

Energy health: why it matters

Have you ever walked into a room and instantly felt the mood change? Or spoken with someone who left you feeling either uplifted or strangely drained? We don't see energy... but we all feel it. Energy health is simply this: how well our inner energy is flowing through our body, mind, and emotions. It's not mystical, it's human biology and everyday experience.

Your body is an energy system

Every thought sends electrical signals through your nervous system. Every emotion triggers chemical changes. Every breath influences the way energy moves. When energy is flowing well, we feel clear-minded, calm and grounded, confident in decisions and connected to ourselves and others.

When energy becomes blocked by stress, exhaustion, fear or overthinking, we may feel: tension in the body, irritability, brain fog, fatigue and disconnection from joy. We often call it "a bad day," but really it's our energy asking for attention.

Kids show us the truth

Children can't fake their energy. Put them in something they love and they burst with life. Put them in something that feels wrong their light dims quickly.



by Lisa Camilleri

A full school day might wipe them out, but one hour doing what lights them up can make them shine again. That's alignment. That's energy health in action. And adults feel the same we just cover it with coffee, calendars and coping strategies.

Stress isn't just in the mind

When we're overwhelmed, the nervous system goes into survival mode. Energy shifts into the arms and legs (fight or flight). Breathing becomes shallow. The emotional brain goes on high alert. Suddenly little things feel big, conversations feel harder and we can't think straight.

The system isn't failing, it's protecting us. But if we stay there too long, our energy health starts to fray.

30-second energy reset

- A quick exercise to calm the body and re-balance your energy:
1. Place both hands over your heart;
 2. Inhale slowly through your nose for four seconds;
 3. Exhale for six seconds (longer out-breath = safety signal);
 4. Feel your shoulders soften;
 5. Notice your body settle. This activates the body's natural healing response. One breath can shift your state. A few minutes a day can change your life.

Energy health = life health

When our energy flows, we sleep better, we think more clearly, we connect deeper and we feel more like ourselves.

Energy health isn't alternative. It's foundational. It's about listening inward, caring for your nervous system, and honouring what brings you alive. Because life feels better when your energy does.

Lisa Camilleri is an Intuitive Energy Healer based in the Nimbin/Lismore region and founder of True Self Attunement. See: www.trueselfattunement.com or Instagram @trueselfattunement

Let there be light

Crystalline Clarity

by Daryl Spilberg

Karina had come to me for a Crystal Dreaming session, explaining that she felt stuck, with her life in a dark place and feeling like she was in a dead-end job that she didn't like doing.

She desperately wanted to shift out of the dark space and forge a new path but lacking direction, she was dumbfounded as to how.

After much of her session was spent clearing away several past life traumas and various attachments that had been holding her back, Karina had come to a calm and centred place.

"I see someone here," she mentioned serenely. I asked her to describe who she was and as she did, she began sobbing, overwhelmed with emotion.

"She says she's here to help me – she's so beautiful! I can feel so much warmth and love emanating from her."

After applying the necessary checks to make sure that the being was indeed well intentioned and unconditionally loving, she drew nearer. As she did, the energy in the treatment room lifted and despite having the curtains drawn, the whole space seemed to brighten and radiate with light.

It was then that the being introduced herself by name and explained that should Karina be willing, she was there to act as a spirit guide for her.

I suggested Karina ask if they had met before and she was taken to a vivid past life recall of a time in Atlantis, when the two were sisters and had lived a harmonic and peaceful life together.

She saw the two of them working as lightworkers and assisting Atlantean civilians with various healing modalities to aid in recovering from illnesses.

"Hold on, but that means..." Karina balked, reality dawning on her.

"Yes, you are correct," her guide replied, finishing her thought for her.

"The skills of a lightworker are still very much present within you and ready to be re-ignited, should you wish."



This caused Karina to sob again, this time in denial. "But how? I'm just a simple receptionist! How can that be?"

"That which you are now is not who you must always be. If you choose to embrace and recall that which you were into your now, you will be able to assist many with their ailments. As always, the choice is yours."

Karina's guide assured her that if she chose to tread this path, she would be there to guide her along the way. Karina then asked a few other life questions that she had and I suggested that she ask her new guide to increase her light quotient.

The room burst with light even further and Karina sighed, as her body absorbed the upgrade and increased light into her field.

After ending the session, Karina sat up with a smile on her face, which was awash with brightness and hope, unrecognisable from the despondent figure who had entered my treatment room just an hour and a half earlier.

Wanting to let more light into your life? Feel free to visit my website for more information or call to book in a session today.

www.crystallineclarity.com.au
Phone 0422-717-905

A moment

by S Sorrensen

I love a road trip. Even if it's just me. That's fine. I am alone a lot. So, it's just me. And the Subie. And the CD player. And my swag. And my ukulele.

Three days ago, I left my shack and a life increasingly downloaded from a screen, and headed north, just to clear my mind, be alone with my aloneness, and contemplate my place in the universe (or, at least, the Queensland bit of it).

I needed to still my racing mind so as to discover the true nature of existence. Hours and hours of driving through the endlessly repetitive Australian landscape will do that.

In the Soto tradition of zen Buddhism, people practise 'zazen', which means 'just sitting'. Apparently, if you sit long enough (traditionally in the lotus posture) and just allow your thoughts to flit in and out, neither holding onto them nor casting them away, eventually there bubbles up an awareness of the true nature of existence, a connection to all that is around you. Amazingly, doing nothing is really living. As a lazy person, I can dig that.

But being an over-stimulated Westerner with a dodgy knee, I cannot do zazen for long. My knee gets sore. I think about second coffee. I wonder what my phone is doing now. Did I leave the stove on? And why she doesn't visit anymore?

Zazen (just sitting) is not for me, I'm into carzen – "just driving".

At first: I drive; I listen to jazz; I stop for coffee and petrol; I argue with myself. Later: I just drive. I drive undistracted by coffee cravings, or my own mumbblings, or Dave Brubeck on



endless repeat, or the low-on-petrol warning light.

Australia is the best country in the world for carzen. You can drive for days and days and end up in a town exactly like the one you started from (unless you started from Nimbin): same Tattersalls Hotel with chicken parmy; same "Cash or card?" from the bored young woman at the servo; same mobs of smartphones walking the overheated streets on borrowed legs.

Everywhere is the same. There is nowhere to go; only the going matters. Just drive.

After just driving for three days, I'm pitching my swag in a pleasant copse of trees next to a lake. Camped next to me is a bloke with a ute, and an 11-year-old daughter hunched over an iPad in the rooftop tent. He sits in a camping chair with beer and phone.

Looking up from his phone, he nods. I nod back. The sun sinks into the lake. I take my strol from the Subie and sit. Liquid gold drapes over the trees. A kookaburra sings like a drunk.

Night washes into our camp, darkness pricked only by the two screens and the attached blue faces.

I'm alone. Even in company. Is this the true nature of existence?

I get my ukulele and play it. The bloke looks up, surprised. The screen in his hand dims from lack of attention.

The bloke's daughter climbs down from the tent, shy but the curious. "You wanna play?" I ask her.

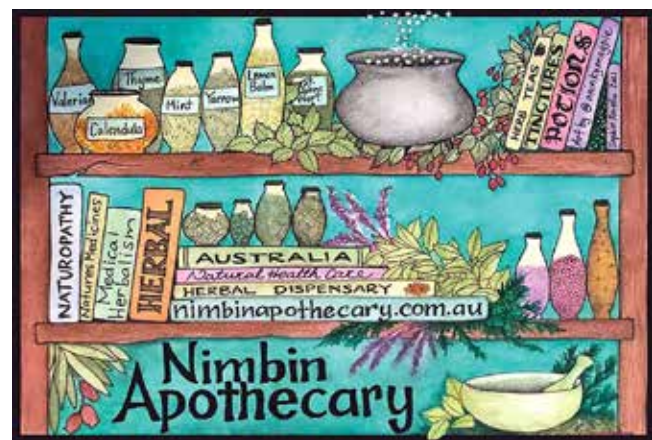
"I can't," she says. "I'll show you."

I show her two easy chords. Eight beats on each. In two minutes she's got it. She beams at her own skill.

I make up a song about camping by a lake with a drunk kookaburra while she strums. The bloke laughs.

It's her turn. She strums and makes up a song about camping by the lake with a drunk father. He dances like a drunk. We all laugh. Connected.

She climbs up to bed. With a big smile, the bloke extends his hand to me and says, "Thanks mate." I'm not alone.





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It's all your ancestors' fault! Homeopathy to the rescue

by Auralia Rose

One of the things I love most about being a Homeopath is the ability to find solutions to people's chronic and systemic health problems by researching their gene pool

Our genetic influences go way beyond eye colour or height.

Homeopathy views many inherited conditions as energetic patterns, called miasms, that shape how our health and emotions are expressed through generations, helping ease inherited imprints, restoring balance through body, mind, and spirit.

As you will see from the following list of the most common miasms, they all arise from suppression of symptoms, where the body is forced to find other pathways to rid itself of disease.

You may recognise your ancestral imprint, or perhaps a combination of more than one, as is mostly the case, however there will usually be one dominant miasm:

Psoric miasm – The struggle to improve

Origin: The suppression of scabies. **Core theme:** Striving – the feeling of lack, insufficiency,

and struggle. Constant effort to improve, yet never feeling fulfilled.

Mental/emotional characteristics:

Anxiety about the future, poverty, or health. Feelings of inadequacy, guilt, or inferiority. Hopeful but easily discouraged. Restlessness, overthinking, difficulty relaxing. **Physical manifestations:** Itchy skin conditions, eczma, psoriasis. Allergies. Asthma. Digestive troubles.

Sycotic miasm – The pattern of concealment

Origin: The suppression of gonorrhoea. **Core theme:** Excess, concealment, and guilt. The need to hide, cover up, or compensate for perceived shame or imperfection.

Mental/emotional characteristics:

Guarded, secretive, or ashamed of parts of themselves. Overcompensate with pride, glamour, or busy-ness. Fear of exposure. Emotionally repressed. Patterns of family secrets of shame or guilt.

Physical manifestations:

Warts, cysts, fibroids, sinus, arthritis, cancers. Hormonal imbalance. Recurrent urinary or reproductive issues.

Syphilitic miasm – The drive to destroy or rebuild

Origin: The suppression or heredity of syphilis.

Core theme: To destroy and re-invent: "If it's flawed, I'll tear it down."

Mental/emotional characteristics:

Deep despair, self-hatred, suicidal or violent thoughts. Extremes: brilliance or self-destruction. Perfectionism. Disillusionment with life. Self critical, or an urge to tear down and start again. Family history of trauma or violence, substance abuse, suicides, degenerative diseases.

Physical characteristics:

Ulcerations, bone destruction, deformities, paralysis. Degenerative and autoimmune diseases. Congenital anomalies. Repeated miscarriages.

Tubercular miasm (psoric and syphilitic) – The restless seeker

Origin: Suppression and heredity of tuberculosis.

Core theme: Restless, adventurous, striving for freedom and excitement.

Mental/emotional characteristics:

Restless, idealistic, hates routine, easily bored. Romantic idealism alternating with frustration.



Impulsive, creative, sensitive, easily discouraged.

Physical characteristics:

Weak lungs. Allergies. Rapid metabolism and exhaustion. Bone weakness, allergies. Often tall, thin, delicate constitutions. Family pattern of tuberculosis or chronic lung issues

The cancer miasm – The pattern of control and perfection

Origin: Prolonged suppression of deep emotions and instinct. Often a family history of cancer, chronic grief, repression or perfectionism.

Core theme: Control, perfection, duty and self-sacrifice.

Mental/emotional characteristics:

Appear calm and capable but suppress anger, grief or exhaustion. Difficulty thinking and making decisions. Perfectionism and fastidiousness. Depression or suicide. Learning disorders in children.

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Compensation for child sexual assault

Legal writes

by John 'Sindhu' Adams

The client I wrote about last month has finally been compensated. He's happy with the amount, minus our fees. I'm happy because I can close the file.

A few days ago, I was talking to a friend who'd hired a lawyer specialising in the field on a no-win/no-pay basis. Now, a couple of years later, due to changes in her firm, he's been asked to sign a new costs agreement and is unhappy with the terms.

If you happen to have been sexually abused as a child by a teacher or priest and want compensation, there are two ways to go: settle or go to court. The difference in dollar terms can be massive, as can lawyers' fees. Other predators, who aren't teachers or priests, generally don't have deep pockets.

While negotiated settlements are far lower than a successful litigated outcome, courts, despite what a greedy lawyer might tell you, are unpredictable. I'm often to be heard advising, "Do not go to court unless you're dragged there kicking and screaming by the cops or the ex."



The process takes forever and ends up with the survivor being cross-examined for hours by a well-paid barrister. It's not fun.

When you suffer from complex post-traumatic stress disorder, with its signs and symptoms like depression, anxiety, difficulty in relationships, addictive behaviours and so on, being invited to remember what happened can be disturbing.

Some years ago, I began negotiations for a man who lived by himself under a friend's house. The first task is gathering evidence; in these cases, a report from a specialist about what is to be alleged.

After his first appointment he told me he couldn't go on,

was on his way to England to see if his fiancé was serious. If not, he told my mother, he was off to the Vatican to take Orders.

The stateroom couldn't fit a family of six, so my young brother and I were booked into a two-berth cabin down below. Young brother, seaskic, ended up in the stateroom, me alone. Which is why my parents asked this nice man at our table to keep an eye on me, presumably to protect me from the stewards.

The Oronsay was the first liner to be diverted around the Cape during the Suez War, a long journey. Fortunately, it's a blank in my memory.

One of the first questions I asked Dr McCardell a few years ago was, "Do you do regression?"

She replied, "No" and was thus hired. She's amazing. Anyway, as it was on the high seas and he was not yet a priest, and had died anyway, I had no case.

This is a small part of the memoir. Mostly it's about me of course, but synchronicity rules the plot. It's published, a chapter a week, on Substack, six chapters up so far.

It's free (so far) and if you enjoy it, please share. It's at: johnadams150712.substack.com

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The inner gate to your heart – PC6

On the Pericardium meridian, the acupoint PC6 (Pericardium 6) is located on the palm-facing side of the forearm, approximately three finger-widths above the wrist crease, between two tendons: the palmaris longus and the flexor carpi radialis.

It can be identified by gently clenching the fist, which makes the tendons more prominent.

The Chinese name for PC6 is *Neiguan*, which translates as “inner gate” and is considered a vital gateway to the heart, both physically and emotionally.

What is the pericardium?

Before exploring the acupoint PC6, it is important to understand the pericardium. Physically, it is the protective membrane that surrounds and shields the heart.

The word ‘pericardium’ is derived from Latin, with peri meaning ‘around’ and cardium meaning ‘heart.’

In Traditional Chinese Medicine (TCM), the Pericardium (capitalised here to indicate the TCM concept) is known as the heart protector, guarding the heart from invasion by external pathological factors.

In TCM philosophy, the heart is considered the emperor while the



by Chi Fung Lee

Pericardium acts as the loyal minister, protecting the emperor from harm.

The Pericardium not only protects the heart physically but also safeguards it from emotional trauma. An unprotected heart may be vulnerable and easily hurt or ‘heartbroken.’

When the heart protector functions correctly, it blocks harmful influences and allows the heart’s natural joy to be expressed, while shielding it from energy fluctuations caused by the emotional ups and downs of daily life.

What does neiguan (PC6) do?

According to TCM theory, PC6 helps with cardiovascular issues by opening and unbinding feelings of oppression in the chest.

It assists with palpitations, including fright palpitations – those uncomfortable,

conscious sensations of the heart pounding.

PC6 also helps ease sudden heart pain and supports the correction of disorders related to heart rhythm and rate.

PC6 harmonises the stomach and is excellent for relieving epigastric pain (upper abdominal discomfort) and low-grade abdominal tension.

It is considered the pre-eminent point for treating nausea and vomiting, regardless of cause, including morning sickness during pregnancy or the side effects of chemotherapy or radiotherapy.

For mental and emotional issues, PC6 regulates the heart and calms the spirit. It is used to address anxiety, insomnia, mania, poor memory, apprehension, fear, fright, sadness, and the loss of memory or speech following a stroke.

PC6 is also applied in the treatment of musculoskeletal problems, including pain and contraction of the elbow and upper arm, swelling of the axilla (armpit), and stiffness or pain in the head and neck.

The Pericardium meridian is associated with the fire element, and PC6 is used to address various heat-related symptoms, including fever, jaundice, and a flushed face with hot skin.

Case study

A case study of a 54-year-old woman presenting with sporadic epigastric pain, nausea, vomiting, and loss of appetite over a period of three years.

She was treated by the renowned acupuncture master Dr He Puren in China.

Following three acupuncture sessions over three days at PC6 and ST36 (as referenced in the NGT August 2025 article), her symptoms improved significantly.

She subsequently continued with several additional weeks of consolidating treatment.

Self-care with acupressure

When your acupuncturist is not available, self-care acupressure provides a simple way to relieve symptoms.

Locate the point and apply firm but gentle pressure with your thumb on PC6 for 30 seconds, release for five seconds, and repeat.

Continue this cycle for a few minutes. Always seek professional help if your symptoms do not improve.

Chi Fung Lee is an AHPRA & AAMCA registered acupuncturist in Coffee Camp. Phone 0478-239-298.



with Uncle Norm & Auntie Maj

Norm says...

Dear Frank, I’ve dealt with many a poor bastard’s problems in these pages, but this one is truly horrific.

The womenfolk should know right here that we men don’t give a shit what you wear or what it looks like. We really don’t. In fact, truth be told, we’d rather you wore nothing.

So, if you insist on going to those horrible shopping malls to rummage and plunder, do it in your own time, not when the footy finals are on.

I’ve been there myself. I hate it.

There’s the traffic, parking, the crowds of in-breds, and having to put on underpants. I just can’t see the fun in it.

Sure, the lingerie shops can be amusing up to a point. They’d be far better if they had live models at least.

I don’t even like buying clothes for myself. Being a bit full-figured, I can never find anything that fits. Worse, if I find something I do want, like a nice new fishing rod, my wife says that I already have enough and that we can’t afford it. At least I can find some solace in the food court.

So Frank, here’s a chance for you to really make your mark on history. In the film *Planet of the Apes*, Roddy McDowell is explaining to Charlton Heston how for centuries humans enslaved the apes until one day one of the apes got up and yelled, “NO!!!”

Go for it Frank, do it for all of us.

Did you hear about the architect who had an unhealthy obsession with designing overly intricate shopping malls? He had a complex complex complex.

Aquarian Age people avoid animal eating

Shapeshifting

by Anand Gandharva

The first alternative protein factory was built in Melbourne ([magicvalley.com.au](https://www.emory.edu/LIVING_LINKS/OurInnerApe/pdfs/anthropodenial.html)). Food for a sustainable future. Cultivating a sheep cell, it uses over 97% less land and water than pastured cows.

LCC may miss out being market ready for younger generations. Think ahead! This area attracted over 30,000 people in 75 years, yet the land area remains the same. Kids inherit a broken world: landscapes harmed by overuse.

Waste! Environmental concern transforms human regard for nature. Animals are allies. The problem isn’t collaboration, but exploitation.

On this crowded planet reflect on its blessings: life, freedom, joy, connections with nature, adventure, mystery and beauty, but currently society greedily saws the very branch off the tree of life humans

sit on through heavy-handed non-caring, forgetting that tolerance and togetherness are as essential as individuality.

Seeing ourselves as a separate species from the rest of living things underlies ills: https://www.emory.edu/LIVING_LINKS/OurInnerApe/pdfs/anthropodenial.html Humans, an integral part of life, depend on a viable planet. To set us too far apart – thinking only humans have souls and consciousness – is barbarian.

The Aquarian Age wants freedom from silly rules and move from ‘me’ to ‘we’. Individually we pursue self-reliance, comfort, creativity, and opportunity, but we also are aware of our mutual dependency and interwoven communities.

The word ‘sustainably’ is important but can be lip service for harming country. Cutting unsafe or superfluous trees makes sense, but destroying wildernesses endangers life: (<https://www.thewildlifecews.com/2014/05/04/is-sustainable-forestry-sustainable/>). Thankfully we change, not since all the past was

bad, but the future can be better.

Filling up on cow, pig, fish or chook raised many of us. ‘Good for you’, authorities preached. Parents followed, amplified with hidden persuaders: propaganda everybody eat meat three times a day. Fibs like ‘feed the man meat’, ‘bullies kick sand in eyes of weaklings’, ‘real men eat meat’.

The health benefits of chewing on animal tissue were praised, and refusing branded a person as a wimp. Vegetarians were portrayed as anaemics, ignoring that many top athletes, brainiacs, stars and gladiators pursued health and strength. The world exploded in land clearing, livestock farming, abattoirs, butchers and meat isles in supermarkets, until only a tiny fraction of wildlife existed. Farm animals were routinely hurt to save on production cost. Happy family farms became get big or get out’ Orwellian torture businesses. Extinctions exploded.

Many people do not understand compassion for a noisy pig – forcefully impregnated – or a cow



being euthanised, and not worry about the feelings of a lettuce, onion, plant? Things change. People can use factory-made protein, fermented foods, eggs, meat, fish or cheese. (Why still harm planetary boundaries eating farm animals?)

We live at a special time in history. Humanity makes civil laws for

treating creatures: applying jungle laws is too mean and devious. Hurts ecologies. Aquarius: live and let live.

This area can still be a leader in sustainable, plant-based or cellular protein nutrition.

Don’t eat mammals simply because you think they are dumber... they don’t speak English.

DON'T PANIC

by Michael Brooke

This is a rave, a jaundiced book review. I need to say that it’s great to live in a crazy world and somehow manage to survive.

Like Arthur Dent, hero of the novel (actually an instruction manual) *The Hitchhiker’s Guide to the Galaxy*, I’m trying to discover the meaning of life, and like him I live in the hope of finding a decent cup of tea (of course both amount to the same thing).

To put it simply, I’ve stopped trying to make sense of myself or other humans. Instead, it’s enough to see myself as I see nature, that everything living is on an expedition into a brambled exuberant wilderness.

“Don’t panic!” I tell myself.

I saw a newspaper article this morning. Itzhak Bentov, a biomedical engineer with NASA connections and multiple patents, sat down with the CIA. He told them, “The universe isn’t out there. It’s a hologram inside you. Time is an illusion. Reality bends to focused thought.” The CIA is taking him seriously. Again, I tell myself, “Don’t panic!” There’s a fair chance you are a local and as eccentric as me – you see the world clearly because you don’t have flies in your eyes.

There’s a handbook written by William Golding titled *Lord of the Flies*. It’s about what happens to foundlings with flies in their eyes.

A flock of children are castaway on a desert island and they go rogue. The thin veneer of civilisation is torn away and they become savage natural born killers, and the god they come to worship is a flyblown dead pig. A pig they killed.

It matters not that they come from enlightened England, Germany or the USA.

It matters exceedingly that the rules they live by are informed by the two most violent tracts ever written – the Old and New bloody, bloody testaments. But don’t panic.

There are better alternative fictions. My favourite, *The Hitchhiker’s Guide to the Galaxy*, which is a nearly true story, with the veracity of lunacy, its violence mere fantasy, its hero saves the world.

A second favourite book is *Catch 22* by Joseph Heller. whose prose floats in the mind like word representations of M C Escher’s impossible images – staircases that lead nowhere, imaginary tessellations and impossible fantasy structures.

Catch 22 is important because it doesn’t



exist. Except in the mind.

Quote from the book: “Catch-22 did not exist, he was positive of that, but it made no difference. What did matter was that everyone thought it existed, and that was much worse, for there was no object or text to ridicule or refute, to accuse, criticise, attack, amend, hate, revile, spit at, rip to shreds, trample upon or burn up.”

Like when a powerful leader tells a lie, inherent to the lie no object or fact exists, so it is impossible to prove his mendacity. The Emperor has no clothes – I dare you to tell him. Bleach cures SARS-CoV-2 – I dare you to contradict him. Don’t panic, I tell myself.

I have a mantra I like to chant: “Protect me from knowing what I don’t need to know. Protect me from knowing there are things to know that I don’t know. Protect me from knowing that I’ve chosen not to remember there are the things I’ve decided not to know. Amen.”

Classic Catch 22, which is the kind of nonsense I see in the media all the time. Like our prime minister in Washington shaking Trump’s greasy hand as a gesture of friendship when everyone knows they hate each other’s guts. Seems we really do live in a pretend reality – Catch 22 it is.

The saving grace for me is a treasured image of two old men, a Moslem and a Jew, clearly they are friends, sitting close together deep in conversation. I like to think they don’t know Catch 22. I like to believe they believe peace is the only battle worth fighting. What a great idea.

Don’t panic, I tell myself, desperation in my voice... there’s a smidgin of hope.

www.nimbingoodtimes.com

Officially an elder

by Magenta Appel -Pye

I recently turned 65 and couldn’t be more thrilled. The World Health Organisation says that 65 is the beginning of old age. Yahoo!

Many people in this ageist society find old age embarrassing and somehow lesser than youth.

Anyone who has survived life-threatening illnesses knows that every extra year around the sun is a blessing.

Adjusting to this third age is as difficult, if not moreso, than any of the other major transitions in life.

From childhood to adolescence, from young adult to the responsibilities of parenthood. And then the challenging changes of older age. These days my idea of happy hour is a nap.

I look in my wardrobe and none of my clothes suit me anymore with my new bodily requirements. Many no longer fit, others are from decades ago and look ridiculous on me now.

I keep some because they are reminders of joyous times that make me smile every time I see them. Garment history.

Jung saw ageing as a process of progressive refinement, where the essential aspects of the self are brought to the forefront. He famously stated, “The afternoon of human life must also have a significance of its own and cannot be merely a pitiful appendage to life’s morning.”

I wonder what to do with my life in this third age with my physical limitations that I must adjust to.

I teach seniors ukulele through U3A which is great fun and the highlight of my



week. It is good to reconnect with what I have done all my life and use my skills to bring joy to people.

As my external goals have been reached, and some unrealistic ones let go of, it is now the internal goals I seek.

Nowadays I relate to Gina Mu Puorro’s quote: “I want my success measured in joy and rest and pleasure, in how well I protect my peace and how much I savoured the small moments.”

For years I have practised a meditation, releasing negative energies and filling myself with light, wholeness and a sense of well-being.

Only now I realise I didn’t really understand what it meant to be ‘whole’ so have been cogitating and researching this concept as I feel it is something I should be striving for in my

elderhood.

I read somewhere that to become whole means “to achieve a state of inner completion, harmony and unity by accepting and integrating all aspects of your life – body, mind, and spirit – and finding connection with yourself, others and the world.”

This involves healing past hurts, resolving negative emotions, developing self-acceptance and self-compassion, and living in alignment with your true self and purpose.

Wholeness is characterised by a deep sense of peace, fulfillment and balance within yourself.

Phew. I can see the need to stay alive because I still have a long way to go!

My wild oats have turned into prunes and All Bran.

ASTRO FORECASTS

by Tina Mews

What's happening in the heavens?

Aries

Take a second look at your planned projects and reflect if your vision aligns with the needs of the soul. This may involve reconsidering long-held beliefs, reviewing travel plans, and a need for extra care with signing contracts. The time is more favourable for finishing what you have already started rather than beginning new ventures.

Taurus

During this month your focus is on others, especially your partnerships, personal or business. Some re-negotiation of contracts might be needed. The Full Moon on November 5 highlights where you may hold on too tightly. Letting go of what is not working anymore makes space for new opportunities of growth.

Gemini

This is the time of the year when it is important to look after your health and review your lifestyle choices. Shift to a healthy diet, boost your immune system, get some rest. Duties and obligations may need to be re-negotiated to allow things run more smoothly. Weigh the pros and cons and consider others' needs as well as your own.

Cancer

This is a great time to nurture yourself with fun and play. Re-connect with your 'inner child' and feel its needs and wants. This is potentially a very creative time for you, when you like to get things moving. Nevertheless, there can be delays and setbacks. Re-evaluate your daily routines to improve work-related stress and health concerns.

Leo

Life on the home front may intensify during this period urging you to re-evaluate the relationship with your children, with yourself and with your own creative expression. It offers a chance for reflection, refinement, and spiritual rebirth. The Full Moon on Nov 5 highlights areas of change and whether you need to re-focus your energy.

Virgo

During this period, you might find a heightened interest in research, education and communication in general. Some solitude is needed for doing all the mental work that has been piling up. Nevertheless, this is a good time for delving deeper into the past, discussing family matters and reviewing unresolved issues.



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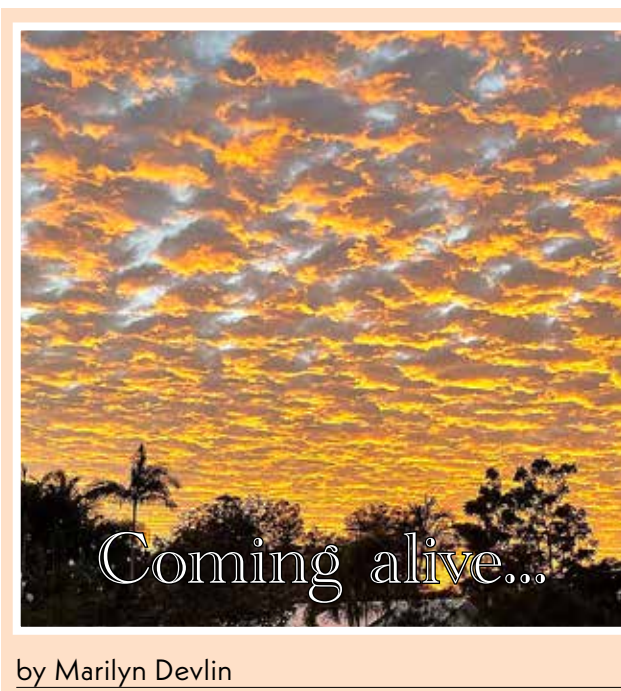


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Your monthly community newspaper
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Coming alive...

by Marilyn Devlin

Living in a changing world... finding our centre, coming from our core. Seasons shift and change... back to front, upside down... we find our balance within it all.

Speed, contamination, distance, disconnection... our hearts lament, our brain fries... too much incoming, nothing makes sense.

Except the birds. The messengers... aflight with their joy. Their joyous celebration, what a miracle it is... that we are family, connected deeply... the smile stretches the skin on my face.

Both joy and sadness... our lives so connected... yet continually driven apart. What we need to be here... here and now... the balance maintained, the beauty exposed.

Released from our chains that keep us on the wheel... faster, faster... there's no time to complete it all!

The loss haunts us... keeps us awake... tossing and turning... I need to stop the avalanche. Too much too soon... faster, faster... need to get it all done.

Bit by bit they all start flying off... bits of ourselves, so precious, so needed. Lost in the fog of grief and suffering.

Faster, faster... keep on moving... you can beat it, these ghosts at the door... grabbing for you. You need to escape.

Clouds gather... storms brew... maniacs control the Earth... our lives so small, yet so large.

Then they arrive... their beautiful colours... joyful, happy, splashing in their mirth. The smile returns... stretches the skin on my face. Love, pure and simple... family recognised... our bond solid, always been there. It's from where we've come.

It's what makes it all make sense... that connection... with the beauty, with the love, with the joy. With the exuberance and excitement at the beauty, at the simplicity. The connection solid, living within our core.

Our home place... what we thirst for... what we know... what we remember. They don't forget... that's just us... they come to remind us, again and again. Look, listen, feel the magic... you live within, upon this sacred Earth.

You chase treasures that only exist in your imagination... puffs of smoke... here and gone in a second. While the real thing lies waiting... never forgetting... while the beauty shines... the miracles happen.

The joy expresses... the knowledge freely available. Our home, this precious Earth... our family... all the creatures... all breathing, all existing... sharing their magic... their love and care.

While we ignore them... times are running thin... soon they'll be rags... time to wake up... remember what we're here for.

The celebration is happening... every single second. The beauty exploding... the presence awakening us from our deep sleep. We're not here for forever... the sand moves swiftly through the glass.

Will we dare to awaken... open our eyes... separate from the dream... and see the reality, taking our breath away. Filling our bodies with a golden joy... that smile that sits solid... stretching the skin on our face. All the miracles that surround us... every second, every breath.

The blue-faced honey eaters splashing in the bird bath... such a simple event... yet momentous in its impact. It turns my whole world around... reminding me once again of truly what is.

November is here... the second last month of this notorious 2025. While we're breathing... we're still here... we can celebrate... turn our lives around (the kookaburras chortle as I write those last words). They're always here to remind us... what truly is... the beauty, the joy... the meaning... the presence.

The Sacred Presence of this miraculous Earth. What greater celebration than we exist within it all.

Much love...

Sagittarius

Mars, the planet of taking initiative and drive will be in Sagittarius from November 5 until December 16, boosting your level of energy and enthusiasm. Nevertheless, Mercury retrograde urges you to reflect on your plans and potentially re-evaluate how you present yourself to the world. Be mindful of communication hiccups.

Capricorn

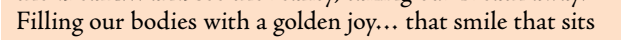
Building the big picture together with others gives the advantage of drawing from everybody's ideas and skills. The emphasis is on developing a vision of the future and creating a new value system that feels authentic and true. Be patient, as misunderstandings are possible. It is a time which requires honesty as well as determination.

Aquarius

This is the time of the year when you can get good outcomes from the projects that you have been focusing on. Review and re-evaluate what you have achieved so far before developing any new plans and goals. Progress in your career is possible, especially if your work has been consistent.


Pisces


You might feel like moving in a different direction and are working on a new perspective. It is a great time for reviewing career plans and how to apply your energy and vision. Rewrite your story, review your beliefs, research your value judgments. Think of initiating projects or activities that expand your mind and feed your imagination.



We welcome your contributions

Send us an article, a photo or a letter for our next edition


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Nimbin Trivia Time

by Eclectus

Questions

- Can you name this interesting thing (it's known by two names, so take a point for each) and say what its purpose is for another point? *Image: Wikimedia Commons*
- Which hard, heavy, durable metallic element with the atomic number 74 has the symbol W? Hint: in English, this metal's name does not begin with W.
- Blood, grey and wolf are all kinds of what creature?
- Australia has about 0.33% of the world's population. What percentage of the world's poker machines are in Australia? 0.5%, 2%, 5% or 20%?
- Using the same letters reordered; can you turn a four-letter word for a quadruped browsing mammal into a four-letter word for the national dress of Ancient Rome?
- What are, deliciously sounding, vicissitudes? Hint: that was not a hint.
- Red Rock Beach, Corindi Beach, Arrawarra Beach, Mullawarra Beach and Mullaway Beach are the northern beaches of which New South Wales town?
- Animal, Mineral or Vegetable (the best game in town because you only need two out of three to take all the chocolates!): Galaxia, galena and galangal?
- In Australian vernacular, what is the meaning of "a dingo's breakfast"? Hint: not to be confused with "a dog's breakfast".
- Peter the Apostle, aka Saint Peter, aka Pope Saint Peter, was not always known as Peter. Jesus gave Peter this name (meaning "rock" from the Greek) when he acknowledged Jesus as the Messiah. What was his name before that?



10. Take a point if you said Simon and two if you did not often last until morning.

belongings wrapped in a swag. Their provisions travelling on foot in search of work with all their (swagmen) who were intricate bush workers (describe the breakfast usually enjoyed by swaggers around. It originated in the 19th century to 9. A dingo's breakfast is a pee and a good look used in South-east Asian cuisine.

rhizome, similar to ginger and turmeric, widely (M) galena is a lead (82Pb)/silver (47Ag) ore; Southern Hemisphere family of migratory fish; 8. (A) Galaxia (Galaxiidae spp) is a fresh coolwater Nimbin.

7. Woolgoolga, about 200 kilometres south of negative changes and challenges one faces that one 6. The ups and downs of life. In particular, the yes, and it was uncomfortable.


cost, difficulty to put on or wear properly. Oh global status symbol, it was not much loved due to (who wore the scota instead). While an impressive every Roman Citizen, except, after a time, women 5. Goat becomes toga, the legally required garb for the world has 1 for every 17,786.

every 140 people (including children). The rest of with only 0.33% of its population. That's 1 for 4. Australia has 20% of the world's poker machines They are all bounds.

3. Dog. They are all bounds.

(5,930bC) of all the known elements.

melting point (3,422oC) and highest boiling point that of lead (82Pb). Tungsten has the highest (92U) and Gold (79Au), approaching twice 2. Tungsten is also known as Wolfram (from the German). Its density is comparable to Uranium many shapes (and still does). The modern ocarina and Mesoamerican civilisations and has taken 12,000 years. It was important to the Chinese with its origins dating back perhaps as much as 1. The ocarina (or potato flute) is a vessel flute

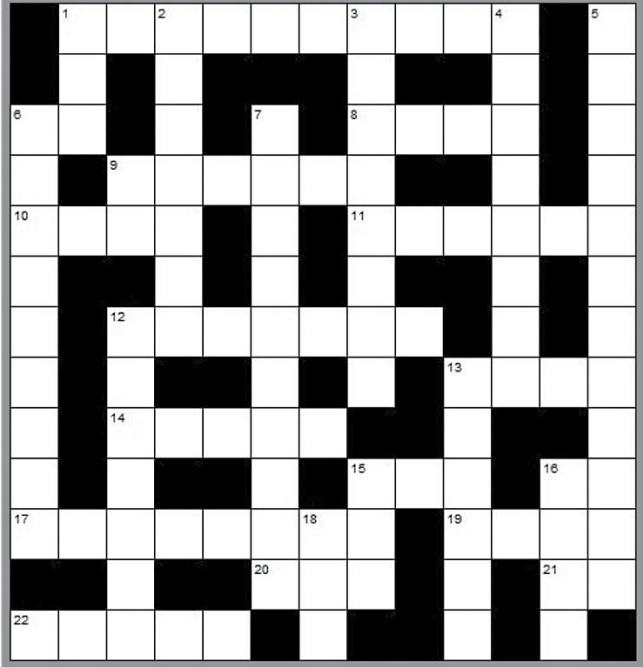


Answers

- The ocarina (or potato flute) is a vessel flute with its origins dating back perhaps as much as 12,000 years. It was important to the Chinese and Mesoamerican civilisations and has taken many shapes (and still does). The modern ocarina took shape in Italy in the 19th century, taking its name from the Italian for "little goose".
- Tungsten is also known as Wolfram (from the German). Its density is comparable to Uranium (92U) and Gold (79Au), approaching twice that of lead (82Pb). Tungsten has the highest melting point (3,422oC) and highest boiling point (5,930bC) of all the known elements.
- Dog. They are all bounds.
- Australia has 20% of the world's poker machines with only 0.33% of its population. That's 1 for every 140 people (including children). The rest of the world has 1 for every 17,786.
- Goat becomes toga, the legally required garb for every Roman Citizen, except, after a time, women used in South-east Asian cuisine.
- A dingo's breakfast is a pee and a good look around. It originated in the 19th century to describe the breakfast usually enjoyed by swaggers (swagmen) who were intricate bush workers travelling on foot in search of work with all their belongings wrapped in a swag. Their provisions did not often last until morning.
- Take a point if you said Simon and two if you said Shimon Bar Yonah.

Nimbin Crossword

2025-11
by 5ynic



Across

- Bavarian pants
- To live
- Physical love
- Reunified European capital
- Aid
- Free load?
- Knot-shaped pastry
- Danish or Greek cheese
- Beer conditioned at low temperature
- Car from the land of 1 across
- Where's your head ____
- Accelerate? Strangle
- Leaf cabbage
- View
- Not off
- Bossy?

Down

- Untruth
- Goddess of the harvest
- A cold one, ready to drink (4,4)
- Plummet (of a plane, say) (4,4)
- Precedes year one
- German sausage
- Community garden?
- Atomic number four
- Pole Star
- Bonfire night effigy
- Pollen collector
- Succulent
- Sheltered side

Solution: Page 34



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INFO FOR MEMBERS & GUESTS

Club opening hours

Wed-Sat 2.30pm to close, Sun 8.30am to 4pm
Bistro now open, Wednesday-Saturday

• Open Mic, Wednesday 12th November, 6.30pm
• Social bowls, every Sunday from 9am



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