

Gnomes

Don't get me started
by Harry Gumboot

One of my first experiences of this country's original inhabitants was a concrete figure that graced the front lawn of a house at the other end of our street.

Roughly life size, its skin was painted dark brown, its hair black, and its loin cloth red. It stood on one leg with the other raised so that its foot rested on the knee of the former. This unsustainable cliché was balanced by a spear held upright in the right hand.

Some kids reckoned its eyes would follow you as you passed it on the way to and from school. Impressionable me avoided confirming this by keeping to the opposite footpath.

I was too young to understand irony and by the time I did, the owner had died and the house was replaced by a block of units.

I'm reminded of that figure every time I look at Burri's painting outside the Armonica café.

Nimbin is blessed with public art: the murals above the shops; the whale on the side of the bakery; the koalas outside the optometrist; the wallabies near High Street, and the koala that used to be near the Bush Theatre but has now moved to a spot further out of town.

I know people whose collection of garden

A parent's role in realising your dreams

I love to read success stories by famous people who refer to their parent's support.

According to Phil Collins' autobiography, *Not Dead Yet*, his mother was a keen supporter of his artistic endeavours. Interestingly, his father tried to press on him a career as an insurance clerk.

For the sake of his music, I am glad that did not happen. Yet, throughout his life, Phil craved his father's recognition of his incredible musical career.

So, when a couple of much-loved locals recently decided to decorate their creek frontage with several large concrete birds, I wandered down to have a look. Sure they were kitsch, but their location, within sight of a nearby footbridge, made them art as well.

Unfortunately, they disappeared so fast not even the local birdlife had time to decide if they were intruders or merely handy perches on which to relieve themselves.

Did someone not like art, did they raise memories of childhood trauma, or did they just want them for their own use?

Someone wished the perps a karmic hernia, and I was reminded of the buddha stolen from a flower bed in Cullen Street last year. Who steals a buddha?

This needs to stop. One minute you're pinching an object from someone's garden, the next your deciding you own Greenland.

Leave other people's stuff alone!

In the meantime, I'll be decorating my yard with a collection of concrete gumboots as a precaution.



by Antionette Ensby

into the trap of accustomed disapproval.

It's not just the impossibly challenging dimension of a child's wish, more often than not, it's that parents find it hard to connect or identify with that particular wish – if becoming a cartoonist is not on their list of professions marked out for their son or daughter, there could be that frown in response that is so deeply disheartening for an aspiring artist.

We know from the movie *Love Story* of Oliver's fight for recognition by his father. In his father's eyes, Oliver was never good enough. And not being good enough in that one area where his father knew how to bestow love, for Oliver that meant that his father did not love him.

Not all dreams are extreme or challenging. Most dreams are of a much milder character. If your child wants to become a famous cartoonist, in the manner of Charles M Schulz, it's easy to say yes. Or is it? Here is another opening for falling

upon a talent of yours that you wished to pursue, then this disapproval could with remarkable insistence seep through your whole being and you end up feeling deficient in character, or wanting in talent.

A parent's judgement holds a lot of power over a child's development. A child is naturally looking up to the parent figure for approval.

If approval does not roll in or is always attached to criticism or correction, the child's insecurity grows and sometimes all those wonderful dreams are shattered before they've even begun to blossom.

I am reminded of Holly Golightly in the iconic movie *Breakfast at Tiffany's*. Holly could not bear the thought that somebody disapproved of her.

Due to her insecurity she ran away from attachments to seek short term liaisons that always ended up in disgrace.

In her mind, intimacy was a foreign word and freedom from attachment her only escape.

You were strangely drawn to Holly's ideal of detachment – fear of intimacy is a stigma of a society which so carelessly employs judgement and critique instead of encouragement – and growing up with insufficient acceptance as a norm makes for insecure relationships.

If parents are able to reflect on the child's own personality and support the dream, listen carefully and respond well, they demonstrate generosity of mind – a healthy fertiliser of courage and discernment to help growing the dream.

applies to smaller things. Say, your five-year-old approaches you with a shovel in his hand keen to help you digging out a trunk in the yard, and you stop him in his tracks with "Put that shovel down, you'll hurt yourself."

This reaction plants the feeling of incompetency in the little one's heart. If the pattern repeats, the parent has done a good job of manifesting that feeling for a lifetime. Even a small remark makes a huge difference whether a child feels capable or rather the opposite.

It is often unintended. Upon hearing their child's dream, parents sometimes launch into a waterfall of alternatives. Why don't you try cooking? Or photography? Your photos are amazing. Or, what about journalism? You are so good with words.

This kind of talk seems harmless, coming from a place of goodwill. But unfortunately it is an unhealthy mixture of worry and control. It's what makes the child wanting to escape the parental stream of advice that hardly acknowledges the child's personal wishes and leanings.

If parents are able to reflect on the child's own personality and support the dream, listen carefully and respond well, they demonstrate generosity of mind – a healthy fertiliser of courage and discernment to help growing the dream.

Be a vision board

Once the board is complete, you can take its guidance and find ways to experience the feelings it revealed. For example, one of the most popular vision board images are those around the areas of career and success.

Someone who has this kind of board could ask themselves what a dream career and being successful feels like and how they could access that now. It might be as simple as dressing nicer or standing taller.

Who do you need to be right now to activate the feelings you uncovered in your vision board?

Live in the vision board

With a little imagination, the aspirational images of a magazine can be transported to your daily lifestyle now.

Using the career and success example, someone who wants more of this could refresh their surroundings and up-level their workspace.

It's simpler than you think to begin dipping your toes into the ideal lifestyle you dream up.

The original vision board I made a decade ago sits framed in our bathroom, proof it works because our bathtub with its jungle framing window is a magical match for the image I cut and pasted on it.

It seems that the good feelings bring the aligned things and doing a vision board every now and then helps remind us to practise experiencing those feelings daily. You become your vision board.

And when you do that, there's a good chance you'll find yourself living happily ever after.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tumbarumba. Listen to her podcast 'The Art of Practice', watch on YouTube @theartofpracticetv or connect at: theartofpracticeofficial@gmail.com

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doing or having some aspect of the images you pasted on your board. It's

A moment

by S Sorrensen

Dark clouds are gathering all around. I'm surrounded by a menacing storm front of social convulsion and environmental crisis.

It's scary. Some days, the pressure is so low, the air so thin, it's hard to breathe; it's hard to get out of bed.

So, I have retreated from the news, hiding in my comfy little burrow of denial (too late for ignorance), enjoying the benefits of being born lucky, isolating myself from all that distressing information, numbing myself with modern world distractions, confining my concerns to me, my family and a few friends.

Yes, I'm sorta happy – as long as I stay vigilant in my avoidance of the awful realities.

But, you know, the awful realities are still real and awful.

Right now, though, it's calm. A flute plays in the distance. There is the scent of roses in their last days of bloom. I'm in the eye of the storm; in Tasmania, where a cool summer's day belies the heating world; in the village of Cygnet where a festival has thousands of people safely enjoying their society; in an auditorium with an audience who, while enjoying the fleeting serenity of the storm's eye, understands the skies are darkening, hears the thunder growling ominously close. I'm on stage with Bob Brown.

In his book, Bob intersperses the litany of devastation with directives that we should enjoy life, nonetheless.

"Have fun. Don't panic. Assume there is time to save the world," he writes.

But assumptions should be made on the available information; they shouldn't be irrational. That's psychosis. Hope should come from realistic assessment; it shouldn't be a delusion. That's religion. Why fight for something you can't win?

The answer?

Bob turns to me, eyes bright, clear. Says nothing.

At every protest I have attended, those fighting to protect nature are lustrously human, colourful and individual. They hold guitars and babies, as well as placards. They laugh and dance, as well as cry, while facing the idiotic demolition of the biosphere on which we depend.

Meanwhile, the agents of that destruction are grim and grey, uniformed and uninformed, miserable winners in the race to oblivion.

It's more important to be on the right side than the winning side.

Bob smiles. He knows this. He turns to the audience.

Something happens when you fight for what is right – even if that battle will be lost. When fear of confronting the awful reality is faced, when you align with what is right, a key is turned and your humanity is unlocked, releasing compassion, art, respect and, strangely, joy. You are alive.

"Get active," Bob says. Your heart cannot open to the beautiful reality of the last summer roses, if your heart is shut to avoid the awful realities.

It's more important to be on the right side than the winning side.

above the letters NSW, with "government" in tiny letters like a plinth underneath, is Uncle Jeffrey's picture of a waratah.

After work the ex-client calls. She's talked to over sixty panel lawyers, from the border to Sydney, with two maybe's. I make her a deal. I'll take her back, on one condition, that I give her advice which she repeats back to me, word for word, as her instructions. No questions.

In the top right-hand corner of the letter of refusal from RA, printed in colour, above the letters NSW, with "government" in tiny letters like a plinth underneath, is Uncle Jeffrey's picture of a waratah.

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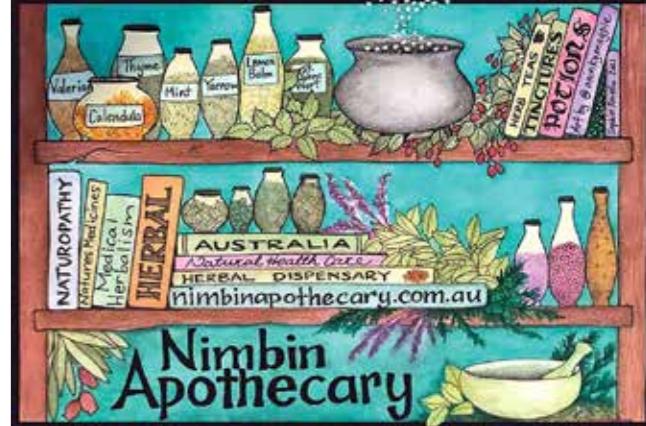
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If you can't stand the heat, get out of the kitchen. – Harry Vaughan

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And God said to John, come forth and you shall be granted eternal life. But John came fifth and won a toaster.

Use the QR code or visit: normanappel.com.au to send your questions and read more 'So They Say'.



Watermelon wisdom in TCM diagnosis

Experienced watermelon enthusiasts can easily determine how to select the freshest, juiciest and sweetest watermelon using their senses – visual, touch, hearing and smell – without even slicing it open.

When visually inspecting a watermelon, look for a symmetrical shape that is free from cuts or bruises. This indicates it has been consistently watered and should have an even flavour throughout.

Additionally, check for a yellow splotch on the bottom; this spot shows where it rested while growing. The deeper the yellow colour, the sweeter and juicier the melon is likely to be.

By touch, pick up the melon. It should feel heavy for its size, as it contains at least 92% water. Next, tap the surface; it should feel firm and dense. If the yellow splotch area sounds hollow like a drum when tapped, you're likely found a winner.

Just like watermelon enthusiasts, Traditional Chinese Medicine (TCM) practitioners rely on their well-developed senses to assess patients without "slicing open the watermelon". The term *Zhen* refers to examination and testing, encompassing observation, listening and smelling, inquiry



by Chi Fung Lee

hair, skin, fingernails, teeth, gums, the limbs and general skin tone.

Special attention is given to the tongue, which can provide useful clues about internal health. The patient's overall energy level and alertness, often referred to as spirit, are also considered, along with any other visible signs that may indicate health or illness.

Listening and smelling involve paying attention to the patient's voice and the sounds their body produces, such as breathing, coughing or other noises. Practitioners also note any unusual odours, which can provide important diagnostic information.

Inquiry involves asking the patient a set of questions to gather information about their presenting problems, including symptoms, pain, onset, duration, severity, medical history, medications,

lifestyle factors, emotional state, and family history. This process helps provide a comprehensive understanding of the patient's condition.

Palpation involves using the sense of touch to examine the patient's body. This includes checking the pulse for rate, rhythm, strength, and quality, and feeling different areas to detect tenderness, swelling, temperature changes, or other abnormalities.

These tactile observations help determine the location and nature of a condition and provide essential information for diagnosis and treatment.

To help the practitioner make an accurate diagnosis, patients should avoid wearing make-up, scraping their tongue, or applying perfume before a visit. They should also refrain from large meals, stimulants (such as caffeine), alcohol, recreational drugs, and strenuous exercise prior to the appointment.

While the four pillars of diagnosis remain fundamental in TCM, practitioners readily incorporate Western medical technologies to ensure the most precise and effective diagnosis for their patients.

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

So they say...

Toast

At breakfast, my husband insists on buttering his toast on the chopping board and then puts it on a plate thus creating more mess, which he leaves. I've asked him to clean up after himself, but he usually doesn't, saying he has to go to work. I work too. It's not fair. Help!

– Marge A Reen, Pottsville

with Uncle Norm & Aunty Maj

Magenta says...

Many domestic fights begin in the kitchen. In a marriage, these seemingly little things take on mammoth proportions over time.

They might not be the deep-seated cause of a break-up but they are often the straw that breaks the camel's back and, if you look hard enough you can usually find the core issue.

Our food habits were learnt in childhood. It is difficult to change one's lifetime habits, especially if we think it is unimportant. Change is difficult and takes willpower, focus and time. You have accommodated his ways by asking him to clean up after himself.

By not doing his fair share he is acting like you are his mother rather than his wife and naturally this makes you feel angry, used and feeling like stabbing him. Mutual respect is the foundation of a happy marriage, and your husband needs to understand this.

As opposed to popular myth, we are not two halves of a unit, we are two whole individuals trying to live together as harmoniously as possible whilst independently growing and changing.

We must let go of being control freaks, consider the other's point of view and, if necessary, allow them to change us.

After reading Norm's response, I have to admit that he is right and I have started buttering my toast on the chopping board. Marge, all I can suggest is marriage guidance.

"If you can't stand the heat, get out of the kitchen." – Harry Vaughan

Send your relationship problems to: magentaappelpye@gmail.com



Norm says...

Excuse me for asking, but what's wrong with buttering your toast on the breadboard? I go one better and don't even bother with the plate. I eat the toast over the sink. Problem solved.

Men don't like to work in confined spaces and a plate is too small a workspace to butter toast properly. Plates usually have raised edges, which means the bread doesn't sit flat, resulting in toast that's buttered unevenly. Blobs of butter on one side and not enough on the other, totally unacceptable. I end up making a bigger mess in the end, usually on the floor.

As for cleaning up, well OK, you've got a problem. Your husband is a pig. That's OK, I'm a pig too. Long ago when I lived as a bachelor, my abode was a no-go zone for women who were averse to domestic slothfulness.

I revelled in that there was no-one around to make me clean up, and so I duly did not. Eventually a willing lass moved in with me and of course went through my flat like a tornado in reverse, thus ending my halcyon days.

The lesson here is to live and let live. Let him have his fucking chopping board but use your wily womanly ways to gently train him to clean up after himself. Throwing things (there's a good use for plates), stab him in the arse with a blunt paring knife or similar spack attack and, hopefully, like me, he'll gradually get with the program. Bless you both.

And God said to John, come forth and you shall be granted eternal life. But John came fifth and won a toaster.

Use the QR code or visit: normanappel.com.au to send your questions and read more 'So They Say'.



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Care, equity and restoring all life

by Anand Gandharva

A new 'eco-social contract' may soon steer us: care, equity and restoring all life. It will be central to daily life. American, Russian and other revolutions cemented democracy.

The French slogan was "Liberty, equality and fraternity". All celebrated individual rights, but omit our personal duty to maintain nature: 'Care for Country' in Indigenous tradition!

The United Nations proposes a new social contract to stop people sleepwalking into danger. It is necessary. Global Warming requires us to think differently and drives social change.

See: <https://cadmusjournal.org/files/pdfreprints/vol5issue5/The-Climate-Challenge-as-a-Catalyst-for-Global-Social-Evolution-Gjacobs-Cadmus-V5-15-Reprint.pdf>

We are surpassing the 1.5°C barrier. By 2100 it may be three degrees celsius: Australia's north, inland and much of the world will be uninhabitable, fire and floods increase dramatically. Houses will be uninsurable. Siberia, Canada, Alaska and Antarctica will be popular.

Veils are used by conjurers to befuddle viewers, to hide that what should not be seen. We also don't usually see in ultraviolet or infrared spectra, but some wildlife and pets do.

Limits come too with chemicals in food: veils that colour perception – sunnies showing reality as a jungle. Worldviews depend on what one eats.

The new social contract makes

us aware that without nature we perish. This may seem obvious, but few truly get it. Pointing fingers at others to improve society is an important right, but we should not forget that four of the five fingers point at ourselves.

How do you keep your home cool? What do you eat? Do you use biogas, clean electricity, wood, LPG or 'natural' gas to cook? 68 years ago, space-technology used the first solar panels, and 38 years ago RPC helped empower off-grid living on Earth. Energy From nature home trained hundreds from all over the developing world.

Do you still use fossil fuel? Why not make your own. Why harm the Pilliga? Today, a home can cook on biogas. A new business

We are trapped in a system that has freedom for the majority, but not for nature or minorities. Our numbers, 90 million people, cows and pets in Oz, is the problem.

The Green Economic Coalition brought out a report calling for a new 'social contract'.

It was not for everyone at three billion, but it is at eight billion.

We need a fresh way of looking at reality. But how? One way is to better link science with religion: Einstein felt Buddhism allows both

addition, eating animals costs more

than getting eco-friendly nutrition: we are paying extra to harm habitats. Why?

It seems many of us are still predators. As a recent movie states: there is no way to kill animals non-violently. If one doesn't want predatory thinking, do not consume stuff full of it.

How do we remove veils from vision? They are rose-coloured glasses and can be dropped.



'Removing veils from vision' painting by the author

Coping with ugly news

by Michael Brooke

To begin with, an aphorism by Chief Seattle: "We don't inherit the earth from our ancestors, we borrow it from our children."

A tree in my garden is laden with sweet mangoes. Today there is rain. Amazing how suddenly our Northern Rivers countryside turns to spring-up green. So I'm out in the garden.

I think it's good to live quietly in the Northern Rivers and spend a bit of time with nature, which always seems to be trying to talk to me as if she had some great secret to tell. Which I know she has, which I try and fail to fathom.

Rilke poet/philosopher observes: "If we surrendered to earth's intelligence we could rise up implanted, like trees." Like most others, I yearn for such steadfastness.

I cannot look away from headline news, no matter how hard I try. Look better and deeper, advises the thinker, Justine Toh. He writes of a journalist, stunned by the horrors he'd witnessed while on assignment as a foreign correspondent, who was almost equally shocked to find himself seeking solace in the strangest of places, a church. Not to pray, that wasn't his thing. But to sit and take stock in silence – perhaps the most appropriate response when processing history's and today's bloody body count.

Can I imagine such a thing happening in my country, Nimbin or Kyogle? What if... what if the country went dark and authorities shut down the internet and the ability to travel abroad, cutting Australia off from the rest of the world?

What if the Australian government became like that of Iran? Where Australian children of tomorrow, caught in the winds of change, can only dream of lives not pillaged by non-stop bad news, political lying, the climate crisis, police violence, and AI upending their mortality.

A fragile hope, perhaps. But I've a hunch that a shift in perspective will prove transformative. After all, as the British psychiatrist Ian McGilchrist writes: "Attention changes the world. How you attend to it changes what it is you find there."

nimbingoodtimes.au

by Magenta Appel -Pye

Those of you who have been reading me for the past 14 years will know that I have never recommended a product before, but I want to share with you an extraordinary medicine that has been the lifeline that I needed. And it's natural!

My doctor initially recommended Doctors Range PEA to me for neuropathy pain and mood relief. After a while, to my amazement and relief, my depression lifted and my pain reduced. Eventually I no longer needed to keep taking it, so I stopped.

When I was diagnosed with cancer, my doctor put me on a very low dose of antidepressants to help me sleep which was useful, but after three years I want to come off it. I tried a few months ago but was not successful.

Veterans rehabilitate really well with PEA. If you have a recognised muscular skeletal condition you can request an authority script and the Dept of Veterans Affairs will fund the whole amount for you!

Emma says that the majority of people use PEA to help with pain, as it calms down the nervous system and therefore makes pain easier to deal with. I can personally attest to this.

Let's hope this is the future of painkillers and that Doctors Range PEA becomes more widely known and used instead of harsher medications.

Wishing any of you who go down this path all the best for help with your condition. It takes up to 2-8 weeks to gain the full therapeutic effect so be patient, but when it kicks in it is a life changer.

"Life is not a problem to be solved, but a reality to be experienced." – Soren Kierkegaard

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ASTRO FORECASTS



by Tina Mews
What's happening
in the heavens?

Aries

Neptune, planet of grand dreams and imagination entered your sun sign late last month here to stay until 2039. Saturn, planet of boundaries, structure and hard work follows mid this month and will remain until April 2028. No Aries alive has ever lived through this, therefore, embrace the unknown! Some bubbles may burst but there are dreams worth building on your journey of becoming who you are meant to be.

Taurus

The solar eclipse on February 17 may open new doors to do with your life-direction and future goals. Make space for the unexpected as Uranus finishes its final months in your sun sign. Themes that have been lingering since 2018 might come to a peak now. Breakthroughs are possible. Stay tuned and stay flexible. Take advantage of the changes and make them work for you!

Gemini

The Aquarian energy of the solar eclipse may inspire you to look outward for inspiration and innovation. Mercury is in Pisces until mid-April and retrograde from February 26 until March 20. This is a time to reflect, dream, and review the inner landscape. Use this time for connecting with your receptive side. Sharpen your intuition to notice what resonates.

Cancer

The planet of reality meets up with the planet of dreams in your solar house of life direction. Seeds you plant now may take a while to grow depending on your perseverance and effort. Nurture the dreams that are worthwhile and let go of those that are unattainable. Consider collaborating with others and don't hesitate to ask for support.

Leo

The solar eclipse on February 17 will shake things up especially in your relationships and career path bringing endings and new beginnings. You will find out with whom you are on the same wavelength when working together and when it is more challenging. Take the latter as an invitation to grow into a new direction with fresh possibilities.

Virgo

The solar eclipse on February 17 suggests surprising endings and new beginnings around your daily routines, health and work. Take it as an invitation to transform conditions, habits and attitudes that have limited your personal growth and well-being. Having faith in yourself and your many skills will help with attracting the right people at the right time with whom you can work together on a project dear to your heart.

February

2026 is the watershed year between past and future marked by multiple planetary shifts and alignments. Neptune, planet of imagination, visions and illusions, has just left Pisces (the very last sign in the cycle) and entered Aries (the very first sign) on January 26. An old era has ended, and a new one has begun with fresh energy and new possibilities. Pisces is receptive and reflects on the past while Aries is future-oriented, bold and direct, driven to explore and act on new ideas, wanting to turn dreams into reality. Saturn, planet of boundaries and limitations, follows Neptune in changing from Pisces to Aries on February 15. Saturn is the energy that helps us stay grounded in the here and now and assists in telling the difference between dreams that are worth building and those that are illusory, unrealistic or unachievable. Saturn and Neptune will be co-present in Aries for the next two years, inviting us to use our intuition, courage, and wisdom based on experience to manifest what we have been dreaming about. With a new chapter opening, we may feel unsure and anxious as we have left familiar ground. This is why focusing on community and helping one another on the way is an essential part of the journey into this new time.

February is a highly important month astrologically. We are in eclipse season and the Saturn-Neptune conjunction perfects on February 20/21 at the zero-degree Aries, the point of birth and new beginnings. Expect the unexpected as surprise events along with much chaos and struggles are happening throughout the month and beyond. For those who are old enough, it may help to think back about 36 years, when the last Saturn-Neptune conjunction occurred in 1989/90, the time of the fall of the Berlin Wall which led to the disintegration of the USSR. It brought huge changes to millions of people who had to get used to a completely new order, affecting their societal structures, economies, job security, financial matters, as well as their interpersonal relationships. This time around the conjunction occurs at the zero-degree Aries, a world degree, meaning that it will affect us all. Collectively, we may transition through greater changes than we can even imagine now. Besides geopolitics and economic shifts, AI will play a major role in the current transformation of our reality.

On a more personal level, we may ask ourselves which direction we want to take when moving towards the future; and what will remain as our truth, even if the external laws are changing.

Navigation by the Stars:
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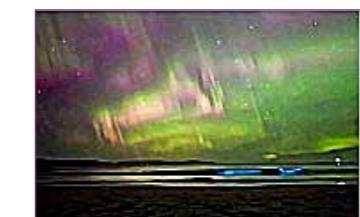
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Nimbin Trivia Time

by Eclectus

Questions



1. There are two colourful natural phenomena on display in this recent Tasmanian nightscape. Can you say what they are? Take a bonus point each if you can say what causes them. Image courtesy abc.net.au

2. We hear a lot about the nano-scale these days: nanotechnology; nanoparticles; nanobots and on it goes. Nano is getting really big, but do you know just how small it is? How many nanometres in a metre?

3. Which Australian sporting arena is known (either affectionately or otherwise!) as The Cauldron?

4. A couple of years ago, this quiz queried the difficulty that gold (79Au) had breaking through the glass ceiling of US\$2,000. What is the price of gold now?

5. Manifold Public School is about 20 kilometres from Nimbin as the crow flies and about 45 kilometres by road. Where is it?

6. Euchre, Cribbage and Whist are all kinds of what? Hint: they're not crabs.

7. Which seven letters can be arranged into two words, one beginning with "n" and the other with "u", that mean, respectively, a particular power fuel and, another, meaning significant uncertainty?

8. Down, lap, prime and show are all words regularly associated with what natural phenomenon?

9. In February, 60 years ago, a profound and enduring change occurred in Australian society and business at all levels. What was it?

10. Animal, Mineral or Vegetable: Carex, onyx, lynx? Take a point for each correct answer.

resembles a bowtie and sunburst rails.
medium sized wild cats with hairy ears, a tail that
for 5,000 years and (a) *Lynx* species are
chacodon) used in historic carvings and jewellery
oxy is a black and white banded species (a) based
edges, regarded by many as the true badges; (M)
12. High wire stunts? Signal
receivers
13. Brisbane's 1988
Monorail "coming out"
15. Southeast Asia
17. Queen Titania's
consort
20. Private road fee? Wear
and tear
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resembles (proportionally, the same value).
for five cents (proportionally, the same value).
It was over Xmas... a bit before... when the ocean kept
on building... long and strong and forceful... the lines of
whitewash breaking way out from the shore. The waves
slamming into the sand. It felt powerful.

The exhilaration of being immersed in that power...

was strangely comforting and joyful... while never
forgetting its sheer power and commanding strength.

It was the beginning days of the super large swells...

I was walking along the beach. The ocean was talking,
loudly... the word I heard clearly spoken was 'Reckoning'.
2026 would be a year of reckoning.

What that means and how it will unfold for each of
us personally and collectively as a species ... I guess we
will see.

January 26th... just three days as I write... the
significant event many astrologers have been discussing...
planets Saturn and Neptune joining at 0° Aries. A world
axis point... a threshold... we're on the doorstep of a new
frontier... a brand new space. A new chapter entirely.

The last time Saturn and Neptune met at this
significant degree... was 6000 years ago... said to be
in 4361BC... that's a long span of time. The world axis
points (in astrology) are linked to high public visibility
and raw pioneering energy.

In 4361BC, people were slowly shifting from hunter
gatherers to agriculture... humanity was in the late
Neolithic Stone Age. There is no written history of that
time... as writing wouldn't appear for another 1000
years.

No two times are ever the same... but the base themes
can be similar... what similar theme could we connect
between then and now. Stone Age... comes to mind...
maybe we haven't travelled that far. It certainly can
appear that way at times.

For me... the clearest information arises from within...
the part that has access to ancient knowledge. The part
that knows and is connected to everything.

And our glorious Natural world... her wisdom
unparalleled. There's still so much for us to learn... to
remember, to honour, to know... the true and lasting
reality of living on earth as a human being.

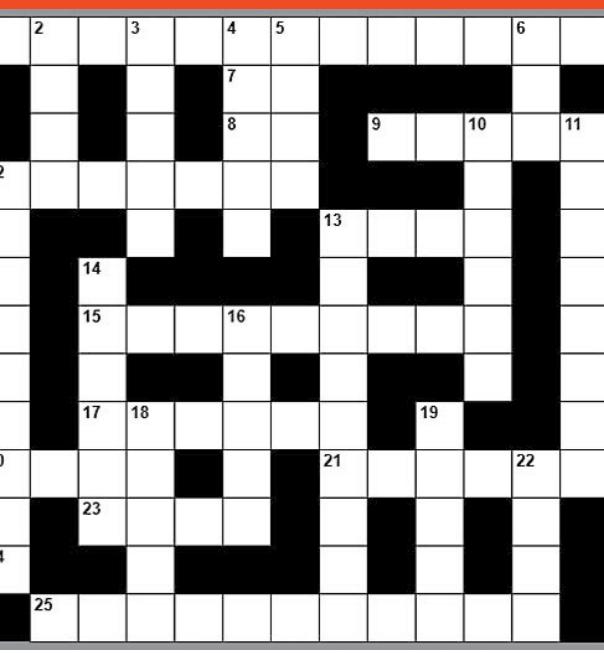
How can we each aspire to something higher?

Answers

Nimbin Crossword

2026-02

by Sync



1. Lazy?
2. Eagle's nest
4. Edison's nemesis?
5. Meat portions?
6. Early Nintendo gaming system (init.)
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Solution: Page 34

Help us spread the Good Times

Call out for helpers to distribute
The Nimbin GoodTimes
across the Rainbow Region
nimbin.goodtimes@gmail.com



NIMBIN BOWLO
25 Sibley Street Nimbin
Phone 6689-1250
INFO FOR MEMBERS & GUESTS
1. Geomagnetic storm chasers far north as
Hammerin' Ian in Queensland were recreat-
ed in Widespread Out of THE CHARTS!!! area
2. One billion (1,000,000,000). Your hammerin' just
wonder they changed the name. They used to be
and a human hair is about 100,000 mm across. No
one likes a glass ceiling.
3. Brisbane's Lang Park, which, at the gentle
corner of Boundary Road is in Bendley on the
5. Marlofield Public School is in Bendley on the
6. They are all card games.
7. Nuclear and nuclear.
8. Time.

GO QFEEFLNADNEE! resonates like a rolling
cavalcade, much to the dismay of those in blue.
9. Decimal currency was introduced on the 14th
September 1996 to the sound of Click Go The
Shrubs, with Dollar Bill spunking. The changes
second immediately prepared to all Australians in the
were held of this first decide upon the plan:
were immediately prepared to all Australians in the
resembles a bowtie and sunburst rails.
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