

# Newsletter



## Autumn 2025

Autumn is a time to strip back and let go... and boy with three big storm events we've had to let go of a lot... We lost a beautiful Paulownia tree that was beloved by the community, we lost some of the orchard and our 4<sup>th</sup> Permaculture trial needs to become our 5<sup>th</sup> attempt. But this was not without being gifted fruitful yields. Thanks to those who bought the organic produce and gave great feedback. I'm stoked to soon be hand shaping a handplane for body surfing & possibly a new long board, thanks to the mother Paulownia tree, who by the way left us healthy offshoots.



## Regeneration

Cyclone Alfred, along with two other summer storms left a bit of a mess but it's also cleared a lot of new areas for us to explore and expand the syntropic farm into. We've had a fair degree of success with managing the weeds without pesticides by knowing their life cycle and taking action at the right time.



## What's been happening?

We've been enjoying the awesome cascades and waterfalls. The Nature Ritual women have also been braving the wet weather to get fit & enjoy art and deep commune with nature.

There has been a hold up on getting the citrus cuttings in as we need more dry weather to set things up. Lotus and I finally hiked up to the back quarter section of the property with the beautiful pristine native forest. There's been a lot of creek time & fossicking.



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## Men's Work

Well, I know the men who haven't been to a camp out for a while might have seen Lotus's photo on page one of this newsletter.. the one of her beautiful table setting for the Nature Ritual events. Those men are probably wondering why we ate fire food off the grill with our hands... I'd like to say it's Men's Work in Action truth is we've come a long way since the early camp outs. At the last three camp outs we had a table set for a "Kings Feast" and the level of contribution and service was evolutionary. This Month we have Man On The Rise which will bring more depth for emotional literacy & intimacy for men.



## Nature Ritual for Women

In April we celebrated 6 months of Hike-Fit, a monthly gathering for women at Dream Gardens to explore Kaivalya committing to improving fitness and hiking skills. Our next women's event is Sunday 18th of May.

A big congratulations to the women who are about to complete v2. of Hike-Ready: A Path to Fitness & Fun program! The women now have a regular walking routine through goal setting and accountability, have increased their fitness and are prepared and confident to hit the trails. Hike-Ready v3 is scheduled for Winter 2025. Contact Lotus for details.

## Dreaming in Dream Gardens

Over the Easter Break we went down to Sydney and visited the Botanical Gardens. We were so in awe of all the variety of plants, particularly the herbs which was very relevant for the Herbal Garden we've been building. Did you know the Sydney Botanical gardens is only  $\frac{3}{4}$  of the size of Kaivalya but they have 255 staff and 3000 volunteers. Dream Gardens' will never be manicured like botanical gardens, it will be crafted with syntropic and permaculture principles by community.



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Date	Event
13 May	Rising Sons NNSW Full Moon Open Night
18 May	Women's Fitness Hike & Brunch (Hike-Fit)
4 June	MST V5 Challenge 3 starts for enrolled Men
10 June	Rising Sons NNSW Full Moon Open Night
15 June	Women's Fitness Hike & Brunch (Hike-Fit)
15 June	Kaivalya Working Bee
13 June	Nature of Man Camp Out
1 July	Hike-Ready: A Path to Fitness & Fun (EOI - contact Lotus)



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**For more information about any of the events please email [LovingHomePF1@gmail.com](mailto:LovingHomePF1@gmail.com) or call Logan on 0456 443 954**

## **Want to Volunteer or Collaborate?**

We love connecting, networking and collaborating with people with like minded visions. If you'd like to support regeneration of land and people or you want to work together please [book a meeting](#). For those friends of Kaivalya who see the potential & are interested in an agricultural lease to work with the land or simply want to enjoy some of our yummy organic food please get in touch.



**Keep your eyes and ears open for your Friends of Kaivalya special offer**

**Need support or know someone who would benefit** - take up or share the offer of a free strategy call for the Loving HOME Foundation Services  
<https://lovinghome.foundation>