with student-led learning taking centre stage.



Students created dynamic soundscapes and thunderstorm compositions using a variety of percussion instruments.

Our senior class even took on the challenge of building their own instruments using recycled materials, showcasing both their creativity and commitment to sustainability.

We're looking forward to another great term of learning, discovery, and fun!

Open learning Term 3

Nimbin's Open Learning program is off and running for third term, with three courses on offer.

- Nuro's Gelli Print, starting Tuesday August 5th, 1-4 pm, running 4 weeks.
- Crystie's Tetrapak Print, starting Thursday 31st July, 1-3pm, running 6 weeks.
- Christine's Creative Writing, starting Wed 30th July, 10.30-12 noon, running 8 weeks.

All courses \$80. If you're interested, leave a message on 6689-1477 or make contact on facebook.



Nuro Oliver prepares a gelli print



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Nimbin Demons make historic return



by Wilko

Representative AFL footy made a return to the Northern Rivers last week, with the Nimbin Demons set to return to the field in week two.

The exhibition comp running for six weeks includes teams from Casino, Lismore, Lennox Heads, Byron Bay, Ballina, Kingscliff, the Tweed, and our very own Nimbin Demons!

The competition, organised by AFL

Ballina wins a home game

Queensland, has taken on some modifications, including 14-a-side matches and shortened quarters.

Week one saw the Dee's having the bye. Week two they played on Saturday 26th July at Fripp Oval in Ballina, for their first game in 20 or so years.

Let's support the boys in grassroots Aussie Rules football.

Go to: aflqld.seniorcommunityfootball@afl.com.au for more information.

Nimbin Headers Women's League 4



by coach Laurence Axtens

Few pundits would've given our team any hope of making the finals after we lost the first three matches of the season, particularly as those results weren't close.

Indeed, we conceded 16 goals and had only scored one in reply.

Many teams would've struggled to keep a full team squad together after that, but not this team.

Many teams would've dropped their heads and stopped training, but not this team.

Many would've fallen into internal dispute and dissolved in the blame game, but not this team.

Nimbin Headers 4th Division women are one of the most diverse groups

imaginable; a full 50 years of age exists between the oldest and the youngest player.

Some have never played before. Some players have decades of experience. English isn't even a first language across the squad.

All of these differences would've divided other teams... but not this team.

Because the formidable fourths are a group of women of the most profound character, compassion and connection.

Teachers, students, sole traders, mothers and community advocates – this team holds this community and their families together, and they bring that love and connection to the game.

Together they stared down the demoralising challenges of this grade by developing their skills and fitness;

by openly embracing completely new positions and new formats, and up until their last game they had strung together an unheralded six straight wins.

In their number now we can boast the strikers, defenders and midfielders that will be the club's future.

Now they sit mid-table, and who knows what the last four, five or even six games may bring?

All I know is that they're already champions in my eyes because they don't give up and they're kind and smart and they go the extra yard for each other.

And that's what sport should teach us ... the result that matters is about personal development and how that funds and enriches the unity of our complex community.

Headers forever.

12 reasons why exercise will save your life

by David Hoffmann

Many of us look at exercise as another chore we must do.

Let us remind ourselves about why regular exercise has proven benefits:

- An increased benefit against mental illness, especially depression. This is because of improved feelings of confidence and well-being, and self-worth.
- Keeps your heart and cardiovascular system healthy by improving blood flow and keeping the blood vessels clear and clean. It will lower your cholesterol levels by using some of those fatty acids that build up as an energy source.
- It prevents and lowers the risk of diabetes because excess sugar (glucose as energy for movement), making the body become more sensitive to insulin to



store sugars and to glucagon which breaks down sugar stores as energy.

- The development of brain cells, cognitive behaviour, and improved memory and decision-making ability because of regular oxygenated blood flow to the brain.
- A higher libido and satisfaction with our sexual activities because of increased strength, stamina, and sensitivity to hormones

that help keep these functioning.

- Exercise has the benefit of lowering blood pressure both acutely and chronically long and short term by again keeping arteries and veins free of plaque and the cardiovascular system working efficiently and strong through processes like angiogenesis.
- Having a regular exercise routine will reduce the possibility of falling victim to a stroke during your life by again keeping the cardiovascular system working well, reducing cholesterol levels and keeping other risk factors to a minimum.
- A 20-year follow-up study found that people who exercise regularly live longer than people who were sedentary because of a reduction in health risks associated with diseases.

- Exercise keeps your metabolism high, which means you burn off more calories, which in turn will help with weight control and loss.
- Exercise (particularly resistance or impact forms) will keep, and even improve, the bone density we have by placing pressure on the bone mass and forcing the body to lay down elements to make them stronger.
- People will have better sleep patterns when they exercise regularly.
- In women and men, you will have a greater rate of survival post-cancer if you exercise rather than people who stay sedentary.

With so many valuable life-saving effects, why not exercise regularly to reap the benefits?

David Hoffmann runs David's Health and Lifestyle Studios in Lismore. Phone 0417-190-088.

Kindergarten Orientation

5th November	9.15 - 10.15
12th November	9.15 - 10.15
19th November	9.15 - 10.15
26th November (Teddy Bear Picnic)	9.15-10.15

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Nimbin Crossword solution

From Page 31



Craft focus for students

by Catherine, craft teacher

August is a beautiful time of the year for the Rainbow Ridge School community.

The shortest day was celebrated with the annual Winter Festival where the community gathers for the solemnity of the spiral and a walk in the darkness, lit up by our lanterns and the firestick performance by the middle school students (pictured).

It is a time when the students have finished, or are close to finishing, their much-loved craft projects.

Middle school students have now made their soft sculptures of the human form and fabulous outfits for them. The class four and five group are working hard getting enough crocheted granny squares finished to make the famous

blanket for the Spring Fair Craft Stall raffle – we need at least 70!

Class three children are finishing their craft bags decorated with colourful leaf rubbings and their own embroidered needle books to keep in them. Class two children enjoy being in the workshop for woodwork lessons and class one children are on the home stretch to finish their handmade turtles.

Meanwhile, the kindy children are busy with wool and felt makings and our parent craft group are also busy, preparing for our Spring Fair which will be on Saturday 20th September.

Craft lessons at Rainbow Ridge School are an important part of the curriculum where the children learn a variety of skills progressively through the years to become confident in making things that



Photo: Jodie Harris

are useful and beautiful for themselves and others.

They are able to use the tools and materials provided with care and confidence and delight in what they can achieve.

Teaching handwork skills is a rewarding task. I love to see how much the children look forward to and love the lessons. I am often asked, "Is it craft today?"

Discomfort

The art of practice

by Susan Paget

On a cold winter's morning I was all snuggly in my warm bed. But then, thoughts of the practice boxes I needed to tick started filtering through my groggy state. Just getting out of bed was going to be hard!

I had to laugh. Why does just about everything that improves my life have some level of discomfort attached to it?

Discomfort isn't painful or harmful. It's just the unwelcome sensations – mental and physical – that dare us to tap out on what might help us reach our potential when the going gets tough.

Apparently, this attitude of annoyance / avoidance is a thing. We're comfort cravers, choosing pleasant atrophy over flexing our grit muscles.

It's no surprise as we live in a world where nearly everything is automated and designed to make life "easier". But this so-called progress comes at a cost. The cruisy life is making us soft.

Researchers and philosophers are examining this societal trend and one metaphor for our preference for ducking discomfort is called 'The Two Percent Theory'.

This theory suggests that when people have the option of taking an elevator or the stairs, only two percent will choose the healthier option of getting their heart rates up and taking the stairs.

The idea is that the majority of us take the easy route rather than exerting a little effort that brings benefits.

Regular practice and experiencing discomfort go hand in hand. Maybe we're not motivated or we're tired, afraid of failure or judgement and so on.

But lately I've been thinking that embracing discomfort and building grit are practices unto themselves. The more we practise mental (and physical)

toughness, the more our neural pathways learn to cope when times get seriously challenging.

If you'd like to reframe your approach to discomfort, here are a few ideas to play with:

Test the boundaries of your limits

When I was a kid, we used to have athletic tests and I dreaded them. I was certain I was incompetent and having to do them was embarrassing and demoralising.

Now in my 60's, my workout sessions use some of those tests including broad jumps and fast sprints.

At first, I actually was triggered by these calisthenics, flashing back to that insecure girl. I could've easily skipped these exercises but instead, I took a deep breath and made a decision to have a go and have fun.

And what a shock! I can actually do these things. I won't win any medals, but I've extended the goal posts of what I thought was possible. What are your limits? Is it time to expand them? The next time you think you can't do something, consider testing it out.

Notice the before and after

There have been many times I'm not in the mood to roll out my yoga mat but there's never, in 27 years of yoga, been a time when I've regretted practising.

Keep the receipts of how you feel before you've pushed through a barrier and how you're doing after. Did you feel better? Did you learn? Did you grow? Having the mental cushioning of the befores and afters is proof of life – a better life – when facing discomfort.

Be that person

We're so much more capable than we think we are. I'm always blown away by the best artists, leaders and athletes of the world who confess they're often



terrified by some level of self-doubt, but they choose to carry on because that's who they are.

Take Barbara Streisand who experiences severe stage fright before concerts. Can you imagine never hearing Bab's voice because she succumbed to the discomfort of using it?

Facing discomfort is a decision to be the best version of ourselves, to be the person who does the things, even when they're hard.

Speaking of being that person, just as I was about to finish this column, my document froze. Nothing saved. Everything lost. Damn it! The discomfort was real.

Sure, I had options to make the pain go away, like I could've sold my soul and had ChatGPT write it for me, or I could've pulled the pin and not submitted for this issue.

Basically, I could've quit on myself. But instead, I sighed, "Hello Discomfort my old friend" and referenced all the other times I've lost work and had to start over. Truth is, it always ends up fine despite the hassle. Rewriting forces me to use recall and write faster.

And so, I remembered I'm that girl, the one who likes to think of themselves as a Two Percenter and can do hard things. I did what I knew I needed to do. I sucked it up butter cup and got back to the jobs of practising writing – and facing discomfort.

Susan Paget is a television producer, well-being writer and yoga teacher who lives at Tumble Creek. Listen to her podcast 'The Art of Practice'. For more information, email: theartofpracticeofficial@gmail.com

Don't get me started: Dogs!

by Harry Gumboot

It's strange how some people expect dogs to respect human boundaries.

I have regular interactions with several due to their habit of wandering outside the spaces designated on their owners' property titles.

One spends most of the day attempting to pick a barney with any vehicle that comes within 50 metres of the front gate. Having driven the intruder off, it returns to its patch to await its next victim.

A Maremma that guards a local herd is notorious for being on the roadside adjoining its patch. Whether it's keeping stock in or intruders out, is moot, but like trees and potholes, I expect it to be in the same place and drive accordingly.

I do the same for roadside dog walkers in the knowledge that the animal's olfactory senses may have overwhelmed their ability to notice an approaching car.

In town a couple of weeks back, a tiny dog was badly mauled by a much larger dog in a place that was neither's territory.

Regardless of olfactory triggers, the owner of the former is now faced with a huge vet bill, while the octogenarian owner of the latter is hopefully

contemplating the health risks posed by their inability to control their animal.

For some, a dog is the only meaningful relationship they've had in life; for others it can be an extension of their own life trauma.

"My dog wouldn't do that, and if it did your dog must have done something to upset it," is a common refrain.

Trying to argue with that logic is, as Tom Waits observed, a bit like a dog trying to piss on the tyre of a moving car. A tree, rock or fence post, however, is a different matter and, if not a deterrent, should at least serve as a warning.

Dingos, not being dogs, are least likely to take note of these warnings, along with colonialist concepts such as roads, fences and the intricacies of Torrens Title. Even more so if their human companion has issues with the concept.

Whether Wudjabin was hit by a car; picked up by a tourist seeking the latest fashion trend; or shot by a farmer, is uncertain. The presence of a collar indicated she was loved.

For the most part, we no longer shoot blackfellas, steal their children, or dispose of their bodies uncaringly.

The same should to apply to their animals.



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PROPERTIES FOR SALE AND SOLD BY URI ROSS



2/4 ROCKVIEW COURT, NIMBIN



8 TAREEDA WAY, NIMBIN



LOT 3, 7A BRUTON STREET, CASINO



13 FALLS ROAD, NIMBIN



3850 KYOGLE ROAD, MOUNT BURRELL



14-18 CECIL STREET, NIMBIN



9 TAREEDA WAY, NIMBIN



10 BELLERIDGE ROAD, NIMBIN



1/4 WALLABY ROAD, STONY CHUTE



2/39 THORBURN STREET, NIMBIN

URI ROSS | 0423 280 278
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SUNDAY HARRISON | 0413 751 184
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John
0428 200 288

Jacqui
0439 15 6666

Samara
0429 806 288

Suzy
0429 492 477

Vicki
0409 914 433

Michelle
0489 238 889

AGENT OF THE YEAR
| 2020 | 2021 |

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


NEW

1/22 New Ballina Rd
Lismore Heights
\$450,000

Land 1593m²
Agent: John


NEW

102/265 Martin Road
Larnook
2 Acres
\$439,000

Agent: Jacqui



NEW

32 Bridge Street
Coraki
858m²
\$550,000

Agent: Vicki



NEW

112 Cecil Street
Nimbin
2.47 Acres
\$595,000

Agents: John & Michelle



NEW

489 Davis Road,
Jiggi
\$650,000 Agents: John & Michelle


NEW

124 Gungas Road
Nimbin
3.5 acres
CONTACT AGENT

Agent: Samara



NEW

1959 Cawongla Road
Cawongla
10 Acres
\$1,390,000

Agent: Jacqui



Coming Soon

182 Bentley Road
Tullera
24.7 Acres
CONTACT AGENTS: Samara & John


NEW PRICE

376 Boorabee Creek Rd
Boorabee Crk
100 Acres
\$970,000 - \$1,050,000 Agent: Samara


NEW PRICE

20 Gungas Road
Nimbin
Contact Agent

Land 187 Acres
Agent: Samara


NEW PRICE

1122 Nimbin Road
Koonorigan
48.5 Acres
\$1,400,000 Agents: John & Samara


NEW PRICE

18 Noel Street
East Lismore
Land 620 m²
Agent: Samara

Recently Sold Properties:

391 The Channon Road, The Channon
1/1057 Cawongla Road, Cawongla
26 Alternative Way, Nimbin

Agents: John & Samara
Agent: Jacqui
Agent: Jacqui

4 / 345 Tunny Creek Road, Nimbin
80 Robb Road, Lillian Rock
33 Nimbin Street, The Channon

Agent: Jacqui
Agent: John
Agents: John & Samara

FEATURE PROPERTY

Rare Commercial
Offering in the Heart of
Nimbin

40 Cullen Street Nimbin
1012m²
1 5
\$700,000 Agent: John & Samara


A rare opportunity to own a prime commercial property on busy Cullen Street, Nimbin. This two-storey building with 20m frontage offers excellent exposure, RU5 Village zoning, off-street parking, and vacant possession. Ideal for retail, café, gallery, or community use (STCA). Previously a popular store, it's perfect for investors or owner-occupiers. Just 30km from Lismore, in a vibrant village known for its tourism, culture, and strong community spirit.