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Nosin' around with PAC



Wetland birds, from left: a Royal Spoonbill then two Pacific Black Ducks and a Pacific (white necked) Heron

She says / HE says
with **Aunty Maj and Uncle Norm**

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

She says
Many domestic fights begin in the kitchen. These seemingly little things take on mammoth proportions over time in a marriage. They might not be the deep seated cause of a break-up but they are often the straw that breaks the camel's back and, if you look hard enough you can usually find the core issue.

We do things, especially around food, by what we learn in childhood. It is difficult to change one's lifetime habits, especially if we think it is not important. Change is difficult and takes willpower, focus and time. You have accommodated his ways by asking him to clean up after himself. But by not doing his fair share, he is acting like you are his mother rather than his wife and naturally this makes you feel angry, used and like stabbing him. Mutual respect is the foundation of a happy marriage and your husband needs to understand this.

As opposed to popular myth, we are not two halves of a unit, we are two whole individuals trying to live together as harmoniously as possible whilst independently growing and changing. When people ask me where my other half is, I turn around and show them my back.

Nigella, I suggest marriage counselling.

He says

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

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

As for the cleaning up, well, OK, you've got a problem. Your husband is a pig. That's OK, I'm a pig too. In the halcyon days long ago when I lived as a bachelor, my abode was a no-go zone for women who were averse to domestic slothfulness. I revelled that there was no-one around to make me clean up and so I duly did not. Eventually a willing lass moved in with me and of course went through my flat like a tornado in reverse, thus ending my halcyon days.

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

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

We would like to thank our readers for sharing their intimate quandries with us and for all their encouraging feedback. – Magenta and Norm

Send your relationship problems to Norm and Magenta:
normanappel@westnet.com.au

And the good news is...

The thing I love most of all about *The Nimbin GoodTimes* are all the enjoyable, uplifting stories. Open any page and you will find an interesting, good news story of our life and times. The balance weighs on the light rather than the dark.

This is in extreme contrast with the rest of the world's media who seem to only be interested in death, war, destruction, accidents and their new favourite – terrorism. Many more people die every week from domestic violence than from terrorist activities but it seems the men in charge are not interested in making any real changes there, perhaps for obvious reasons.

Both light and dark exist and are valid but to focus so intently on horror is sickeningly unbalanced. I feel sorry for kids today, with their loss of innocence, joy and sense of freedom at the hands of the media.

Historically we have never lived

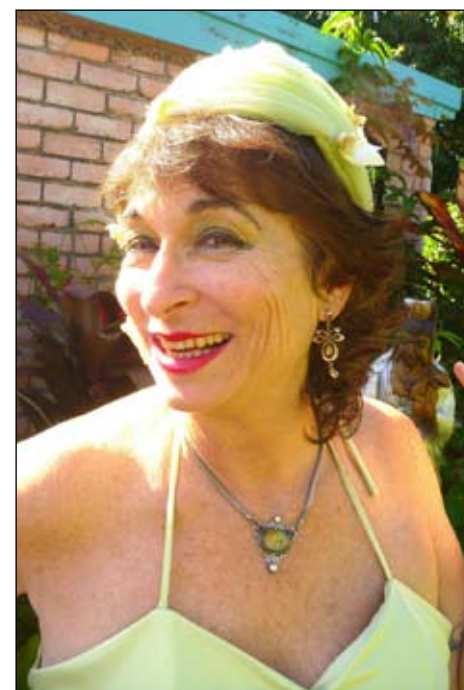
in more peaceful times but if you turn on the TV, computer or read a newspaper, you'd think we were at humanity's lowest point.

There is good everywhere if we just choose to look for it. Miracles occur every day, not just to a random few but to each and every one of us. The miracle of a sunrise, a flower blooming, a baby born, the miraculous gift of life.

Imagine if the media sensationalized the good news and ended with the bad news, downplayed and under-reported. Hope and joy might ensue. Maybe people would not be so stressed out and complain so much about so little.

I like Bhutan's idea of Gross Domestic Happiness being a goal. Appreciate the incredible gift of life and be grateful for another year on this beautiful planet.

Happy, happy, happy, joy, joy, joy.



*The world according to
Magenta Appel-Pye*

Metamorphosis is imminent

Addiction could be seen as a cocoon we weave to protect us while we wait in hope for our inevitable transformation.

This cocoon can be an isolated place of long-term struggle, giving rise to dark feelings and thoughts, life forces being reduced to a low ebb, a desperation to escape and emerge from this protection.

A genuine and complete recovery from addiction is a very positive and achievable action. This can lead us to the point of becoming that fully fledged magnificent creature in the light of day, to serve and benefit the world with our wealth of

experience, to play a part in the triggering of others in their own metamorphosis.

Life can seem like an endless stream of passing phases as we search for belief in a means to transform. The realisation needs to be made, that the only way to initiate and sustain the process is to become fully involved in it ourselves. Everything we need to succeed is already within us.

Feeling overwhelmed, believing that all we need to do is find the right service to cure and free ourselves is the very thing that will keep us from escaping. Services and therapists, books and countless other resources are



by David Ward
Life action coach

there to support and guide us in our journey, to help us with our self-belief and to realise our ability to awaken.

This metamorphosis is such a life enhancing opportunity. We need to be sure to recognise the signs

of its imminence. Prolonged depression, anxiety, anger, frustration, loneliness and boredom rather than being problems in themselves, if read correctly, can be powerful signs that the current lifestyle you're living needs to change.

This can potentially be a time for exhilaration and excitement as you connect with your true power and the will to replace your addictions with the practices of transformation, the wisdom to know that you have a choice.

Read the signs and ask yourself the question, "Is your time near?"
david@vitalchoiceslifecoaching.com

New Year's Eve kookaburra rescue



by Muriel Kinson

This little kookaburra was rescued by Geoff and Peter, tourists from Sydney.

It was found on the ground under a very tall Bangalow palm outside their holiday rental in Byron Bay. They could see the nest, and the parent birds flying in and out, but it was too high to reach.

They picked up the little one and put it in a warm place on the deck, where Mum continuously came down to feed it. Neighbours watching the drama

loaned a ladder, but the nest was just too high.

They called WIRES for help. The rescuer placed a temporary nest for the chick lower down in a nearby tree. Early the following day, the rescuer returned with a builder and long ladder and pole, but it was still not enough to reach the nest. At that point, the chick was brought into care until a way could be found to reunite it with its family.

Essential Energy were called to see if they could help – and on a very busy New Year's Eve, they could! Josh and Ben came to the rescue with their high lift truck. They put the truck in position, and took the chick right up to the opening of the nest. There it was gently placed inside the nest, alongside its sibling and an egg. Mum watched on anxiously from the nearby power lines.

After the truck bucket was lowered, Mum was seen going into the nest to welcome the young one home. The whole neighbourhood watched on, delighted with the outcome.

If you spot wildlife in trouble, call your local WIRES volunteers on the Hotline



at 6628-1898. Any time. 24 hours a day. 7 days a week.

WIRES is a registered charity, not a government service, and relies heavily on donations from the general public. Your all-volunteer Northern Rivers branch needs various types of assistance, as not all members do animal rescues.

Call the local 24-hour hotline on 6628-1898 or go to: <http://wiresnr.org/Helping.html> to find out how you can help.

Photos: Barb Wilkins

Women's pelvic floor and body awareness

by Betti Wille

The Nimbin Open Learning Centre (Community School) will feature another Pelvic Floor class for women during the first term, starting on Thursday 4th February.

Getting to know the pelvic floor and connecting with the root of the spine can be most beneficial for everyone, no matter what age or whether you've had children or not. And... it's not about clenching sphincters. Curious?

Here comes a chance to learn more about your body and enjoy the many benefits of a strong and lively pelvic floor area. Close connections to lower back and core abdominals as well as spinal column, hips and thighs make for a healthy posture and balance. The pelvic floor supports all pelvic organs and can help with a general sense of stability (rooting and grounding).

We exercise while sitting on a chair or stool,



which will assist you in sitting upright with ease. The pelvic floor unit is experienced in relaxation as well as in strong muscular engagement. Other exercises include gentle stretching, body awareness and well-being/relaxation. I bring several years of experience in midwifery, body-related classes and craniosacral therapy. Looking forward to sharing our wisdom and experiences!

Recommended for every woman who wants to improve her posture /

balance, lower back issues, continence, body awareness or sexual experience.

Pelvic Floor and Body Awareness Class for women will commence Thursday 4th February 10.30am at the Nimbin Community Centre, Community School Room and continues every Thursday 10.30am – noon.

Enrolments 27th/28th January at the Nimbin Community Centre. If you can't make it in person, phone 6689-1477.

Contact Betti by email at: biodynamic.touch@gmail.com

Open Learning

The Nimbin Open Learning Centre will begin Term One 2016 on Wednesday 3rd February, offering classes in Ukulele, Creative Writing, Pelvic Floor Health, Spanish and possibly more when the timetable is finalised.

Enrolments open on 27th and 28th January. If you would like more information, or have a skill or field of learning to share, call us on 6689-1477, or check out our facebook page under: nimbinopenlearning

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Nimbin Bushwalkers Club February walks program

5th-7th February weekend camp Flat Rock tent park

Leaders: Leonie Crowe (0417-239-129) and Kathy Duncan (0402-779-584)

You can either camp for one or two nights: you will need to book a site. Phone (02) 6686-4848.

Grade 2: Saturday: A walk to Lennox Lake – a relatively easy walk along pristine coastland. A 10km return trip.

Grade 2: Sunday: A walk to North Wall along the National Heritage Trust Nature walk. This is where rainforest meets the sea, we will walk amongst the endangered littoral rainforest and some beach walking. A 10km return trip.

Meet: Friday afternoon after 4pm at Flat Rock Tent Park to set up campsite and relax listening to the ocean. Possibly do a car pool if people do not want to do the return trips.

Bring: food, camping gear, surfboard, sunscreen, a push bike to ride along beach at low tide.

Please note: There are no events scheduled for January.
www.nimbinbushwalkers.com

Weekend camp at Koreelah Gorge

by Don Durrant



We had a good turn up with 10 walkers attending the camping weekend, a beautifully located campsite close to water.

We did not have too far to go to watch the platypus and turtles at dusk and dawn. We were rewarded with our patience and saw several platypuses and one turtle... some walkers proving they are more patient than others.

The morning bird chorus was a highlight – we definitely did not need an alarm clock. On Saturday, we only had to walk 200 metres from our campsite before being rewarded with our first waterfall.

We continued on to a second waterfall where a few walkers waited and relaxed in the serenity of the gorge, taking the opportunity to take some photos. The rest continued on further scrambling up and down into the gorge.

On their return, we all headed back to camp for some lunch and a rest, and interesting conversations.

In the afternoon, some of us went on a picturesque creek walk downstream where we saw amazing rock formations and loads of vegetation, on our return some of the campers swam and the others remained sweaty. A lovely night around the campfire, a few games of speed scrabble and lots of chatting, and we all had an early night.

Sunday's walk saw us head upstream where we saw more beautiful rock formations and loads of vegetation before we came across a large waterfall. We returned to camp for some lunch and final pack up of our camping gear and all headed home.

We all feel blessed to be able to explore the Northern Rivers with like-minded people, and the camping allows for more interactions and quality time together.

Over the airwaves

with Bob Tissot

Hello once again, and welcome to On Air on the road.

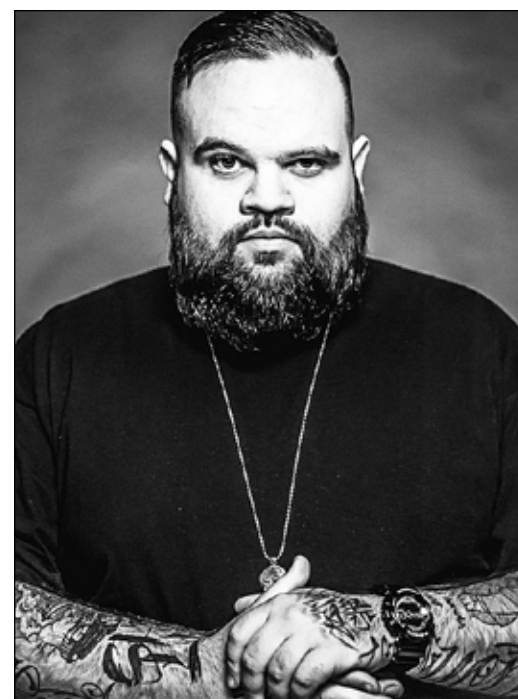
This month I'm coming to you from the annual phenomenon that is the Woodford Folk Festival. I've been here for a month now; two weeks for the set-up, one week of complete musical overload and a final week to pull it all down again.

And talking of overload, this year has had just about all my favourite people in the same place at the same time. Natalie Rize (formally Of Blue King Brown), Michael Franti, Briggs, Courtney Barnett, Harry Manx, Jeff Lang, Dubmarine and about a thousand more.

Was it overwhelming? Exhausting? Am I completely wrecked in body and soul? The answer of course to all these questions is yes! So, let me fill you in just a bit.

First off, Natalie Rize is here with her new Jamaican band... singing about revolution and overthrowing Babylon, sentiments I'm sure most of you can relate to.

Michael Franti did an acoustic set with only the guitarist from Spearhead on stage with him. I'm not sure if he's touring with a bigger band, but his acoustic set was effin' awesome! Quite a bit of talk between songs, about himself, his life and where the songs originated from.



Briggs (above) was just electrifying, with such an acid sense of humour he totally cracked me up. I mean, he's a big boy and on his second gig he was wearing what appeared to be a canary yellow onesie with short legs.

Dubmarine have totally found their groove with their female vocalist sounding very much like Natalie (possibly a clearer set of pipes but the same anti-establishment attitudes).

And then of course there were the collaborations... Jeff Lang with Bobby Singh and a couple of Rajahstani folk masters; Mongolian throat singers with western blues men; Harry Manx with a young genius on the Hammond organ. I'll be able to give you lots more info on my "other" radio program ('Playspace', Fridays 9-11am).

So how has it all been? Bloody exhausting. Hanging with the rather hairy and feral outdoors work crew has been a real treat though. I've been on campground set up which has broken my body but uplifted the spirit. It's nice to be tribal again.

Look, the after party has kicked off and I'm the only one left here in the cafe, talking to you. I can hear the crowd going crazy out there and I really have to join them. Ciao.



Courtney Barnett (pictured, above) played a set of nasty grungy shit which you either loved or hated, depending on your age (unless of course you suffer from retarded development like myself). Don't lock her down to sounding like her record folks.



by Mookx

Chinese buy up bottles of fresh air from Canada

A Canadian company which started out bottling Rocky Mountains air as a joke has seen its product fly off the shelves in China, with first shipment selling out in four days... because of rising pollution levels. – www.telegraph.co.uk

Back in the late 70's I conceived and started working on a Rock Opera called 'Air'. The story was about a Company called NOZCORN which had taken the world by storm with the first ever nuclear-powered nostril reamer... a much sought-after commodity in the "cocaine age" in which the story is set.

NOZCORN comes to grief when customers start changing the mini fuel rods in the devices and throwing the old ones into the waste paper bin. They melt through the floor and bore into the ground like white hot worms. It's not NOZCORN's finest hour!

Anyhow despite massive global legal battles, they somehow manage to patent and copyright the very air we breathe, and commence to market and charge exorbitant fees for its use! Their company motto is "We want your money up our nose!"

To me it was all highlighting a fictitious point where absurdity meets profit-making. To me it was funny. I expected my audience to go away highly amused at the very prospect of some up-itself corporation bottling and canning, selling and indeed owning the air! It's like owning Spring, or fire, or water...

Oops! They already do own water! There are many places now where they literally own it outright and enforce their position on the populace... starting with fines for collecting rainwater! They also own all the water that millions upon millions of people drink every day from bottles they buy while travelling the world. They are constantly moving to own everything... and the absurdity



expands along with their untrammelled corporate growth.

So here we are in 2016 in a world that basically wants to sell you the air that you breathe, along with everything else of course (with a global scenario even bleaker than a bushfire, a D9 bulldozer and a cattle stampede through your dope crop), wondering what positive threads we might be able to somehow weave into the new 12-month tapestry ahead of us.

If you add it up... 2+0+1+6 = 9. Nine is always considered to be final, the end, the

last. Nine finishes the series... be it years, days, months... whatever! It's the end of a lot of stuff! It is followed by a year that adds up to 1, which of course signifies new beginnings. Now even if you think this sort of stuff is a lot of hooey, it does enable us by its imagery to focus together, at the same time, on such things as endings, beginnings, blessings, opportunities etc. There are heaps of things going on that we'd all like to see ending and beginning and we need to think as one to manifest our visions, wishes, hopes and dreams.

I won't blather on about any other issue from this last decade of fascist rising, although there are heaps of 'em. I'm here to ring in the new. There may be a lot of "getting rid of" in a 9 year... making way for a whole new ball game in 2017. We should concentrate on everything we would like to see happening... personally, family, locally, Oz-wise, Global, Universal. Dream it up this year... that's what we're being told. The horror is out there... yes... but be grateful for every second that you are not stuck somewhere where it is all happening. From gratitude springs positive thinking, and from positive thinking comes manifestation.

Happy New Year and a great 2016 to you all. Let's all vibe together to stop all the bad stuff in 2016 and create a brand new world in 2017. Peace!

Energy

by Suzy Maloney B.Eq.Sc.

Energy is the stuff we are made of, everything and everyone is really just a collection of energy. This energy assumes a particular shape for a while and then moves on, it can neither be created or destroyed, just changes in form. But when we use the term 'energy' when dealing with horses we are usually referring to something different. In this situation we talk of projecting our 'energy' toward the horse in order to make it do something, e.g. move faster or yield sideways. This type of energy never assumes the form of matter so must be made of something different. What could it be?

I'm not sure I can really reply to that question with one answer. A reiki master would think of it as one thing, a scientist another, a sports coach yet another while a relationship counsellor would consider it something else. Personal energy can be seen as prana (life force), or as a chemical reaction which releases adrenaline and pheromones, kinetic energy as you move your body or as an emotional state which the horse feels as empathy.

So when you're training your horse and you project your energy at it, how can you be clear exactly what it



is you are projecting? Horses are incredibly sensitive animals and if we send out uncontrolled or tainted energy towards them they will feel it and they will react. To be absolutely sure that none of your own personal 'stuff' is within the energy you send is probably beyond most of us, you would really need to be an enlightened being to be able to do this.

Really most horses are far more comfortable around us humans if we contain our own energy and approach them and work with them without putting out much of anything out at all. When someone approaches a horse and they are comfortable, relaxed and being themselves and not projecting anything at the horse, the horse relaxes. Energy is a pressure, if we are projecting energy while working with horses they feel that pressure and can become quite disturbed by it. An example of this is when you are working under a manager who is micro-managing you, it can become almost impossible to do anything efficiently as the feeling of pressure can make you feel quite dysfunctional,

it's exactly the same with the horse.

I have worked with a number of horses where humans used their energy to drive them forward and ask them to perform. In some cases, these horses appear to suffer from some form of mental or emotional disturbance. They lose trust in humans and would prefer not to associate with them. By always containing your energy while working with these horses they learn to relax around people again. These experiences have caused me to question the use of personal energy when training horses. I have come to believe that horses are far more relaxed and comfortable around us when we are self-contained.

However as with everything there are always exceptions to the rule. In situations where a horse is challenging a human or is feeling very high energy itself, if we don't match their energy level we are likely to be overrun which could present a safety issue. In these situations we do need to bring up our energy, regain control

of the situation and then immediately drop our energy again the moment the situation has passed. This dropping the energy again as soon as the situation has passed is crucial to our relationship with the horse. If we do not then we are in danger of becoming aggressive, domineering humans which the horse will do all it can to avoid. It is also crucial from a training perspective, as soon as the horse is calm again we need to give very clear feedback to the horse that this is what we want by immediately dropping our own energy, thus removing the pressure.

Finally, it's impossible to do anything without incorporating our own 'stuff', unless you're enlightened. So what I am talking about here is a goal, something to be aware of, so you can then reduce the amount of unconscious behaviours you exhibit around the horse. We all at times will not be able to achieve this, so don't give yourself a hard time about this, we can only try to be conscious as much as possible. And your horse can help you with this. These magnificent creatures live in the present all the time. If we can let go of everything as we enter the paddock and just be with our horses, they will show us how to do it.

Happy Horses Bitless Phone 0401-249-263, email: happyhorsesbitless@gmail.com www.happyhorsesbitless.com



by Marilyn Scott

Here we are, 2016, a brand new year, a time of fresh beginnings, a time of inspired action.

Activated and gifted from our transformed thinking processes, we've learnt that what we concentrate on grows... that what we invest our energy into emerges into form. We've learnt a lot about the extraordinary capacities of our brain, our sovereign heart and the power we carry within us to create our world.

This is the year to get serious, prepare to launch our long held visions. It's time to take our gifts to the world... these are highly creative times. These steps we're taking are laying the foundation of an entirely new paradigm. This is a new chapter in our human evolution. And we all play a part. We came with all the tools we need inbuilt within our sacred form. We've learnt much during our journey. We're ready, it's time to step out on the stage. It's a grand stage, built to accommodate us all.

During the last days of 2015 we travelled through the Solstice gateway, a potent portal, climaxing at the full moon on December 25th... downloading the gift of inspired initiation, setting our intentions for the first quarter of 2016. We're building the stage. We've learnt, we've cleansed, we've let go, we've terminated, we've renewed and we've begun... we stand in a new place in our galactic environment.

It's time for inspired action, we support this with our focus, planning and commitment. We're organised and clear, we know where we're going. We simplify our lifestyles, we cleanse the energy around us. We remove any obstacle that may hinder our purpose. We're clear, our passion propels us forward. Our boundaries are firm, strong and secure, we know who we are, we know what we need. We understand our value, we love our self unconditionally. We stand anchored on our sacred Earth.

We are masters of our own functioning, we choose our thoughts, we direct our actions. We gather our support, we place our self where we'll be loved and nurtured. We feel our power radiate from our golden centre, through to every particle in our precious body... and beyond.

We have so much... we see that clearly. We seek clarity, compassion, honour, generosity, kindness and humour. We know our worth. We walk clothed in our deepest core values... we know what is the most important thing to us. We craft our life around this. This is the time for which we've been waiting... don't hesitate to embark on the journey of a lifetime.

The sacred nine (2016), combined with any other number returns it to itself.

It holds the ending and beginning, the number of humanity. It aligns with compassion, is known as the law and principle of love... it works for the greater good of all.

As the New Year births, Venus commences her voyage through Sagittarius, the truth seeker. We attract through our expansive vision and focused aim. We feel inspired to venture out beyond our gate, to virgin lands; exploring new horizons, seeking new freedoms and glorious adventures. Mother moon sits with Zeus (Jupiter), king of the gods. Our emotional field expands, our intuition is fired, we follow our inner promptings... we trust what we feel. Our destiny is activated.

These recent years have prepared us, we've learnt much and grown considerably. We stand in a new place. We trust our self. We know what we want, we walk with clarity. We commit our self to a world of harmony, peace and love. We know that what we ask for arrives.

Crossword Solution

From Page 23

B	C	H	A		C	A	C	T	I	S
A	A		G	R	E	E	A		G	U
N	L		R		B		J		U	A
G	U	I	T	A	R	S	O	L	O	A
F				U		R			N	L
O	R	B	S		M	A	G	E	C	A
R	A		A		O		L		O	O
B		I	N	S	T	R	I	N	E	N
U	K		K		T				U	D
C	H	A		E		A	H	A	B	N
K		L	O	D	G	E		C	H	A



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The endless possibilities of 2016

by Robin Stein, Numerologist

Before looking at 2016, let's put the magnifying glass over the previous year. I think you'll see clearly how the Eight Global Year of 2015 affected the world. Remember there is always a balance of love and light, no matter what we see.

2015 adds to a Number Eight. Each number has a positive and negative side. The positive side of the Eight is found in inner strength and independence, as well as in holding the balance, or in working towards a balance in all directions. The keyword for the Eight is Balance. Many people with Eights strongly in their Blueprint will discover they must constantly modify their own behaviour, or assist to modify the behaviour of others, like teachers and psychologists. The Eight gives an odd but very funny sense of humour. And it gives leadership ability and great logic. However, the negative side of the eight can be controlling, jealous, demanding, and even bullying to get what they want. Some can even walk over others less fortunate without a second thought.

So knowing this, do you feel the Eight Global Year was expressed more in a negative or a positive way globally over the past 12 months? In every year, the number of that year will express itself both negatively as well as positively. However, I personally feel that the Australian government has had an extremely negative Eight effect upon Australia, as well as on how we are viewed by other countries. Far too much emphasis was placed on short term gain, but never on the damage this may cause others, throwing a great deal completely out of balance! There are karmic effects for such deliberate damage to our planet and they often occur in a Year of Completion.

2016 will definitely be a far better year than we have had for some time. 2016 adds to Nine, (2+0+1+6=9) so this next twelve months will be very, very different to what we experienced with the Eight, last year.

Nine is a number of Completion for all of us, as well as for our planet. Completion is extremely important in order to clear the way for the new beginnings 2017 will bring. We are given a year to complete plans, end cycles, choose what we need to keep, and of what we should now let go.

A Nine Global Year shows we have reached the end of a Nine Global Year cycle which began with the first day of 2008. A Nine Year will always teach us that we have choices, even if we don't realise it at the time. So even in one of the more difficult personal year vibrations, (like the 4, 7 or 9 Personal years), when everything is falling around us, we can 'choose' to assume a positive attitude about the outcome. We are never given a problem without also being given the resolution to that problem. And we seem to appreciate it more when we have to dig deep to find it.

Nine is one of the mental numbers along with 3 and 8, as well as one of the spiritual numbers, along with 2 and 7. Nine contains all the other numbers and people with nines strongly in their blueprint have accumulated the experience and wisdom of many, many lives – usually for a specific reason.

The Nine means many things to me. It is the last year of a nine-year cycle, showing 2016 to be one of completion in many directions. It is also the Humanitarian number. It shows people who take their responsibilities very seriously. They see what needs to be done and then simply step in quietly to get it done. They are very conscientious. Often brutally honest and highly analytical, they make natural teachers and nurses. They are loyal, generous, supportive and helpful friends. Most have a deep understanding of spiritual matters.



There are many with multiple Nines in their birth date who have amazing minds. They have the ability to provoke thought in others, or to penetrate your facade if you are not genuine and many have a photographic mind. They are excellent communicators and writers. And generally the most trustworthy of all the numbers. Nine is symbolised by the wise Hermit in the Tarot. And 'Wisdom' that comes from a deep, spiritual place is a trait of the Nine.

In my books, I give each number a Keyword and the Keyword for the Nine is "Thoughtful." I know there are a few completely outrageous people with Nine as a Day, Month, Year or Life number, but most are quiet, thoughtful, analytical and gentle folk who actually need quiet time alone for thought, or to rest from too much thought.

When the Nine is acting negatively, it is almost impossible to stop the flow of thoughts or to quieten the mind, which over-analyses everything. The Negative Nine is an insomniac. Many people with 'unharnessed' Nines need to meditate to stay sane. Otherwise they can suffer anxiety, worry and stress, which can also be expressed through headaches and tightness in the neck and shoulders, or in the stomach. So it is a lesson for all of us to take real steps to RELAX this year so we don't become over-run with work and personal concerns.

The positive Nine helps others without a second thought. But the negative Nine will take on far too much and then become grumpy about having no time for themselves. So I think we should keep this in mind because we don't know how deeply each of us may be affected throughout this year.

Globally, the Nine may mean that public pressure will create ways to heal our planet, as well as ways to clean up the mess that has already been created by the thoughtless, who cared only about short term gain. The humanitarian side of the Nine will see many countries taking refugees, and creating programs to help them to integrate, to de-stress, to learn new languages and to begin their lives again with hope.

On this note, I believe the government here will be 'forced' to close Christmas Island and other bullying refugee facilities, where no understanding for the plight of these poor people has ever been given. There will be great pressure to release the children first.

The truth will be exposed in areas of government, pharmaceuticals, cancer, health and food. I'm uncertain if the powers that be will stop meddling with our food just yet, but if the truth is exposed to all, then we ourselves can make decisions about whether or not we eat it or give it to our children, as well as making decisions to grow more food for ourselves.

Nine is the number of responsibility, so I feel there will be many who will 'wake up' to realise they have given away their personal power, believing that others (like governments) would look after them. Hopefully they will be angry enough to take back the power they gave without a second thought, and we will see many more people taking responsibility for themselves and far greater responsibility for their families.

We can only hope that many more people 'wake up' and begin working for change and peace on the planet, instead of the opposite that we see all too often.

Your personal year

Our Personal Year Number affects us from one birthday to the next, beginning at birth and changing every year on our birthday. Work out your own Personal Year vibration for 2016, by adding the numbers of your day and month of birth to the number 9 (2016) and then reducing that number to a single digit.

If your Personal Year Vibration is a One, the Nine Global year will assist you to think more clearly about where you need to go next in your life, as well as the best way to accomplish the tasks you have set for yourself. The One year is about new beginnings and independence, so the Nine year will enable you to be more thoughtful and responsible. One is a number of Leadership, (along with 5 and 8), so taking a

more responsible step in your career is probable this year.

If your Personal Year Vibration is a Two, the Nine Global year will help you to understand more about yourself as well as about deeper, more spiritual matters. The Two is a number of Peace and Spirituality, so with our year beginning with a '2' we are definitely moving towards greater peace for all of us. However, the negative side of the Two is a bit like two parallel lines that never come together, so the hope is for the Nine to assist the Two with greater peace and wisdom in all ways.

If your Personal Year Vibration is a Three, the Global Nine year will be very busy and social.

If your Personal Year Vibration is a Three, the Global Nine year will be very busy and social. Three is the number of ideas, study, creativity and communication, so there will be study and travel in the life of many with this combination, as well as meeting new people, discussing new ideas, being sociable and finally taking responsibility for your creative instincts with colour and texture and in many other ways.

If your Personal Year Vibration is a Four, the Global Nine Year will offer the Wisdom to lay low, stay put and not to reach out beyond your safety this year. For if you do, you will do something you will regret. Sometimes we must be 'still' so we can observe and assess, instead of jumping or reacting. Financial and emotional problems can feel overwhelming in a Four Personal year.

A Four Global year would accentuate these problems, but a Nine will make a very positive difference. It can be extremely confronting when truth is exposed to us, in spite of the fact that the truth is far easier to deal with than a lie. Remember that the truth frees us. Once free, we can never be tethered again - as long as we are 'awake.'

If your Personal Year Vibration is Five, I think you will have a lot of fun in the Global Nine year. The Four stands for stability, but the Five stands for freedom. Doing what you want to do, going where you want to go, travelling to explore different cultures and generally feeling that this year is creating a major turning point for you. Get ready to move as soon as the aperture opens for you and be inspired. Anything is possible for you this year.

If your Personal Year Vibration is Six, the Wisdom of the Global Nine year will assist you in all matters of the heart. Six is the number of harmony and beauty, creativity, family and the wider community, so this combination will see many taking on extra responsibility to have a baby, get a puppy, care for a loved one, start working in the school tuck shop, or to offer your time to those less fortunate through a charity. Both the Two and the Six Personal Year Vibrations will often bring 'love' into your life, or deepen the existing ties of a relationship.

If your Personal Year Vibration is Seven, the Global Nine year will definitely support you through the emotional changes you may experience this year. Changes to relationships can be very emotional and it is usually our feelings about ourselves that get rocked, yet we all need to change and to wake up to ourselves throughout this year so that we can grow and advance spiritually as much as possible.

Change is inevitable in a Seven year for this very reason. Those able to recognise the need to let go quickly of certain negative behaviour or people will fare better this year. Remember there must always be 'recognition' of what is 'not right' in our life before we can 'wake up.'

If your Personal Year Vibration is Eight, the Global Nine year will definitely offer you more of a conscience than you have required so far in your life. But if this wise and visionary Nine Personal Year Vibration is coupled with the persistence and determination of the Eight, you can go a very long way in the direction of your dreams this year. Keep integrity high, donate a percentage of every dollar you make and you will experience great success. In your personal life, permit the wisdom of the Nine to assist you to a greater understanding. Learn to be patient in order to find your balance. And don't forget to have fun.

A Nine Personal Year vibration with a Nine Global Year can cause the rug to be pulled out from under your feet very decisively in not just one area, but sometimes, in every area of your life. Become an observer and relax. Nothing whatsoever occurs without a reason, but you may not have discovered the reason just yet.

So relax. You are being tested in the areas of trust and faith and everything will work out perfectly, just as it has been arranged for more than a life time. At the end of this year you will be stronger and wiser. And you will understand that every detail of this year was necessary.

Happy New Year everybody.

Robin Stein is a local writer and is the author of *Your Child's Numerology*, *The Numbers of Love* and *The Complete Numerology of Love*.



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Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
Leaving	Arriving	Leaving	Arriving
Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre
7.52am	8.50am	9.00am	9.35am
9.00am	9.35am	12.45pm	1.15pm *
12.45pm	1.15pm *	3.25pm	4.10pm
3.25pm	4.10pm	6.05pm	6.35pm
4.30pm	5.15pm		
6.05pm	6.35pm		

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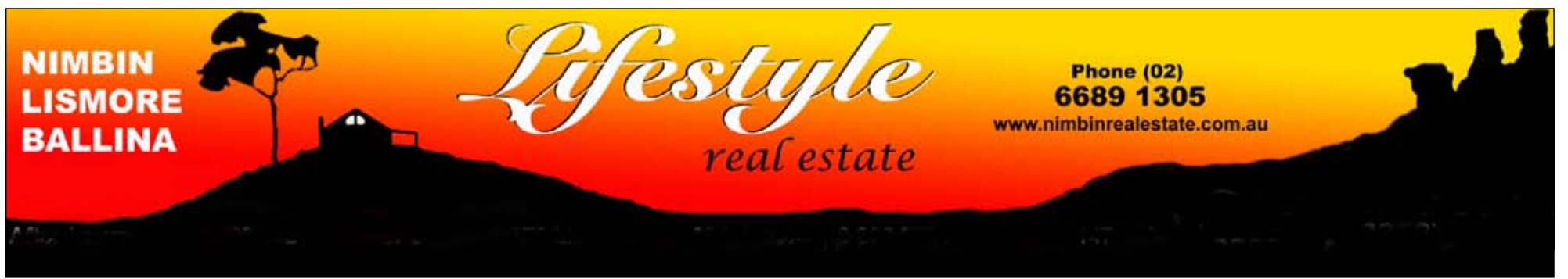
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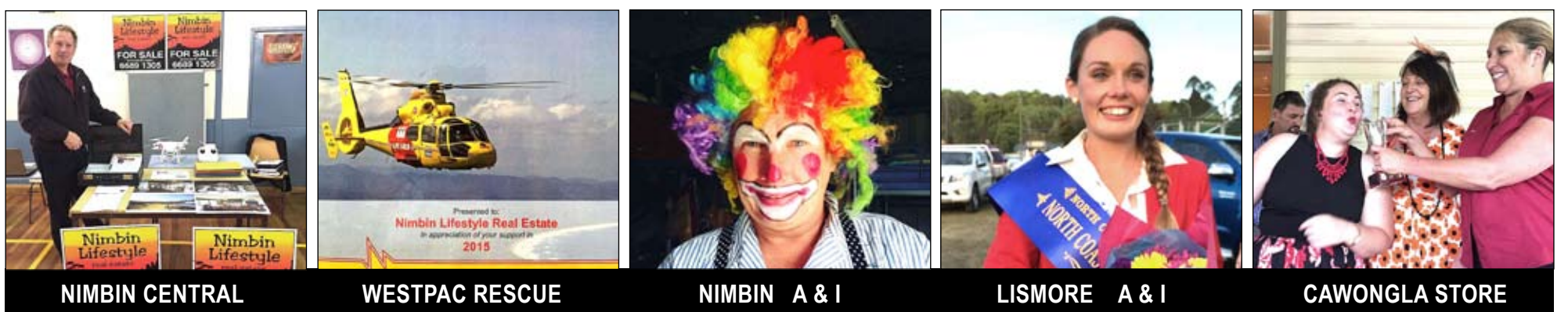
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