

How to make the spirit authority work

What constitutes authority? Authority is based on knowledge, expertise and integrity. A person who specialises can become an authority in their field. As a parent, you are specialising in parenting, meaning you become an expert in the field of child rearing. You become an authority, even without recognising the role you are playing. Internalise this fact for a moment: You, the parent, while parenting, are training to become a parenting authority. Pretty neat, isn't it? And although this is without doubt the case, parents rarely view themselves as the child rearing experts with the consequence that the experts aren't the parents but somebody else wholly unconnected to the family. The authority is being outsourced, and parents may find themselves in the dilemma of losing control



by Antoinette Ensbey

and diminished authority – a circumstance that destabilises the platform from which parents should be working their parental magic. The worst thing to happen then is the loss of ability to manage family life. At best it becomes a little chaotic, at worst it turns into a daily family battle with children refusing to co-operate. If parenting methods like yelling and threatening become manifest and part of the

daily routine, authority goes down the drain. The kids feel misunderstood and bossed about. The parents wonder what went wrong because this wasn't the way it was meant to be. When starting out as parents, the ideal was to have a harmonious and joyful family life. Why suddenly does reality look so much different from that ideal? As anything in life, we have to earn it before we can get it. It's not any different with parenting. And while parents are aware of this and know it is a steep learning curve to raise happy children within a well-functioning home life, they resort to getting expert advice in a desperate attempt to build a relationship with their kids that is at once gentle and authoritarian. But outsourcing expertise is giving away authority. The immediate source of knowledge is likely your parent, by parenting you. So

this inter-generational hand-me-down of parenting wisdom seems to be a convenient set-up and should suffice. Assuming you did have parents who were an example to you, you're practically good to go. You can begin your parenting journey well equipped. You've had your initial training and now your expertise has to become exceptional, outstanding and above average. That's the real test. That's where you become the spirit authority on parenting. Spirit authority is what I call a person aspiring to excel while remaining true to their ideals and where the blueprint of their inner convictions shows in the work they do. Any kind of work, that is, including parenting. When moving into the stage of parenting, you become a spirit authority on parenting. You acquire an authentic and honest parenting style that reflects your personality. The children and in fact the family unit mirror your inner self because whatever you do is based on your inner conviction of what needs to be done. Your actions are the outward reflection of who you are. This is how you establish respect and from that the kind of authority you need to govern well your children and your partner. The personal authority filters through to your actions because you have authority over yourself. Your own personalty is invincible. While relating to others, talking to others, and interacting with others you are firmly rooted in your character, your personality. Your outer being, the person that you exhibit daily in interacting with your family, is nurtured by the spiritual inner person that is your unshakeable stronghold. Your inner being, that singing spirit in you, is the source of your identity. The

A moment

by S Sorrensen

The sun is a fat man, squatting on the horizon, shitting gold. The woman dives, dreadlocks askew, sending the volleyball high and the sand flying. A Kanak teammate leaps into the air and, with a fake smash, he tickles the ball into open space just over the net. Applause erupts from the beach. The fat man slowly sucks in the daylight. A yellow gold road leads from the fat man across the reef, across the water, to the sand, to the volleyball players, across the road and right up to me, sitting in this café opposite the beach. Wow, why me? I love this time of day, here at one of my favourite places, on the only Earth we have. I keep coming back to this place, because I've always had a feeling there's something here for me to learn. I don't know what. But, this time I've come alone. I'm ready. Kanak families have gathered in the glow of evening's preamble to watch the game. I have been watching this mob play here most days for a month now. The mamas sit on a blanket, sharing crepes and Coke from eskies. The grandkids squeal in the gold-glinting wavelets. Older men stand in a group, feet in the water, cigarette smoke haloing them. Younger adults play volleyball; others sit on the beachside grass, laughing, whooping at wins, and bouncing to the kaneka blasting from a speaker nestled in a waterside tree. (Kaneka is a local reggae created on this island during the deadly independence movement of the 80s, giving voice to the Kanak struggles.) I sip my beer. An elderly homeless woman passes by me. I see her every day. She wanders this bay like a queen, robed in her coat of many browns. She sleeps on the verandah of the restaurant next door after it closes. Ultimate beachfront. "Bonsoir Madam," I say. She looks at me. Mumbled words slip from a mouth no longer tight with teeth. Crossing the road, she stops by the mamas. She and they nod without movement. A young couple, thin and



white, walks past. They stop near me. We say "bonsoir". He tells me they live in Paris and are here for a week. She tells me they don't see sunsets where they live. "Oh, c'est triste," I say. "Oui. C'est tres triste," she says. They cross the road and join the Kanak mob and the homeless woman. They all turn to watch the fat man bow behind the day's fiery final curtain. They are gorgeous gilded silhouettes, still, silent, black against the dusking radiance. I love this time of day, here at one of my favourite places, on the only Earth we have. I reach for the pen and pad next to my beer. I want to share this moment. With you. But wait. Wait! You're not here. This is what I always do: try to capture a moment with words. But I can't. I can't. My attempts to capture a moment take me out of that moment. I'm no longer there. Not fully. Words create a separation between the world and me. Participation is replaced by partition. Words are distortion, culturally loaded. They are a judgement, creating right and wrong in the only show in town. Leaving my pen on the table and just being here with the Kanaks and the toothless queen and the elegant Parisian couple – that would be sharing. With them. I could really be with them. I could be at one with the world, if just for this moment. That's what I've always wanted: to be fully present for a... moment. But it's too late. I've already scribbled "shitting gold" in my pad.

Introducing John Williams, Neural Organisational Kinesiologist

by Julia Lincoln, Kinesiologist

I would like to introduce John Williams, a fellow practitioner. Both John and I were privy to be trained by Bernard Carson, a specialised kinesiology practitioner along with additional personal training by Peter Erikson, also trained as a chiropractor, acupuncturist and osteopath. We all met over 20 years ago and our progress, along with additional and extensive knowledge, has become a goldmine of information. Both Bernard and Peter specialised in Neural Organisational Technique, a comprehensive modality taught in Kinesiology, and originally developed by Carl Ferreri, an American chiropractor. Carl Ferreri's work is based on precision muscle testing and



returns the patient back to optimum health without ongoing medication or invasive procedures.

About John Williams

"Being brought up in a household with an engineering father and a medical mother I developed a practical and medical mindset. As an adult I became involved in gymnastics as a sport, which provided a lot of opportunities to learn more

about how the body works and responds to overwork. "When I sustained a back injury my coach introduced me to electric acupuncture to reduce the trauma and to speed up my recovery at the time. I thought this was amazing and I was able to return to training in less than a week. "Five years later I sustained another injury which was a culmination of a number of things revolving around my adrenals. At the time I was severely hunched over with pain and could barely walk. "A week later I was invited to meet Dr Peter Erickson who was demonstrating a technique known as Neuro Organisation Technique. Being in a lot of pain at the time, I needed assistance to get on a treatment table in front of a group of allied health practitioners. After 30 minutes

of Dr Peter's gentle and non-invasive treatment, I was asked to climb off the treatment table and have a walk around.

"To the disbelief of the attendees, the pain inhibiting my posture was no longer present enabling me to stand straight and tall and to walk like nothing had ever happened to my back. "That was the moment that I knew that this non-invasive medical technique was something we all should know about."

John's qualifications are: Dip Remedial Massage; Dip Neural Organisation Technique; Touch for Health 4; Artistic Gymnastics and Tumbling Coach; Member of Gymnastics Australia.

Learn more about what we can do for you. Call Julia Lincoln on 0434-919-172; John Williams on 0416-020-400.

The space between the notes

by Andrea Soler

It's a beautiful Sunday afternoon, and I've arrived at Pearce's Creek Hall, a wonderful old-timey music venue nestled in the middle of lush green countryside. Inside, fairy lights are strung across the ceiling, and a seated audience has gathered around four musicians playing gypsy jazz in the round. The quartet are performing many of Django Reinhardt's well-loved tunes, and as I look around the hall, I see the audience watching, mesmerised, as fingers move fluidly and rhythmically across instruments, each musician so present and focused in the moment. The musicians then take turns to improvise. I watch the guitarist close his eyes, not even looking at the notes being played on the fretboard. A smile appears across his face. There's an effortlessness to his solo, an ease, as though the music is simply flowing through him rather than being created through conscious thought.

And then there's hypnosis

Interestingly, researchers at Stanford have found some remarkable parallels when they look at the brain during hypnosis. Brain scans show changes in areas involved in attention and self-monitoring, along with changes in the way different parts of the brain communicate.

A larger review of brain-imaging studies found similar changes, suggesting that hypnosis can shift our attention away from constant analysis and towards a more absorbed inner experience, creating space for imagination, intuition and different ways of processing information, which can sometimes open up new ways of approaching a problem.

When we find ourselves caught in thoughts such as I'm a failure, I can't quit this habit, or I'm overwhelmed and stressed, a modality like hypnotherapy can help us create some space from that constant stream of conscious thought, allowing room for different ways of thinking, imagining and responding.



A different way of listening

This is part of what I find so fascinating about hypnotherapy. In session, I create a space where the thinking can quieten down, so other things have room to surface, a memory, a feeling, a different way of seeing the habit or thought that's been keeping you stuck. It can also be a way of practising the future we want to create. What we practise, we become.

A new path

If any of this feels familiar, and you're struggling with anxiety, stress, a habit or a behaviour you can't seem to shift, you don't have to work it out on your own. Sometimes, having a space to slow down, explore what's been keeping you stuck, and understand what's

happening beneath the surface can be the beginning of meaningful change. That's where hypnotherapy can help. I work with clients both face to face and on Zoom. If you feel ready to explore what might be possible for you, I'd love to hear from you: www.modernwisdomhypnotherapy.com

A client's experience

"I reached out to Andrea when I was struggling with debilitating anxiety related to an extremely difficult work situation. "Andrea provided a warm, reassuring space to hear my needs and individualised my sessions to ensure I regained a sense of relaxation and safety. "In this deeply relaxed state, Andrea's comforting voice gently guided me to focus on making some deep, positive changes I really needed. "I especially love the actual, tangible anchors we established during the sessions, which have enabled me to return to work and maintain a sense of calmness with efficient focus in my high-pressure work environment. "An extra bonus is that I seem to be sleeping more soundly after just a few sessions! "I am incredibly grateful." – S.G.

nimbin.goodtimes@gmail.com

Law and therapy

By the end of last year, John Adams & Associates had grown from me alone in a house in the bush, to one woman and three men in a possibly ineffectively deconsecrated church.

Now we're two men and four women, two voluntary, and one or two little dogs. With three practising certificates, the stress began to lift. Millie, our student, helps Rose to close files, stacking them, neatly labelled, into storage boxes. Maggie, her little Maltese, loves everyone. Then Sally, an old and trusted friend, decided she'd had enough of working in administration in Sydney, and returned. While job hunting, she's coming in a few days a week. We welcomed her expertise.

Years ago, I represented parents in Care and Protection. When the Legal Aid Rules changed and we had to represent children as well, I passed the course, then needed a reference from someone to say I'd been acting in the Children's Court for five years. I tried ringing a mate I'd often appeared with for longer than that, but she was away on holidays and I thought, "They've been paying me all this time; they know how long I've worked for them," and forgot about it. So, they forgot to put me on the panel. Now I'm more than grateful. Secondary trauma is subtle and climbs into your mind and body unnoticed. It's bad enough working with traumatised adults in Family Law, but the children are still the ones who need protecting.

For me, suffering excessive empathy,

it's less damaging working with parents, despite their 'issues'. We've become familiar with c-PTSD, ADHD, BPD, AOD and other interesting diagnoses. Not counsellors, we often find ourselves counselling. Maggie's a great therapy dog. Sometimes parents assert rights, but in this jurisdiction only children have rights. Section 66CC of Act and the International Convention apply.

Now Michael, the new man in the office, has joined the Care and Protection Panel and already has children as clients. He's also persuaded us to move the office onto Smokeball, a Legal Practice Management Software System, which, like putting the website back up, I've been putting off for years.

Smokeball appears to have a relationship with InfoTrack, the conveyancing platform we already use. It's supposed to deal with the new Anti-Money Laundering and Counter-Terrorism Financing procedures as well. Transferring everything onto Smokeball looks huge, but we're already paying them \$300 a month, so it must be done.

Our toxicologist insists on creating a new website for us. The staff have sent him photographs and bios. Still, I procrastinate. As I go about drafting submissions to Legal Aid Grants, with what we hope are exceptional enough circumstances, to pay a barrister for a difficult Hearing.

Then I'm supposed to go through a 40-page Family Report with a client in Queensland who refuses to read it; it's

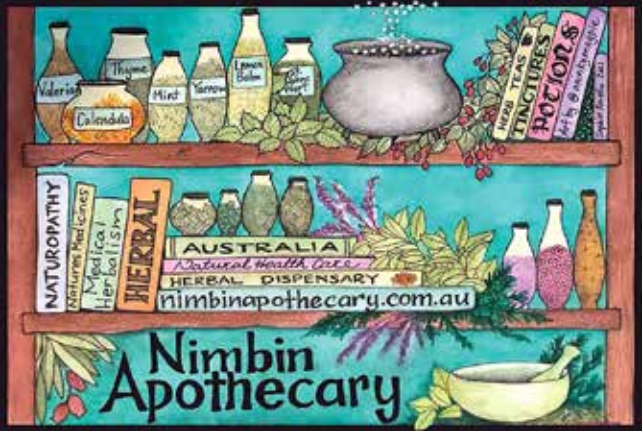


Legal writes

by John 'Sindhu' Adams

too triggering. The recommendations are not good. Everyone is friends, and there's laughter in the office. Smokeball turns out to be not so bad. Only current and new files have to be transferred. We can keep the Legal Aid ones out of it. My Queensland client's happy to talk Family Report, but only with me plus a woman; easy. I have time to weed the chamomile lawn and, after a quarter of a century, open The Space Part Two in the hall behind the office.

Older readers may remember the clinic upstairs opposite Fundies in the 90s. I can now announce the return of Squid, bone-cracker extraordinaire, to the new clinic at 18 Casino Street. For appointments call 0411-025-168. And it's time to complete the memoir at: johnadams150712.substack.com





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Date	Time
19 th of October	9am - 10.30am
22 nd of October	9am - 10.30am
29 th of October	9am - 11.45am
5 th of November	9am - 11.45am
12 th of November	9am - 1.40pm
19 th of November	9am - 1.40pm
26 th of November	9am - 3.15pm
1 st of December	9am - 3.15pm
3 rd of December	9am - 3.15pm

Red Dust

The first time I dug into the soil on my property, I laughed. Aha... so that's where the carpet stains were coming from, the red-dust footprints left by dogs.

I thought to myself, “What an irony: we left the land of red dust, only to find that the red dust had never really left us.”

Let me explain. In Chinese culture, “red dust” is a symbolic term that refers to the hustle and bustle of everyday life, as well as the worldly desires and attachments that cloud our minds.

The image of red dust comes from the busy streets of ancient Chinese cities, where horses pulling carriages and crowds of people would kick up clouds of dust.

If you were caught in one of those clouds, you could not see clearly. The dust would get into your eyes, nose, and



by Chi Fung Lee

clothes. It was messy and irritating, making it difficult to see.

The red soil on my property formed from lava released by the ancient Tweed Volcano. Over millions of years, rain and oxygen broke down the lava and turned its iron red. This fertile soil helps many plants and small organisms grow, supporting the region's rich variety of life.

We can easily fall prey to the red dust of worldly desires and attachments. Since our brains are designed to seek one dopamine hit after another, we can lose ourselves in this world, chasing illusions behind a veil of desire.

The Buddha taught that suffering arises when we become attached to what we experience through our

senses and minds: what we see, hear, smell, taste, feel, and think.

In this way, these desires and attachments settle on our minds like dust, clouding our view of the world.

Yet perhaps this is not something we are meant to escape completely, but something we are meant to see clearly without becoming lost in it.

Seeing through the red dust

In Chinese thought “Seeing through the red dust” means understanding the fleeting nature of desire, material wealth, and worldly attachments, and moving through life without allowing them to possess the mind.

But how do we see through it? One way is through meditation. In Vipassana meditation, based on the Buddha's teachings, we simply observe our breath, bodily sensations, thoughts, and emotions without distortion, like watching a movie without becoming caught up in the story.

We observe without naming or labelling, and without reacting. Through this practice, we begin to see clearly that all things are arising, changing, and eventually passing.

Jiddu Krishnamurti taught that true observation is alert, choiceless awareness of what is, without judgment, condemnation, or interference from thought.

This awareness can also be applied to the way we see the external world around us.

For example, we can look at a tree without naming it or bringing up past knowledge about the tree, such as its name or species, simply observing its leaves, trunk, colour, movement, and majestic form.

The dusty carpet is removed and replaced by sturdy floorboards. Though the red dust is gone from inside the house, the red dust of the mind lingers on as an inherent part of us. Any attempt to remove it may create even more dust. So, really, choiceless awareness is the key.

Just as the fertile red soil helps millions of plants and other forms of life grow, the red dust of the mind also enriches our lives by inspiring art, music, dance, and poetry, making this world a wonderful place to live in.

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

So they say...

Bushy eyebrows

My girlfriend came home recently with huge, overpowering eyebrows! They are dark brown and she has blonde hair. When I look at her, they are all I can see. And it seems they are permanent! Eek! What to do?

– Davo, Chinderah

with Uncle Norm & Aunty Maj

Magenta says...

Humans are the only primates with distinctive, visible eyebrows, and it seems women want in on the action.

With just your eyebrows you can communicate being surprised, annoyed, questioning, thinking, flirting and even come-hither. Unless, of course, you have had botox and nothing north of your eyes moves. I would love to be one of those people who can move one eyebrow at a time.

Like the bro with the mo, we now have the frau with the brow. Perhaps we're a bit jealous of men and their lustrous moustaches and other facial hair that they can manipulate into many styles and change their look just by shaving – or not.

For women, apart from the hair on their head, all the luscious growths in varied areas are expected, cajoled, manipulated, demanded they be got rid of. And at considerable expense! So maybe there's a bit of 'fuck you' going on by here by sporting what look like two huge hairy

Reducing cognitive decline

by Magenta Appel-Pye

Having just turned clickety-clicks, 66, I am working hard to keep my brain functional and reduce cognitive decline.

Dr Norman Swan's new book *The Brian Cliff* is extremely interesting with some new concepts and insights that gave me hope and encouragement.

Crystallised intelligence

Dr Swan tells us to think of cognitive change not cognitive decline. It's not valid to compare your brain to what it was in your 20s.

Even though our fluid intelligence, which is about speed and problem-solving peaks in our 20s, it is less important than what's called your crystallised intelligence, which can actually improve with age. It's the wisdom of knowledge and experience.

Brain scaffolding

To protect our cognitive abilities and perhaps even enhance them as the years pass, our brains build out networks of nerves, which act like the scaffolding inside a skyscraper. It's the infrastructure around which the brain works.

This scaffolding moves across the brain then into the frontal lobes, the all-important prefrontal cortex which brings our thoughts and memories together and is involved with judgment, decision-making and emotional control.

Dr Swan advises us to do as much as possible to encourage the scaffolding

and as little as possible to get in its way.

Super-agers

They studied super-agers and found that they all responded well to stress. They get over it and they problem-solve. They don't ruminate with unproductive circular thoughts.

Depression affects the prefrontal cortex.



Becoming more aware of when and what you are ruminating about, and how you respond to stress is important. For some these are disabling and it's hard to change by yourself.

There are variations of cognitive behavioural therapy that a well-trained clinical psychologist can help with.

You can get five subsidised sessions with a psychologist as part of a mental health care plan. Just ask your doctor.

Exercise

Exercise enhances brain



caterpillars living above your girlfriend's eyes.

Maybe, just maybe, it's a bold statement against conventional beauty standards because they do look strange. I don't know about you, but I find these eyebrows so all-consuming that they are all I see. This could be good to get attention off unsightly bits that most of us develop over the age of 50.

What is wrong with natural eyebrows, except that beauticians can't make much money from them? We should follow Frida Kahlo's example and not pluck out the unibrow and the slight moustache and chin hairs we all grow as we age.

You might have to make love with your eyes closed lest you start thinking about Groucho Marx and guffawing. However, if she feels more attractive and powerful with those huge brows then you're bound to get more sex.

And I guess you'll get used to it, over time. The good news is that they only last for one to three years before fading significantly.

Norm says...

Wadya mean they're permanent? Did she get them welded on at the local panel beaters? Even then, you should be able to get the bastards off with an angle grinder.

And are you sure she's a blonde? Have you checked under the bonnet lately, or has she had 'The Island State' erased as well?

In a way you've got to feel a little sympathetic for the women folk. Unlike us dudes, they can't grow beards or moes unless, of course, they come from countries where Brits like to holiday.

I've recently grown a beard for the first time in 50 years and no-one recognises me. Not even my little Mona Lisa.

So, the lasses have had to revert to some pretty radical engineering to get a new look happening, and to keep up-to-date with the latest trends in disfigurement.

I've heard of women deliberately having their noses broken as part of cosmetic surgery. Yes, I know mate, it's scary shit and not for wooses like us.

So, the fact these "enhancements" are permanent (which I still can't get over) means you're going to have to get used to it. Short of the old paper bag strategy, there's not much you can do. At least she didn't end up looking like the Luna Park face.

Who knows? Maybe your old boat race could do with a bit of bog as well.

"I told my wife she was drawing her eyebrows too high. She looked surprised."

Send your relationship conundrums to:
magentaappelpye@gmail.com





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10th November
17th November



Taster Days
Week 7 and Week 8
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24th November
4th December (DoE)

Contact:
Please contact Mr Sam Russel, Year 7 Year advisor for 2027 for further information. I look forward to meeting you all.

RSVP to Nimbin Central School Office:
Transition Days: **26th October**
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ASTRO FORECASTS

by Tina Mews
What's happening
in the heavens?

Aries

This is a time of digging a little deeper into your relationships, as unresolved issues surface when Venus is retrograde. This includes reflecting on your heart's desires and how they align with the demands and expectations of the world around you. Know what is truly important to you and let others know your truth. Give yourself the freedom and space to play, explore, and express more of your creativity.

Taurus

This is a time when you need to make a conscious choice about how and where to invest your energy and resources best. What matters most and needs prioritising? You may want to weigh career obligations against the demands of your private life. Use the Venus retrograde cycle for reviewing and re-negotiating your written and unwritten contracts with others.

Gemini

Use the Venus retrograde cycle for re-evaluating your daily routines and duties as well as your relationship with your body. Do you love and appreciate your body enough? Have you been living too much in the head instead of the heart? You may be ready for a deep cleanse or nourishing massage. A healthier balance between body, mind and soul might be needed.

Cancer

This is a good time for really getting involved in your creative work and finishing projects that have been waiting in the background. Make some extra time for fun activities, whether this is with your children or grandchildren. On the other hand, take care with your finances and double-check everything, especially when making online purchases.

Leo

You could feel supercharged with fresh motivation, big goals and physical strength while Mars and Jupiter are co-present in your sun sign. Channel the energy into creative projects such as redecorating your home. At the same time, you may have some difficulty being patient with loved ones. Make sure to keep an open ear and give equal value to their needs and thoughts.

Virgo

This is a period of re-evaluation and prioritising. You easily could feel overwhelmed by your work and service obligations and need to take extra care of yourself. Use soft power when you want to get something. Allow things to come to you instead of pushing for them. Unresolved sibling issues may surface during this Venus retrograde cycle for you to look at in a new way. Past resentments can be resolved, allowing everyone involved to move forward.

October

We are in Libra season until October 23, a time that emphasises restoring balance and working toward mutual agreements. **The month opens with intensity, with the Libra Sun approaching an opposition to Saturn retrograde in Aries (exact October 4), while Mars in Leo approaches a confrontational opposition to Pluto in Aquarius (exact October 3).** Libra relates to the need to join forces with others to accomplish greater tasks together, to unify extremes and eventually dissolve adversaries through cooperation and diplomacy. Aries is the sign opposite to Libra pointing to the lesson of thinking independently and staying connected to one's own authenticity. Saturn here reminds us of taking responsibility for our choices.

The opposition between Mars and Pluto signals a world at a breaking point. On a mundane level, we have witnessed the falling apart of old partnerships while new alliances have been forming. The time calls for individuals and groups with determination and courage to address what is no longer working while having the willingness to engage with and resolve complex issues.

Venus, planet of relationship, and Mercury, planet of communication, are both in Scorpio with Venus turning retrograde on October 3 and Mercury turning retrograde on October 24. Scorpio is a deep probing sign, unearthing the truth even if it might be uncomfortable or hurtful. **Venus in Scorpio intensifies the already challenging opposition between Mars in Leo and Pluto in Aquarius by forming an exact square with Mars on October 11 and with Pluto on October 22.** This is potentially a difficult period for relationships on all levels. We may review our loyalties and allegiances after some deep and honest reflection and adjust our expectations of one another to find a new equilibrium, renegotiating both our written and unwritten contracts. Friendships will also be tested; some might come to an end while others are strengthened and reaffirmed.

Venus turns retrograde every 19 months and will appear travelling backwards for about 40 days along the path she has recently covered. Last time Venus was performing her retrograde loop in Scorpio was during October 2018. Besides relationships, Venus relates to values and resources, our likes and dislikes, and the people and things we therefore attract into our lives. While Venus is retrograde, we can revise and reflect on what is important to us and how to spend our resources best. The purpose of the retrograde period is to guide us back to get in tune with what really matters to us. Self-worth issues, review of morals, where

and where not to invest money may all be areas that could occupy us. It is not the best time for making big new purchases or for speculation. It may not pay off the way we are expecting it. In financial astrology, retrogrades are interpreted as periods of review, reassessment, delay or reversal. Venus retrograde periods may correspond with changing judgments about what an asset is worth. **The Venus retrograde cycle ends on November 14.**

The New Moon on October 11 in Libra forms a square aspect with Ceres in Cancer and a supportive sextile to Jupiter in Leo. Ceres in Cancer, the archetypal mother, shifts the focus onto the deeper layers of our soul and emotional dimension. Besides fairness, equality and intellectual understanding in relationships (Libra) we also need loving care and domestic safety (Cancer). Nevertheless, Venus and Mars form a tense square aspect and Jupiter in Leo adds an extra boost of boldness and passion to a very confident and self-assured Mars. Nevertheless, ambition and big goals still require strategy, calmness, and realistic planning.

Mercury in Scorpio turns retrograde on October 24 and will be retrograde until November 14 (same as Venus!). This combined retrograde phase of Venus and Mercury signals an important period of review, hopefully delaying the current push into a very uncertain future with unforeseeable consequences for all life on Earth. Like always when Mercury is retrograde misunderstandings occur more easily, and things that are not in good working order break down then. On the positive, delays in the outer world give us extra time to tune into our subconscious and be guided by intuition, rather than pushing ahead based on personal ambition or what seems rational.

The Full Moon on October 26 is in earthy Taurus, square Pluto in Aquarius, opposite Venus retrograde and conjunct Chiron. We may feel torn between conflicting needs, still on our journey into the underworld of addressing unfinished business in our relationships, both present and past. What open wounds remain active? What regrets, resentments, and misunderstandings need to be reconciled? Venus and Mercury retrograde encourage us to do the inner work and recognise the part we have played, the lessons we have learned, and the necessity of letting go and moving on.

Astrology at the Lillifield Community Centre, 4505 Kyogle Rd, Wadeville 'Declinations, Parallels, Out-Of-Bounds Planets: Exploring the other Dimension in our Natal Chart' Sunday, November 15, 10am–4pm. Info and Registration: 0457-903-957 or email: star-loom@hotmail.com

Libra

Your approach to possessions, resources and values is under review during this Venus retrograde cycle, a time to reevaluate your material reality, what is needed and what can be discarded to make room for new beautiful things to come in. It is a perfect time for working through unfinished self-worth and self-love issues and for speaking your truth in your relationships clearly and loudly.

Scorpio

This Venus retrograde cycle in your Sun sign is an important period for evaluating your deepest wishes, and desires. It may be time to release old fears and attachments to certain things – or even people – that no longer reflect who you are; prioritise what is important. Be honest about your ambition to make your mark on the world, even though this may need to be balanced with domestic duties.

Sagittarius

The Venus retrograde cycle is a journey into the depth of the subconscious, of honest soul-searching to realign with your essential truth. What are your unshakable values and beliefs and in which areas of life are you open for change and new growth? Go with the flow and try to be patient. New horizons will soon be opening.

Carricorn

Your friendships and loyalties within your social networks are under review. You may be figuring out who your true friends and allies are – and who may no longer belong in your life. This is a time of change and deeper shadow work. Listen to your heart; you may already know where you feel stuck and where you need to release old attachments to create more freedom.

Aquarius

This Venus retrograde cycle could bring to light unresolved issues to do with your life goals, place in the world and career path. What are your unique set of talents, and do you feel acknowledged by the world around you? It is time to step up into a firmer sense of self and confidence. Clarify expectations that others might have on you.

Pisces

This Venus retrograde cycle can be helpful for reevaluating your personal philosophy, including what you have been accepting as truth. Dogmas and ideologies may be challenged during this process, encouraging you to question what you believe. This could bring attention to your daily routines, duties and health. Do you need to make more time for rest or do you need to be more engaged in your work? What would the right balance look like?



Understanding the gift

by Marilyn Devlin

Something completed in September... and a new way opened. A birthing of significance. A once in a lifetime opportunity. Offered with boundless love and generosity.

An elevation, a higher observation. Solid support available... to help navigate the chasms, the pitfalls and hidden enemies. Fresh clarity allows me to navigate my road-less-travelled... with less interference.

And the agency gifted to follow our own true path. Of course, it's never a one-sided conversation... the support and bounty can be made available... but it's always up to us... to hear, to witness, to take in what's being given. To decide, to take action and consciously apply it to our personal journey forward.

It needs to be real... real within the depths of us. No pretence, or borrowed images, ideas or identities... only the true will ever get us through.

We're the most influential players in the whole unfolding drama. Our state, our openness, our willing to learn - to stand-under, our clarity, our understanding... our desire to move forward... our intention to experience the greatest life possible.

Which is an internal state... not an external one. Yet, everything impacts everything else.

I'm still in process with all that's happened... yet within it all, the waves of the new washing over everything... there's a solid certainty... a commitment made from a new level of seeing.

An agency I now know is possible... amidst all the unfolding. I believe there's an urgency for us all... to find what's really true for our one true self, regardless of all that's happening in the world around us.

We have little control of what happens around us... the actions and mental/emotional states of other people. The decisions made at higher levels.

But we do have a greater treasure... a pathway deep inside us... to our clarity, our understanding, our peace, our intention and our commitment

September brought an avalanche of gifts, of help, of support. It may have come in different forms... in whichever way it came for you, it's significant. It wants your attention.

It's a pathway through to another level of experiencing. There's been lots of energetic waves that have challenged us over the last years... but this wave that was gifted in September was different. It's showing a way through. It's showing a more truer version of you.

Whatever it exposed, however it landed, whatever your response or reaction... look a little deeper. Take it as the gift it was intended.

Reminds me of the chart I did for September... and the exquisite joining of Venus and the Path of Fortune... sitting in the 'house' of Heart Love, Birth and Generosity... extraordinary Creativity

That was given to us all... in some personal way. Understand its significance... what it is opening up for you.

Venus is very powerful at present... in her retrograde cycle... her season of descent and renewal... her Heroine's journey. Approaching her meeting with the Sun on October 24th... creating a new Star Pattern in Scorpio... the deepest depths of connection to our emotional and transformative selves.

The Phoenix comes to mind... 'a legendary immortal bird that cyclically regenerates'. The Eagle rising out of the Ashes... rebirth, new life. New start.

And it's the last Venus Star Point in Scorpio during our lifetimes... the next not until 2177.

So, Venus infusing her energy into the 'Part of Fortune'... her gift for September... is asking us to recognise the gift... understand its significance.

The gift of sight, of clarity... even if momentary... we've been given an enormous gift.

We now have October to let all this new information gently settle into our core foundations... a solid base for creating our new beginning.

Nimbin Trivia Time

by Eclectus



Questions

1. In which Australian capital city will you find this building that is seemingly lifting off from the ground? Image credit: Peter Barnes, per courtesy of The Conversation.
2. The cimbasso, ophicleide and upright serpent are all types of what? Hint: Did you read last month's *GoodTimes*?
3. Who sang the lyrics "She's got electric boots, a mohair suit You know I read it in a magazine..."? Take a bonus point if you can name the song and another if you can name the 1973 album on which it was first released and, yet another if you can name the 1975 movie in which it appeared.
4. What is the most abundant element in the Earth's crust? Hint: it is not silicon (which comes second at 28.2%); it is not aluminium (which comes third at 8.2%); in its native elemental form it is not a solid.
5. Animal, Mineral or Vegetable: Calendula; Chalcedony; Colugo? Take a point for each correct answer.
6. True or false? Strong support has been expressed by Nimbin's Federal member and Lismore City Council for a flood mitigation project to store more than a sydharb of water in the upper catchment of the Richmond River at multiple dam sites. A number of experts predict it could lead to weeks of isolation for local villages and localities while providing minimal relief in flood levels at Lismore.
7. Where, in your body, will you find your zygoma? Hint: you have two.
8. What two words meaning something to help you lift a really heavy weight and to really enjoy something can be made from the same five letters? Hint: the spelling of each is the reverse of the other.
9. Did Concorde, the world's first and only supersonic airliner, fly for closer to 10, 20 or 30 years?
10. Did the game of lawn tennis come into being during the 18th, 19th or 20th century?

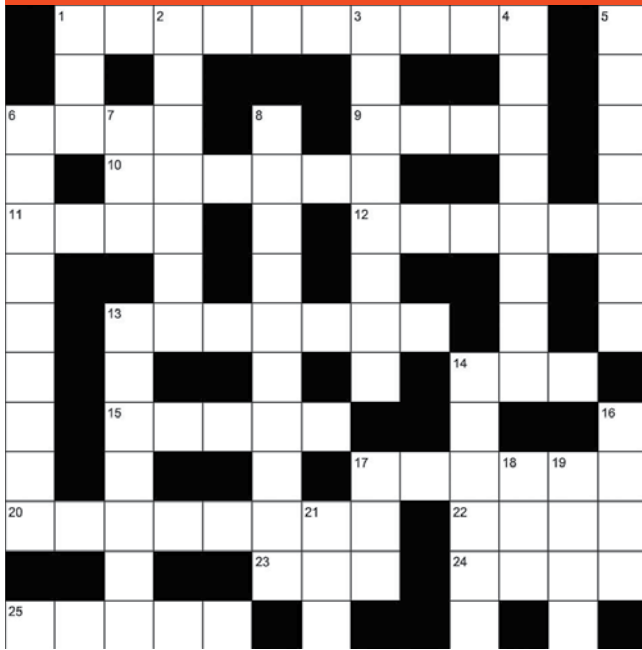
Answers

1. The South Australian Health and Medical Research Institute is in Adelaide's South Australian health and biomedical precinct.
2. They are all orchestral brass instruments of the 18th and 19th centuries.
3. First released on *Goodbye Yellow Brick Road*, the lyric is from the Elton John and Bernie Taupin song 'Bernie and the Jets'. It appeared in the movie *Aloha*, *Bobby and Rose*.
4. Oxygen is the most abundant element in the crust at 46%. This is largely in the form of oxides found in many common minerals including granite and quartz.
5. (A) Colugo (*Cynocephalidae* family) is a flying lemur native to Southeast Asia; (M) Chalcedony is form of translucent quartz (made up mostly of microscopic silicon (Si) crystals) that comes in many colours; (V) Cordylines (genus *Cordylus*) is a group of woody flowering plants native to the western Pacific Ocean region with one species found in South America.
6. True!
7. The zygoma is a bone at the outside of and underneath of each eye. Each one forms the outside and part of the floor of the orbit, the bony socket that holds the eyeball.
8. Lever and revel.
9. Concorde flew for 27 years, from 1976 to 2003.
10. Lawn tennis was invented in 1873. Its origin can be traced back to France in the 12th century where monks played an indoor game called *jeu de paume* using only the palm of the hand. This game gradually transitioned to the use of paddles and racquets.

Nimbin Crossword

2026-10

by Synic



Across

1. Backyard merry-go-round? (5/5)
6. Built on ____, (no buyer lined up)
9. The sun, from far enough away
10. Your 23 sets of instructions
11. When shadows are shortest
12. A strict routine?
13. Wrote back
14. The seven ____s
15. Public face? Picture
17. Shaft of light
20. Foreign movie caption
22. Keeps the rain off your stuff?
23. Take a pew
24. Rounds, or material for an argument
25. Breaks, as the day does

Down

1. Cool (boomer)
2. Ticket? Freedom
3. Watched
4. Awful
5. Ray of light? Mid-century small car
6. "Sunnies" to Americans?
7. It can be inflated?
8. Does a sneaky second gig?
13. The _____ Region
14. Bronzing
16. Error, for instance
17. A group? What the sun does in the West
18. PC memory? Male sheep
19. Land force? A great multitude
21. Stretch out? Stretch the truth

Solution: Page 34



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INFO FOR
MEMBERS &
GUESTS



Club opening hours

Wed-Sat 2.30pm to close, Sun 8.30am to 4pm

Bistro open for dinner Wednesday-Saturday

- Open Piano night, Saturday 10th October, 6pm
- Open Mic, Wednesday 14th October, 6.30pm



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