

AI rewriting history

Don't get me started
by Harry Gumboot

It was ANZAC Day when the algorithm suggested I watch an AI generated documentary on Australian troops in Vietnam.

It concerned the way Diggers had a far better success rate in the jungle than the Yanks*, due to factors that included moving slowly, using hand signals rather than speech, and failing to use aftershave (sic). Pretty basic stuff if you want to avoid alerting the enemy.

The thing that irked me was the diggers appeared to be wearing WWI vintage French helmets. AI has trouble with helmets, especially the subtle differences between Russian, German and American models.

In this case they retained their distinctive central ridge, despite it having been replaced during WWII, around 20 years before Australia became involved in Vietnam.

However, considering France's colonial history in SE Asia, this mistake provided an insight into AI's propensity to Hoover up everything before trying to make sense of it.

AI was also having trouble with the Aussie slouch hat; relentlessly showing the turned-up side regardless of which direction its wearer was facing.

I dug deeper and found a small army of similar docs: each the result of AI repeatedly plagiarising former versions of

the piece after having sacrificed its human source to the electronic fog of war.

The AI-generated voiceover, accompanied by annoying subtitles, replete with bad punctuation, absent phrase boundaries, mis-matched homonyms, and arbitrary pauses, left things as clear as the aftermath of a well-aimed smoke grenade.

Separating fact from fiction was akin to navigating the labyrinthine layout of a Viet Cong tunnel system. What should have been a five-minute work ran closer to 30. Anyone with a reasonable grasp of English could have edited it down to the former in less than an hour.

In an unrelated video – on a site I chose to subscribe to, rather than have the logarithm suggest – a real scientist was describing how cognitive artefacts – tools we use for thinking – can be divided into complementary and competitive subsets.

Complementary objects, such as pencils, notebooks or maps help to make us smarter; competitive ones, such as calculators, predictive text or GPS, tend to make us dumber.

It's a metaphor for the point AI was struggling to do things differently to the Yanks* and, as a result, achieved different outcomes.

* I have avoided the use of the term 'septsics' lest the algorithm bombard me with posts devoted to sewerage systems.

Take a selfie of a different kind

Sometimes, the search for one's identity takes up a substantial part of adult life. This search comes in countless disguises – for example, wondering whether the selfie you took really captured you.

Somewhere inside you, the voice of discord cannot be silenced, asking relentlessly to confirm your being. It is a sign that the confirmation of self did likely not occur in childhood because in our world of perfection, children are denied a whole lot of individuality. What remains is the quest to find identity, because being out of touch with one's distinctive self creates confusion and alienation.

As a result, impressions from outside have easy access to the confused mind performing a tangle of contradicting values which mostly cannot be owned. Restlessness and dissatisfaction signal that life does not meet the innate needs.

In this ceaseless state of longing, you can be prone to anxiety. To compensate for the something in you that is lost, you develop a strong desire for success. Struggling to be always ahead of the game, success surrogates self and accomplishment replaces fulfilment.

As long as success is achieved, the reeling self gets an anchor and for a limited

time life feels buoyant. After a typical decline the experience of achievement needs repetition, and this merry-go-round can become a lifetime occupation for a deprived individual. Although highly rated, it is in truth an inadequate system and incapable of representing your true self.

Identity is an effortless attainment cultivated by positive parental reception from day one of your existence. It implies capability and competence as an innate quality. With it comes acceptance of self and others and a true desire to be social for the sake of sharing the common need for closeness and intimacy.

A self fully realised, with the individual represented as a worthy member of the social group it belongs to, is not critical or judgemental. There is a serene absence of the constant question of what is acceptable and what not. A fulfilled person is accepted and accommodated. This implies a condition of being which frees the individual to develop the specific traits and characteristics ascribed to it.

If you are not comfortably seated in the self it is hard to cultivate and grow your individual-specific talent. You are looking to belong and search for validation, which can become fertile ground for conformity. You may attach yourself to people

only who share the same values and judge harshly where attitudes are different – a common reason for suspicion and division where tolerating differences is very difficult. Indeed, differences are a threat to the perceived security of a conforming group where equal is seeking equal.

The possibility of restoring self-worth and confirming your individuality as a distinct person lies in the ability of inviting the opportunity of self-actualisation. While attachment is an inherent need, it is not desired or useful to imitate others by denying the innate qualities of self.

When the full realisation of the worthiness of self sets in, the wish to slip into the role of someone else and to look, behave and act in the same way falls away in an instant. Admiration without wanting to duplicate what is already there will set you free. Then you can demonstrate tolerance and acceptance and start to portray a true self.

First aid for a subdued self
Think of the things you have always enjoyed most. What gave you real and deep satisfaction? What experience lingered in your heart, leaving a trace of sunshine even after a long while? Where does your memory take you with ease?



by Antionette Ensbey

You may find that the answers to these questions are an honest account of who you really are. Put your mind to these situations and realise how the sensations match the person that is you. You may develop a desire for repetition of the experiences.

You may find that it takes some effort on your side and some genuine re-evaluation of your current state of affairs, before you can be more responsive to your inner needs.

You have your own individual expectations that no other person can uncover for you. You may be struggling with conformity and belonging. Ignore the wish for short-term harmony. You will get all the harmony in the world if you present yourself as the accurate portrait of yourself.

The natural world receives you well into life as a distinctive individual with innate qualities. The search for yourself is over, the moment you can comfortably say, "I belong, because I am different."

A moment

by S Sorrensen

There are strange things happening. My orange tree fruits continually, non-stop for two years, and then abruptly dies. This is not the way of citrus. Sadly, I cut the tree down. The growth rings in its stump look like face, a sad face. Its sad face makes me even sadder.

Anti-immigration groups orchestrate boogie of the Welcome to Country. That's weird. Do they not know where Aboriginal people come from?

I talked to my neighbour about the citrus issue. His citrus is fine. Why me?

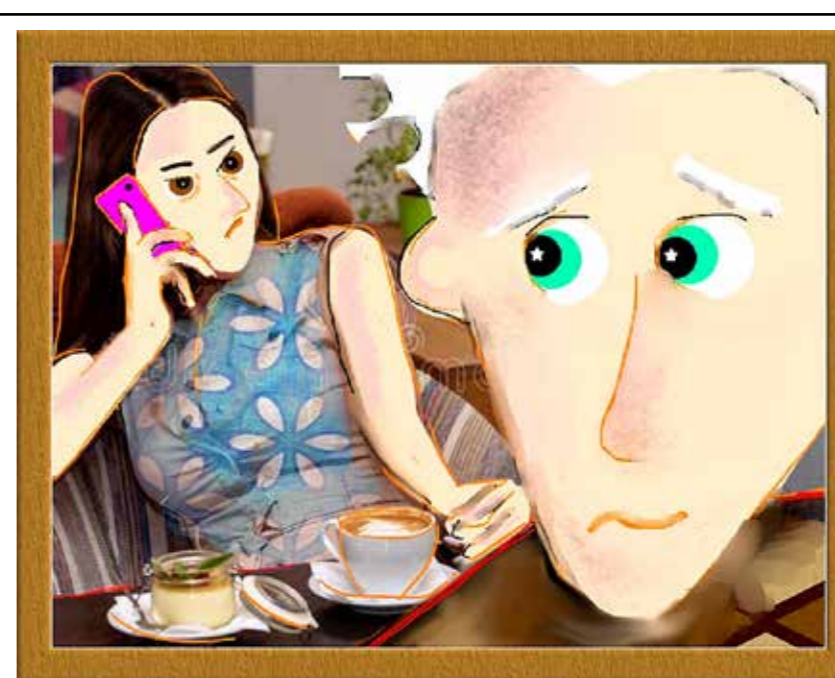
My phone was nearby, just lying there, not doing anything – or so I thought. But, it was listening. Now my phone is giving me lots of information about citrus disease.

But is it information? Or misinformation? There was a talking orange that recommended a spray I should buy. I know that citrus can't talk, of course, even citrus with a working mouth and good teeth, but does that mean the information is false? The talking orange also has glasses, so, really, it may know what it's talking about.

Oranges do not have faces. I know this. But, you know, what if they do?

The other day, I was sitting at a café, looking at my latte. I wasn't looking at my phone, because I decided to leave it at home. It listens to me. Maybe it can hear my thoughts. So, I left it at home. First time. I hope it doesn't get angry. They can cause cancer you know.

So, I'm sitting by myself with my latte and not looking at my phone. I am the only person at this café sitting



by themselves and not looking at their phone. I'm looking at my latte. It has a face. A sad face.

My phone is at home. I think I miss it. I don't know what it's doing. It's probably connecting. Phones are good at that. Maybe it'll appreciate a little time by itself, without me, just connecting. A bit of it-time.

I wonder if that man sitting near the window, looking at his phone and scowling, is watching the anti-immigrants boo the non-immigrants. Or has his citrus died?

I feel like warning him to not say anything about the immigrant people boogie the non-immigrant people or about his citrus fruiting continually for years and then suddenly dying – if that has happened to him – because his phone is listening and he may well get information about fatal citrus diseases from a talking orange, or about why Aboriginal people should just go back to where they come from.

But I don't say anything to the scowling man. It's not polite to talk to

people. They're busy connecting.

I'm not busy. I'm sitting here using a spoon to make my latte happy and wondering if the president of the USA is actually an orange which AI has made to look like, well, less of an orange. The president doesn't wear glasses, so I don't think he knows what he's talking about.

He is also anti-immigrant, but is, in fact, not an indigenous person because oranges originally came from Asia. He doesn't like oranges. They should go back to where they come from.

From the table behind me, I hear a woman's cheery voice: "Ah, hello..." Oh, real connecting. Good. I turn around saying, "Oh, hi!" with a big smile.

But the woman looks indignantly at me and says, "Hang on a minute, Annie. I got a weirdo here." She has white things in her ears. She moves to the table where the scowling man is sitting. She sits. He doesn't look at her. She says, "Well, Annie, I looked it up. There's this spray..."

The profound benefits of knitting

The art of practice
by Susan Paget

According to my algorithm, the world is going to hell in a handbasket. Senseless wars, shameless grift and shrinking celebrities – it's enough to make a gal want to chuck her phone into the rainforest. But that's our modern reality and why I'm so grateful for my practices.

I feel like I'm consistently using them as a way to steady my breath and help me maintain an attention span beyond ten seconds.

Of all my practices, knitting seems to be a formidable opponent to the doom scroll. I picked it up last year when my daughter found some yarn and needles in the back of a closet. The muscle memory from when my grandmother taught 12-year-old me some knitting basics kicked in and off I went.

Knitting has some profound benefits. It's meditative in the style of Japa meditation where rather than counting beads on a mala necklace you're observing the creation of a single stitch.

Knitting is also a political statement, a real middle finger to the man. When you knit, you put that phone down and intentionally create rather than mindlessly consume something you don't really need. And what I really like about knitting is that I actually crave it.

Like our phones, it gives that dopamine reward but there's an important difference. The phone dumps dopamine on us and when we pry ourselves away from it, we feel like total garbage.

But when you knit, the dopamine effort and reward chain is a slow drip, drip,

drip that keeps us knitting but with a sensation of contentment. When we put the needles away, we feel accomplished and that we didn't waste time.

And when was the last time your phone left you feeling like that?!

If knitting isn't your thing but you're curious about bringing this form of practice into your life, just swap it for anything that you can do by hand that requires some type of stitching – perhaps crochet, hand sewing, embroidery or macrame. The aim is to choose something that's portable and doesn't require electronics.

Here are tips for getting into a knitting practice:

Keep the initial investment and expectations low: If you're just starting out, hit the op shops. They almost always have donated needles and yarn perfect for beginners. In fact you don't even need knitting needles. You can knit with your fingers or arms. I've knitted with chop sticks! And begin with the fundamentals.

When I started, I didn't worry about patterns or complicated stitches, I just focused on the most basic elements and did them over and over and over again. I enjoyed knitting to nowhere. You'll know when you're ready to progress to more complicated stitches and more quality yarn but the whole thing is a learning curve so keep it cheap and cheerful.

YouTube tutorials: As much as I mentally battle with the online world, YouTube knitting community is great. You can learn how to do everything from getting started to step by step support as you work through some amazing projects. And if you don't want to be online, ask an elder to show you how to knit. Those

lifelong knitters are unsung heroes for all the countless sweaters, beanies and blankets they've made and it's really nice honouring their skills by learning from them.

Analogue Bag: The Gen Zers are onto the importance of a digital detox strategy and have coined the term "analogue bags". This is where you have a portable selection of unplugged alternatives for the holes in the day where you'd normally turn to your phone to kill time. Knitting is perfect for this. I always make room in my bag and pull the needles out in waiting rooms, on planes, wherever.

When you're in a public space and you see so many zombies – oops I mean people – glued to their phones, it feels totally punk rock to pull out your knitting and pass the time making something.

After discovering those knitting needles in the back of the closet, I'm now knitting nearly every single day. I've made dodgy sweaters, a dog rug, a beanie and stuffed animals for my grandkid. Right now I'm working on a very large blanket for my yoga teacher of the past 26 years.

She got me into this whole practice obsession so it seems fitting she should be on the receiving end of my latest journey into habit and ritual.

It's taking a gazillion hours to make, but when I consider that time could've been wasted on the phone, it's been worth every second.

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

nimbin.goodtimes@gmail.com

Magistrates and judges

Last time I appeared in the Local Court at Casino, I found myself before a Judge. I was intrigued. Why would a judge appear in the Local? No-one told me magistrates are now called 'judge'.

Roger at Tamworth, with his long white beard, was the scariest to appear before. He could be unpredictable, as he was for the invariable farewell to the convicted, "Thank you for coming."

Before I met him, I was told that the client of a young female solicitor, as he was being dragged out, had yelled at Roger, "Why don't yer get a shave, yold cunt?" His Honour's response was to say, directly to the lawyer, "I'm surprised, Ms ..., that you allow your client to speak to you like that."

Last time I saw him, he was filling in for the local magistrate in Lismore. We met outside the supermarket and shook hands. He didn't know the local lawyers. I was an old friend.

When I worked at Armidale, the judges from the District Court in Sydney, or the Federal Circuit Court

in Newcastle, when they arrived for their sittings, would be invited to the best restaurant for Judges' Dinners where law clerks, solicitors and barristers, for one lively evening, were equals on first name terms. One special night I sat next to Janet, the Family Law judge. The criminal law judges from Sydney were rarely the same. One, as I entered Dan Murphy's for a bottle of red, was on his way out and we stopped to chat.

I was successful in a lot of severity appeals before these judges, from decisions of her Honour, the recently arrived Magistrate Stafford in the Local Court. She'd been a prosecutor before her elevation to the bench. "Her Honour does tend to sentence a little high, doesn't she?" the judge said. I could not help but agree.

Now I appear before her occasionally and trust she appreciates the brevity of my written submissions. She no longer sentences a little high.

His Honour Michael Holmes, the other magistrate at Armidale, would openly praise my written



Legal writes
by John 'Sindhu' Adams

submissions. One of the other lawyers strongly suggested I stop doing it, "He'll make us all do them." One of the things I learnt from Michael is not to waste the time of the Court. Anyway, I'm a writer, not, like the others, an orator.

While it's normally the sitting magistrate, you never know for certain, in the Local Court, who it's going to be. One week it was Fierce Pearce. He appeared at a restaurant where my barrister Gemunu and I were waiting to be served. Gemunu invited

him to sit. He stopped and looked down at us, saying "I would never do that," which of course we understood and respected. He would never be accused of having a conflict. Despite his name I always found him fair.

Michael was magistrate when I arrived. He was the one who taught me most about the subtleties of law in practice. He preferred Circle Sentencing, with accused, lawyers and Elders. So did I. I worried about his Coca Cola addiction. Every morning, at the break, he'd cross the mall to Courthouse Coffees for his regular bottle.

Mark, sitting magistrate when I left, was unlike Fierce Pearce in that we were friends outside the courtroom. One day he had to tell me about the traffic patrol's recording of the conversation of two officers discussing the car that had just passed them at speed.

"I think that's the magistrate," said one. "No, it can't be. He wouldn't drive a shit-heap like that." "Shit, it is him."

Read more at: johnadams150712.substack.com

DR ANTOINETTE ENSBEY
PHONE COUNSELLING
\$36.00/HALF HOUR
NEWPACIFICPUBLISHING@GMAIL.COM
02 9918 9509

Nimbin Post
Open 8am – 5pm Monday – Friday

- BANKING • MOBILE PHONES
- IT SUPPLIES • BILL PAYING
- WESTERN UNION • GIFT CARDS

Mail leaves at 2pm sharp

Locally owned and operated

The Voice of the Alternative Nation
NIM-FM 102.3
FACE THE MUSIC
www.nimfm.org

Nimbin Apothecary
NATUROPATHY
HERBAL DISPENSARY
nimbinaothecary.com.au

the rainbow health centre

- Naturopathic consultations
- Nutrition
- Lifestyle advice
- Flower Essences
- Electrodermal Screening
- Herbal & Homeopathic Dispensary

Suite 4/8 Slade Street, Goonellabah NSW 2480

For appointments, call
02 6621 5121 or 0484 076 120

Email: info@rainbowhealthcentre.com
Web: rainbowhealthcentre.com

Satellite clinic now available on Thursdays at Birth and Beyond, Nimbin

Gentle Realignment. Pain Relief.

Sonia Barton
Bowen Therapist

- Bowen Therapy
- Scar Tissue Release
- Reiki Master

www.BowenEnergyWork.com.au
Mobile: 0431 911 329

Radiate Positivity

VALE PLUMBING
DOMESTIC • COMMERCIAL • RURAL • OFF-GRID

BERNARD O'BREE
0416 130 664
645 Williams Road, Barkers Vale NSW 2450
bpobree@outlook.com

PLUMBING LP GASFITTING SEPTIC SYSTEMS IRRIGATION BORE PUMPING SYSTEMS WATER TANK INSTALLATION

"Prompt and efficient service, when & where you need it"

- ✓ Fully licenced
- ✓ Insured
- ✓ Free quotes
- ✓ Reliable

• SERVICING THE NORTHERN RIVERS AND SURROUNDS •

CHI FUNG LEE
ACUPUNCTURIST
BApp.Sci.Acupuncture
reg. AHPRA & AACMA

2012 NIMBIN ROAD, COFFEE CAMP
chilbiz@xs4all.nl
047 823 9298

Julia Lincoln: 0434-919-172
KINESIOLOGIST
Over 20 years of experience

- Structural and neurological integration
- Pain and restriction of movement
- Emotional challenges including psychological reversal
- Learning difficulties including dyslexia
- Inherited patterns and belief systems
- Gait system
- Immune system and allergies
- Safe for seniors

AWAKEN YOUR INNER GURU

- QHHT Quantum Healing
- Past Life Regression
- Akashic Record Readings
- Hypnotherapy

Auralia Rose
Visit me in Murwillumbah or stay at home and meet me on Zoom
0422 481 007
auraliarosewellbeing.com

NIMBIN HOMEOPATHICS
For all your homeopathic supplies –
tarangbates@yahoo.com.au

NIMBIN AQUARIUS
foundation inc

ENROLMENTS ONGOING

- Inclusive Learning Culture
- High Potential Gifted Education
- Individual Education Programs

Enrol Now!

02 6689 1355
www.nimbin-c.school.com.au
23A Thorburn Street, Nimbin NSW 2480

Success Through Diversity

Chen Pi – Aged tangerine peel

The literal translation of Chen Pi is “aged peel”; more precisely, it refers to “aged dried tangerine peel.” Tangerines, a type of mandarin, are typically slightly darker orange (sometimes reddish), have a stronger, tangier flavour, and represent a specific subgroup within mandarins.

According to Traditional Chinese Medicine (TCM), phlegm is formed in the spleen and stored in the lungs. Chen Pi helps dissolve it while also regulating Qi (unblocking and smoothing the flow of energy), strengthening the Spleen, drying dampness, and supporting the transformation of phlegm. Chen Pi is especially helpful when digestion is not working smoothly, particularly in cases of spleen and stomach Qi stagnation. This may present as vomiting, hiccups, phlegm-related cough (from cold or dampness), and a feeling of tightness or fullness in the chest caused by phlegm or dampness. It is also commonly used in Spleen Qi deficiency with dampness, where digestion

is weak. In this pattern, people may feel tired, heavy, and bloated, with loose stools and a pale, swollen tongue covered in a thick, greasy coating. In TCM, this coating indicates that the body is not properly transforming and moving fluids, leading to dampness and phlegm buildup.

Common herbal combinations
The easiest way to use Chen Pi for improving digestion is to brew it as tea. Simply place a whole slice of Chen Pi in a lidded mug, pour in boiling water, and let it steep for about five minutes before drinking. Chen Pi is also often paired with other ingredients to enhance its effects. For example, it can be combined with three slices of fresh ginger to help dispel cold and warm cold hands and feet, pear to moisten dryness and support the lungs and digestion, dried rose petals (about 2g) to support digestion, and ease stress and emotional imbalance related to liver Qi stagnation, Chinese jubube dates (three pieces) to boost energy and



by Chi Fung Lee

nourish the blood, dried longan (6–10 g) to support digestion and improve sleep, chrysanthemum (5g) to clear heat and support eye health, goji berries (6g) to nourish the liver and kidneys, and dried hawthorn berries (10 g) to help resolve food stagnation by promoting digestion and reducing the accumulation of undigested food in the Stomach and Intestines. To prepare Chen Pi with other herbs, simmer them together. Add the ingredients to a small pot with 400–500 ml of water, bring to a gentle boil, then lower the heat and let it simmer for about 10 minutes. Strain and drink warm. Simmering helps extract more flavour and beneficial compounds.

Caution
Chen Pi is slightly bitter, drying and warm in nature. Because of this, it may reduce body fluids and increase internal heat if used excessively. It should be used with caution in people with signs of dryness or heat, such as a dry red tongue or dry cough. Fun fact: The best Chen Pi comes from Xinhui in Guangdong, China. Its quality largely depends on age – around three years is suitable for basic medicinal use, 5-10 years is considered good and balanced, 10–20 years is premium, and anything over 20 years is rare and highly prized. A 65-year-old Chen Pi has been reported at around 23,000 RMB per tael (about 37g), which works out to over 600,000 RMB per kilogram – well above AUD \$100,000 per kg. There’s even an old Chinese saying: “One tael of Chen Pi is worth one tael of gold,” highlighting how valuable well-aged Chen Pi can become.

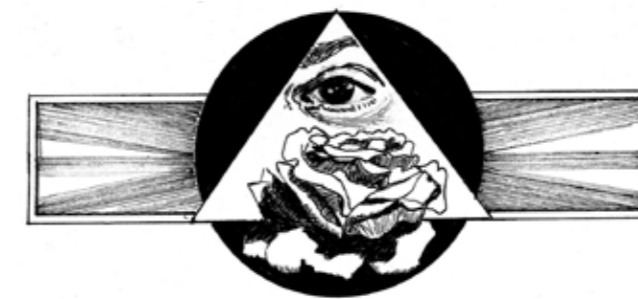
Chi Fung Lee is an AHPRA & AACMA registered acupuncturist in Coffee Camp. Phone 0478-239-298.

Ending Wars: Harmonise head and heart with eco-friendly diets

by Anand Gandharva

We know little, but live in a dangerous oligarchic kleptocratic world that seems bursting at the seams. Is the on/off USA/Israeli-Iran war to promote US oil, arms industry, Gazalago bestial megalomaniac Trump, Greater Israel, Russia, China, Climate Change action to reverse global oil addiction, or divert from the Epstein class, and secretly measure your computer activities for AI to list you as docile or unruly? We believe what we want, are free, but we have instincts and cannot only rely on brains. Do you follow intuition, social media, national news, conspiracies?

Are you busy prepping for WWII, buying ex-farm land together, building your own home, dome, granny flat, mudbrick cellar, renting a tiny house, or aluminium box flatpack? Whatever, we’d better cultivate harmony within ourselves too, ‘care for country’ and balance head with heart, right and left brain, logic with feeling, fire and water, science and faith, force and form, black and white. Not only survival of the fittest realism – empathy too. Tribal allegiance next to species and nature, not steps ahead; like multi-cultural tolerance, life as rainbow coalition. We are evolving. The world our parents grew up in, no longer exist. That era is gone. Earth is linking up:



An eco-friendly diet balances head and heart

telephone, trade, art, books, travel, sport, news, internet, TV, fashion, science, products, entertainment, intermarriage, environmental awareness, etc. Society is suffering from variations of Social Darwinism: the fittest become the best and brightest, the weakest are exploited or perish. We may be either ‘yes, we

can’ cheerleaders, or ‘no, we cannot’ defeatists, convinced the light on the hill is out of reach. Society however needs new ideas to be sustainable – like a band has composer, bandleader, and players – and harmonise diverse sounds into a melody. Too many people now consume too much each. Health and full human potential depend on privacy,

eating and breathing well: eco-friendly diets and musing/meditations – laugh at the silly things that are possible, cry for all the pain caused, and then observe all in silence – as if sitting on a mountaintop by yourself. This will improve you; society and ecology. Adopt dietary laws that renew economy, landscape and hearts, abandon old time-tried hunter gatherer habits. The state of many environments, and scarcities, tell it is time to change habits and strive for personal and regional resilience. Survival advice in newspapers, alone or with the magic of community, is to ‘build a garden, not a bunker’. Start sprouting veggies, rice, grains or spuds in fields or pots. There is also great

benefit in edible weeds. Realise that amongst bad news, good tidings hide. Rumours of WWII shortages overlook there are hope giving aspects too: do not forget that horrible wars boost valuing sunshine, rain, pulses, organic gardening, self-reliance, back-to-the-land, rewilding, ecology, community values, renewable energy (See: <https://news.un.org/en/story/2026/03/1167135>) and a multi-polar world seeding a fair and integrated multi-cultural meritocratic global village. Individual consumers and governments can help turn the ship of state, avoid a crash. The key to a renewable economy, and balancing head and heart is... eco-friendly self-control.

Music of the Spheres

by Magenta Appel -Pye

I recently had a psychotherapy-assisted psilocybin immersion, which I will share at another time when I have sufficient words to express this amazing treatment that has changed my life for the better.



Musica universalis
It was during the trip that I encountered, and was healed by, the most beautiful sounds I have ever heard, which are what I assume to be the Music of the Spheres (Musica Universalis). It is a philosophical concept proposing that the movements of celestial bodies produce harmonious sounds based on mathematical ratios.

The music is generally considered a mathematical or spiritual ‘hum’ rather than a sound audible to human ears. It suggests the cosmos operates as a unified, proportional symphony, influencing terrestrial life. The mushrooms certainly opened me up to the cosmos and to these celestial vibrations.

Pythagoras
It was Pythagoras who discovered that pitch depends on string length, tension and thickness, suggesting that planetary distances/speeds follow similar simple integer ratios to create harmony.

He noted that strings produce harmonics, which are ‘pieces’ of one note, which make the note. The lowest pitch that can be heard is the named note, or frequency.

Piano
It’s all pretty heady stuff, so I asked Norm to help explain it more to me. He tells me the only way we can use the scientific and mathematical principles is through a musical instrument, and the ultimate expression of this is the piano.

There are over 200 strings tensioned very highly, all vibrating together at times to produce a vast range of harmonics that interplay with each other and produce incredibly rich harmonic content. As a piano tuner, it is his job to try

and persuade a piano to comply with these theories. He is trained in listening to specific frequencies and harmonics that he has had to learn, and has lived his life bringing pianos into harmony.

Harmonics
Harmonics occur in sequences – thirds, fourths, fifths, and then they become infinite. All musicians understand, on some level, the importance of these sequences sung about so succinctly and beautifully by Leonard Cohen: *I’ve heard there was a secret chord That David played and it pleased the Lord But you don’t really care for music, do ya? It goes like this, the fourth, the fifth, The minor fall, the major lift The baffled king composing Hallelujah...*

Scales
Musical instruments don’t comply perfectly with the mathematical and scientific theories, but our ears are conditioned to accept our tempered scales. Pythagoras was the first person to formulate a musical scale in Western music.

Other cultures have different scales they enjoy but which sound weird to us. And our ears only have the ability to discern accurately to the middle four octaves of the piano anyway.

Sound
The idea remains a metaphor for the ordered nature of the universe. It makes sense to me because, beyond words and the stories we tell ourselves and each other, is sound. I think that is something we can all agree upon.

A recounted dream



Courtesy dreamtime.com

by Michael Brooke

A dream told to me by a friend, Laura, who experienced it as a warning, that she was becoming perilously estranged from the natural world, alienated from Gaia who nurtured her.

It was a warm summer day. I was sitting in a comfortable chair on the veranda. I fell asleep. I dreamt I was lost in a remote uninhabited wilderness. The sun was dazzling. It pulsed in time to my heartbeat. I could hear an immense sighing; I could feel the earth breathing.

It frightened me; something vast was watching me – Gaia, goddess of the earth, a living embodied consciousness was aware of me. I sensed her immense knowledge of herself, her discernment of life stretching back in deep time, to time which flowed long before humans were even imagined by creation.

She had come from a place that existed before time came into being, she came from a place untouched, unframed by human consciousness. “The soil near my sleeping body stirred, moulding itself into the form of an immense Aboriginal woman. Her features became distinct. Her naked body was patterned with

deeply etched lines that were a rendering of rivers and valleys and mountains. She was dark and beautiful and enormous. She rose to her feet and regarded me, her posture regal, her expression imperious. I was a mote in her presence, an insignificant nothing, an intruder. My house, my garden, my body, my soul – these meant nothing to her, they belonged to nobody.

“I was grown in this country.” She spoke to me as a mother does to her child. She took up a handful of soil and trickled it away between her fingers. “I am this,” she said.

Her dark eyes glinted, she smacked her hands together hard, fierce as the crack of thunder and lightning. She pointed at me. “Stranger!” Her judgement of me seemed like death.

“Not a nightmare – a daymare perhaps. I awoke to find sunlight high and fierce burning my face and it hurt my eyes. There was an open book in my lap, and I heard a truck rattling past, the cries of children, a magpie scolding, and I could hear music, a woman singing. Words in my mind: “It is strange to be here. The mystery never leaves you alone.” A mystery I didn’t want, I wanted

normalcy – it was like I’d had one of those falling dreams, and I was reaching for anything to break my fall.

I saw new spring leaves on the mulberry tree and flowers in the garden beginning to form. Clinging to the wall in a shaded corner was a green tree frog, motionless. The man, my husband, in the moment he seemed a stranger, came with iced water and he sat with me.

“I told him the dream, and it’s meaning, and the sense of loss I felt, my sadness that I was not at home in this place. I said, it’s like we poor white people mean nothing to this country, we are trespassers, our souls remain far away in the North where it is cold, where everyone is white skinned like ghosts are. Ghosts are invisible in the sun.

I held up the book, *Anam Cara*, by John O’Donohue. I said, “It’s a book about belonging, and now I realise this is what I have to learn ... to belong here.”

“People are often exceptionally careless in their style of belonging ... Essentially, we belong beautifully to nature. The body knows this belonging and desires it. It does not exile us either spiritually or emotionally. The human body is at home on the Earth.”

ASTRO FORECASTS



by Tina Mews
What's happening
in the heavens?

Aries

Stay tuned for fresh insights of what you truly value as life seems to fluctuate a lot and things in general have become less predictable. The New Moon on May 17 could trigger old wounds around how to use your energy and power. What are the needs of the world you like to focus on that take you beyond your personal confines?

Taurus

New directions may open suddenly, and you might choose adventure over security and excitement over routine. The New Moon (May 17) is a great moment in time for initiating new projects as you have the energy and determination to follow through. Try not to engage in a power struggle during the last week of the month.

Gemini

You are on a journey into a new era. Therefore, use the weeks before your Solar Return for reflecting on the year just ending and what you would like to change, what are your choices? The energies of the Full Moon on May 2 can be channelled for releasing, purifying and clearing old energies.

Cancer

The ground is prepared for new developments and manifesting inspirational ideas to do with your life goals and life direction. You may find that 'the whole is greater than the sum of its parts' when spending time with like-minded souls. The new energy flows more easily when in a group environment.

Leo

This is a period where you may like to approach life with lots of drive and enthusiasm. Be willing to change direction and answer to a new call even when a part of you is anxious about staying the same. When you move into the heart centre, you see things more clearly instead of trying to meet others' expectations.

Virgo

It is time to question your beliefs and embrace different philosophies. New ideas are flooding in concerning your life direction while old paradigms are shaken. Or you are the one doing the shaking! Whatever is the case, when you shift your perception, your experience and sense of reality changes as well.

May

May promises a calmer mood after the stormy energy of the past three months. Still, it begins intensely, with a Full Moon in Scorpio (May 2 at 3.22 am) opposing the Taurus Sun and forming a challenging square to Pluto in Aquarius. At the same time, the Moon is aligned with Jupiter in Cancer via a sympathetic trine. Scorpio likes to dig for the subterranean riches including the truth and is not afraid to expose reality for what it is. We might see things more clearly now and what surfaces can be used for healing and deeper understanding, or it can widen existing divides as it also depends on our judgement and perspective. Nonetheless, Mars, ruler of Scorpio, is square Jupiter and may tend to overreach or push too hard. Taurus, Scorpio, and Aquarius are fixed signs that resist change, inclined to hold on tightly before they finally can let go or release pent-up energy in a volcanic eruption. This is accompanied by Pluto stationing retrograde on May 6. It marks the start of a five-month journey into the mythic underworld, challenging and metamorphosing old power structures and ideologies especially in connection with claims to ownership, finite resources and our relationship with the material world expressed through Taurus, the sign the Sun transits until May 21. Taurus is a realist, an earth sign associated with the human need for stability, comfort and the importance of secure food and shelter.

Uranus, planet of change, chaos but also liberation journeyed through Taurus for the last seven years and has only just (re) entered the next sign, Gemini on April 26. Uranus has an 84-year cycle. In Taurus, Uranus disrupted the physical world itself. Our relationship with possessions, nature, the earth, body, money, and values has been shaken and changed during this period. Earth wants permanence but much of what once felt stable turned out to be fragile. Thus, Uranus in Taurus has been an important wake-up call by revealing our vulnerabilities and dependencies on non-renewable resources. With Uranus in Gemini and Pluto in Aquarius (until 2032/3), we are entering an era of air signs, defined less by what we build and possess and more by how ideas move and relationships are formed. Information, networks, language and intelligence itself become the primary terrain of focus. Power and influence shifts into language, data, networks and perception. What it means to be human is redefined. The time rewards those who remain mentally flexible without becoming scattered, embracing complexity without losing their centre and spiritual purpose.

The New Moon in the late degrees of Taurus occurs on May 17 and is closely conjunct Demeter-Ceres, the ancient grain goddess and Mercury, the planet associated with communication, trade and transport. Uranus, while in early Gemini, is still very closely aligned with the Taurus stellium, indicating the possibilities of further disruptions and changes to the growing and supplying of food. As the shortage of fuel and fertiliser is most likely to continue, we may develop new strategies such as growing food organically, starting community gardens or sharing transport. New Moons herald new beginnings, and the Taurus New Moon may inspire us to align with our inner resourcefulness while also establishing networks of support. The word 'crisis' originates from the Greek word 'krisis' meaning 'a turning point, decision, judgement'. This is a favourable time for planting new seeds while moving purposefully into a future we want to create.

On May 19, Mars enters Taurus (until June 28) approaching a challenging square aspect with Pluto that will perfect on May 26. Mars slows down in Taurus but when aligned with Pluto it can signify drama and volatile energy. Also, power struggles become more entrenched when Mars and Pluto are in fixed signs. This could be a stressful period when emotions intensify especially affecting those who have planets or important chart points in early Taurus, Leo, Scorpio or Aquarius. It is best to step back and channel the energy into creative projects. With a helpful trine between the Sun in Gemini and Pluto in Aquarius, we may be empowered to choose wisely when to be assertive and when to compromise.

The month ends with a Full Moon in Sagittarius on May 31 opposite the Sun in Gemini conjunct Uranus. This is a great time for opening toward new possibilities with a sense of freedom and adventure. Reflecting on our choices will help with guiding us in the right direction. Saturn in Aries is stabilising the Sagittarius Moon with a supportive trine aspect encouraging us to move beyond existing limitations.

Navigation by the Stars:
Personal and/or relationship astrology;
Life cycles and your year ahead transits;
plans, directions, concerns for 2026-2027/8;

In person or on-line consultations.
Astrology at Lillifield Community Centre:

'A Change in Frequency: Uranus in Gemini & Chiron in Taurus' May 23, 10am-4pm. All welcome. For info and registration call 0457-903-957 or email: star-loom@hotmail.com
Gift vouchers available.

Libra

This is a good month for following through with joint projects while still finding enough time for yourself. You may feel like rebelling against any limitations put onto you by others as you want to be free to follow your own ideas and imagination. Like always, find the right balance that works for you and equally for those involved.

Scorpio

The vibes of the Full Moon on May 2 are perfect for initiating changes in your relationships. Loyalties are shifting into a new direction allowing for freshness and more inspiring interactions. You are not afraid to speak your mind, just do it gently and considerately. Healing of old wounds is possible if you remain flexible and centred in your heart.

Sagittarius

Establish a balance between things you do for a living for sustaining yourself and time spent on more creative and recreational activities. Both sides are important and essential for maintaining a healthy body-mind equilibrium. Overall, this is a time when you or your partner needs more freedom for individual development.

Capricorn

Restrictions and attachments to traditions have been broken as they hinder the creative flow. The world is shifting to new patterns of thinking and perceiving. It might be the right moment in time for tapping into your creative potential without losing your inner centre and investing your emotional energy into what feels most important.

Aquarius

This is a time for making changes in the home environment or even revolutionising your inner life and emotional reality. The Full Moon on May 2 could bring surprising revelations but also opportunity for healing old wounds. Try to focus on what unites. Shared goals can shift the focus from tension to feelings of unity.

Pisces

There might be possible shake-ups at the home front. Things could be shifting quickly into a new rhythm, a new place of residency or other surprising developments as a fresh chapter in your life is opening. Best to stay open-minded, feel into the energy and trust your inner voice. The journey into the unknown is accelerating into a new level of complexity.



Magick of May

by Marilyn Devlin

There's something about May that feels good... comforting, warm and familiar. The last month of autumn before moving into winter... as winter as it gets in parts of Oz.

Still, time to pull out the sweaters... start using the comfy throw rugs that've sat over the arm of the lounge waiting patiently.

These in-between times... maybe all times are in-between... what was and what will be... who we were and who we're becoming.

There's a softness about May... even though it begins with Samhain... honouring that in-between time... where the veils thin and we can access worlds normally unseen.

And of course, the Scorpio Full Moon, bringing an insistence to delve deeper, look beyond the surface of things. Much of our 'modern' world is lived on the surface... sacrificing the treasures that lie just a little below.

Living life without knowing these depths... is a tragedy. Life exists everywhere. All around us... we're surrounded by it. It speaks constantly. Wherever we walk, stroll, ride or rush... wherever we speed past in our noisy, pollution causing metal machines... life is living, existing... beyond our vision.

Maybe it's a memory that's been forgotten. Surely an awareness we had as a child... it's likely an understanding that's buried so deep it's unavailable to the conscious mind. Maybe there's just no time... or so is thought. Speed must be maintained... our human purpose supreme... overriding everyone and everything else.

We can be such an arrogant species. A belief that we rule the world. That our intention negates every other living presence.

Sigh... so we enjoy the little things... the moments of magick shining, singing, existing all around us. The miracles that are happening in every moment. The joy that sparkles on every living thing. The happiness they bring.

As an empathic person (a 'genuine' one I've discovered)... this so-called modern life of speed and disregard is hard for me. A genuine empath has a nervous system that operates differently. It's heightened. It feels everything. It receives the vibration and movement and communication of everything... straight into their body.

There's little separation between them and everything around them. They need more protection, more real life around them.

I've reacted to labels my whole life... I still don't feel comfortable with them. I ask why do we need them? But alas. Over my long life... I've had many placed upon me... I fought every one... "I'm a modern woman," I'd say.

Anyways... I divert.

May is also my brother's birthday... now left Earth... he's always with me though. I loved him dearly. May is when my parents married... commenting the possibility of my incarnation... the first-born child.

May of course is Mother's Day... I always honour it. I had a mother... a significantly influential mother... I am a mother... something I'll always be grateful for.

And of course... our glorious Mother Earth. We can celebrate and give thanks every day for everything she provides... making it possible for us to exist, for us to live in this incredible place.

I had powerful vision (?)... years back now. One that lasted a whole day. I'd birthed into an 'alien' world... robots surrounded me. They were connected by chords... from their head to 'mind central'. It felt cold and metallic, it was noisy and bright. It felt lifeless.

Then I saw a tiny flame burning inside their metal frames... so I knew life existed here... it was just so small.

My sensitive nervous system had collapsed... I slipped into another world... but I've always remembered the feeling of that metallic world of life. I've never liked it. I need the trees.

Nimbin Trivia Time

by Eclectus

Questions

- At 5,895 metres, this is the tallest freestanding mountain (that is, not part of a mountain range) in the world. For a point each, what is its name and where is it?
Image courtesy www.goworldtravel.com
- Do the Furies have any friends?
- Who are the Furies' friends?
- True or false: Xiaomi, the third biggest mobile phone manufacturer in the world, also makes the third fastest ultra-high performance 4 door electric vehicle in the world. Take a bonus point if you can name the biggest and second biggest mobile phone manufacturers in the world.
- Phasocogale, planigale and martingale. Can you pick the odd one out?
- Was the propensity of carbon dioxide (CO²) to absorb heat from the sun's rays, thereby admitting the possibility of the greenhouse effect leading to global warming, discovered in the 19th, 20th or 21st century?
- Gingham, Tattersall and Madras are all types of what?
- True or false? The whole of Liverpool (UK) was once mortgaged for £10,000.
- What is the collective noun for boars? Hint: There's only one and it begins with s.
- Fletcher is a reasonably common name in the anglosphere. This Anglo-Norman word originated in the 14th century from an artisanal occupation. The fletcher's was the final of three skillsets required to produce the finished article. Take a point for the finished article, a point for the fletcher's part in it, and a point each for the other two artisans' parts in the process and also for their titles. Hint: the product was important in hunting and warfare. This question is last because, even if you missed a few earlier questions, you could pull the chocolates out of the fire on this one alone!



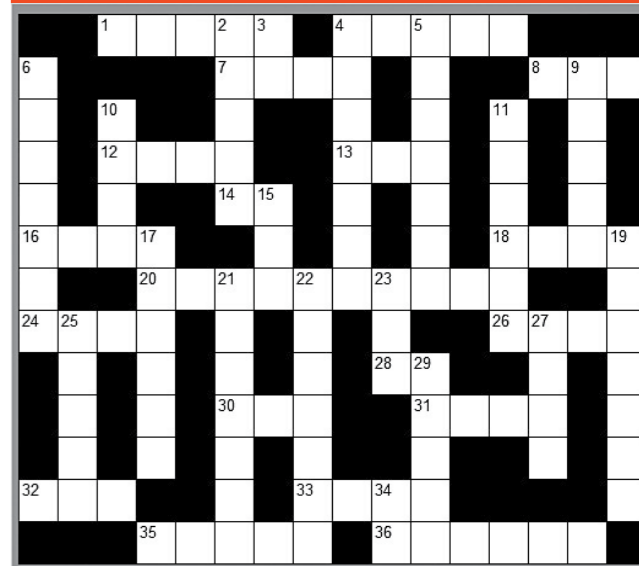
without a bow, the bowyer fashioned the bow.
arrowheads and, because an arrow is not much use
(essential for stable flight), the arrow-smith made the
arrow.
fletcher's role is to fit the feathers to the arrow. The
10. The finished product is a bow and arrow. The
according to the Macquarie Dictionary.
9. The collective noun for boars is a "singular" of boars,
wealthy and shaped international trade for centuries.
development of the world's first commercial wine dock. It
London in the early 18th century to fund the
mortgaged it for £10,000 with "a gentleman from
8. True. The Liverpool Merchants Corporation
Madras from Chennai (formerly Madras) in India.
and the Tattersall's horse market in London, UK and
fabrics popular in the West for many years. Gingham
7. They are all colourful patterned woven cotton
who had previously been credited with that insight.
greenhouse effect pre-dated the work of John Tyndall
when it was recognised that Fourier's hypothesis of the
the Sun's rays", was rediscovered in the 20th century.
paper, titled "Circumstances Affecting the Heat of
She published her results and hypothesis in 1859. Her
1856.
6. The 19th century. It was discovered experimentally
recovered losses and made a profit at the same time.
of doubling ones bet at each loss, thereby hoping to
the planigale are carnivorous Australian marsupials
5. Martingale is the odd one out. The phasocogale and
phone manufacturers are Apple and Samsung.
620 kilometres (385 miles). The two biggest mobile
of 1,139 kilowatts (1,527 horsepower) and a range of
in excess of 180kph). The vehicle has power output
a time of 6 minutes 46.874 second (an average speed
21 kilometre Northscliffe track with
third fastest lap time for a 4 door electric sedan at the
4. Released in 2024, the Xiaomi SU7 Ultra holds the
appliance Fury!
two tin mushrooms (beaver) and... an
3. One concrete pelican, two concrete egrets, one
concrete heron, one concrete rooster, one concrete frog,
2. Yes, there are eleven friends.
what's caused that
1.76 kilometres. Sorry, no extra points for guessing
1. Mount Kilimanjaro is in northeastern Tanzania,
about 320 kilometres south of the equator. In 1912
the mountain boasted 11.4 square kilometres of
glacier coverage, but by 2011, that had shrunk to

- ### Answers
1. Mount Kilimanjaro is in northeastern Tanzania, about 320 kilometres south of the equator. In 1912 the mountain boasted 11.4 square kilometres of glacier coverage, but by 2011, that had shrunk to 1.76 kilometres. Sorry, no extra points for guessing what's caused that
 2. Yes, there are eleven friends
 3. One concrete pelican, two concrete egrets, one concrete heron, one concrete rooster, one concrete frog, two tin mushrooms (beaver) and... an appliance Fury!
 4. Released in 2024, the Xiaomi SU7 Ultra holds the third fastest lap time for a 4 door electric sedan at the 21 kilometre Northscliffe track with a time of 6 minutes 46.874 second (an average speed of 1,139 kilowatts (1,527 horsepower) and a range of in excess of 180kph). The vehicle has power output of 620 kilometres (385 miles). The two biggest mobile phone manufacturers are Apple and Samsung.
 5. Martingale is the odd one out. The phasocogale and the planigale are carnivorous Australian marsupials of 1,139 kilowatts (1,527 horsepower) and a range of in excess of 180kph). The vehicle has power output of 620 kilometres (385 miles). The two biggest mobile phone manufacturers are Apple and Samsung.
 6. The 19th century. It was discovered experimentally recovered losses and made a profit at the same time.
 7. They are all colourful patterned woven cotton who had previously been credited with that insight.
 8. True. The Liverpool Merchants Corporation mortgaged it for £10,000 with "a gentleman from London in the early 18th century to fund the development of the world's first commercial wine dock. It was important in hunting and warfare. This question is last because, even if you missed a few earlier questions, you could pull the chocolates out of the fire on this one alone!
 9. The collective noun for boars is a "singular" of boars, wealthy and shaped international trade for centuries.
 10. The finished product is a bow and arrow. The fletcher's role is to fit the feathers to the arrow. The arrow-smith made the arrow.
 11. Boded?!
 12. Leave out
 13. Come together?
 14. Saint (init)
 15. Two handsful?
 16. Double reed woodwind
 17. Perturbations in a current
 18. Not hearing
 19. Small winged creatures of European myth
 20. California theme park (opened 1955)
 21. Types of 9 down, e.g. Charlotte's Web, Malawi Gold
 22. Fifteenth century Dutch humanist, famous for his defence of free will
 23. Cover
 24. Skin of cheese (and bacon)
 25. Strain (but not of 28 across) – mountain range in central Asia
 26. Masters of the dark side?
 27. (indefinitely) long periods of time
 28. Brassiere cup size between D and E
 29. (Remove water through) waste exit point
 30. Marketing
 31. Precipitation
 32. Businessman's lunch
 33. Hybrid citrus fruit – not pretty!
 34. Lightest metal
 35. Plays on street corners?
 36. (and 6 down) – 9 down, removed from under lights partway through its growth

Nimbin Crossword

2026-05

by 5ync



Across

- 9 down, grown without soil
- City-based
- Aroma (as of burning herbs)
- Time gone?
- Leave out
- Come together?
- Saint (init)
- Double reed woodwind
- Not hearing
- California theme park (opened 1955)
- Skin of cheese (and bacon)
- Abominable snowman
- Brassiere cup size between D and E
- Marketing
- Precipitation
- Businessman's lunch
- Hybrid citrus fruit – not pretty!
- Plays on street corners?
- (and 6 down) – 9 down, removed from under lights partway through its growth

Down

- Musical style – drawn from country, blues and folk
- Overdose

Solution: Page 34

Cawongla Playhouse

Tuesdays
Wednesdays
Thursdays
Enrolling ages 2 ½ - 5

5325 Kyogle Road
Near Cawongla Shop

6633 7167 cawonglaplayhouse.office@gmail.com



NIMBIN BOWLO

25 Sibley Street Nimbin
Phone 6689-1250

INFO FOR MEMBERS & GUESTS



Club opening hours
Wed-Sat 2.30pm to close, Sun 8.30am to 4pm
Bistro open for dinner Wednesday-Saturday
• Open Mic, Wednesday 13th May, 6pm
• Social bowls, every Sunday from 9am

Star-loom
Navigation by the Stars
Astrological Counselling
Chart Readings
Workshops
Tina Mews
P: 02 6689 7413
M: 0457 903 957
E: star-loom@hotmail.com
W: star-loom.com.au

NIMBIN CANDLES
Open 7 days
9am - 4pm weekdays
10am - 4pm weekends
Phone: 6689-1010 Website: www.nimbincandles.com.au

Rainbow RIDGE
School for Rudolf Steiner Education
Playgroup, Kindy to Year 8
Education Towards Freedom
02 6689 7033
www.rainbowridgeschool.nsw.edu.au