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World
Lifestyle
Community

SEPTEMBER 2021

Q MAGAZINE



featuring:
SIMON DUNN
a truly wonderful australian

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q feature: **SIMON DUNN**

Give Out Day Ambassador, Bobby Goldsmith Ambassador, Australian Bobsleigh Team previously and once again on the journey toward the 2022 Beijing Winter Olympics, Corporate Speaker, LGBTIQ+ Advocate, Personal Trainer, Sydney Convicts Rugby Player, Australia's first LGBTIQ+ P&O Cruise Ambassador and with a social media following of over 500k – when I spoke with Simon he was using his final days in Sydney's lockdown and travel bubble training before heading over to compete in the North American Bobsleigh competition in order to qualify for the Olympics.

I asked Simon how hard it was to train for Bobsleigh and the Winter Olympics to which he said "while the team haven't been able to train together due to border lockdowns they each had their own coaches and sports team". Simon, being the only team member in Australia, was hit hardest as he went from having a coach and support team and training in the central coast at the best facilities to being reduced to just a coach and then hit with travel restrictions, ended up using his Personal Training experience to keep his fitness at Olympic levels.

Simon Dunn - who many would have seen promoted as the Give Out Day Ambassador (on the 15th October 2021) – last year helped raise over 300 000 for LGBTIQ+ community organisations, many of which do not get government funding. "The great thing about Give Out Day Australia is the donations are doubled up to \$1000 so this helps smaller community groups" Go to www.giveoutday.org.au for more information.

Simon was also recently announced Ambassador of the first and ongoing LGBTIQ+ Pride P&O cruise. The cruises, departing Sydney in November 2022 and December 2022 from Melbourne, are the first of many planned by the P&O Australia team. Simon will be working alongside with Hans the German, Dj Victoria Anthony, and Ru Paul Australia stars Coco Jumbo and Etc Ect. They are only short cruises so they'll be jam-packed with excitement - with heaps more entertainment to be announced.

Simon has been an ambassador for the Bobby Goldsmith Foundation since returning home to Australia. He donates his time to help raise funds for the BGF, which is Australia's first and longest operating AIDS charity. He regularly visits clients and promotes safe sex messages through the media.

Simon has been focusing on reaching the 2022 Winter Olympics. Entirely self-funded, the team, along with one of our most awarded paraolimpians Evan O'hlanon, are heading to compete in the North American competition to help them qualify for the Winter Olympics as the Australian Bobsleigh team. They have an auction to help the team. The Auction includes heaps of prizes but also includes the Melbourne P&O Cruise, so a great way to get a balcony cabin for a bargain price and help the Bobsleigh Team at the same time. Bid now to shown your support at www.galabid.com/bobsleigh



www.facebook.com/bySimonDunn
www.instagram.com/bySimonDunn
www.bysimondunn.com



q series: with TINA TOWER

How these Aussies made millions from creating an online course

Making money from what you know is simpler than it's ever been. Years ago, there were complex coding and technology to master to create online courses. And that's before even trying to get your customers to understand how to use it! One of the advantages of the past year has been the increased comfort that people feel online and the willingness to learn in a self-paced at home environment.

It's never been easier to package your expertise and set up an online course. You may start just wanting to generate enough income to fuel your life and get some extra investments on the side, or you may be ready to say goodbye to that Monday to Friday 9 - 5 life and live the life you've always imagined.

It can be so scary saying goodbye to what you know. Start small and decide at what point you'll give yourself permission to quit. Then, once you're all in on your business, you can level up. Like any business, online courses are something that either stays very small and doesn't gain any traction, or, it goes big - really big.

Too often I see people start online courses and expect it to be passive income and to work without the effort. You know the saying "If it looks too good to be true, it probably is". Selling your expertise isn't passive, but it is extremely leveraged. You're able to take what you're already great at and known for, and package that information and sell it to help others up who are behind you.

The biggest determinate of success is your attention to customer results. The more you can help your clients, the better you will do. For that, you have to be passionate about what you're doing, be willing and able to talk about it again and again and again and to be fiercely obsessed with helping others to learn what you know.

I used to run serviced based businesses. I built tutoring centres for years and then licensed my curriculum and then franchised. I built it to 35 locations throughout the country and it was HARD work. Every dollar was earned - blood sweat and tears. Business as we traditionally know it is an exchange of money for time. If we want to grow our business, then we need to work more hours or hire more staff to work more hours. My love affair with online course businesses began when I realised that it's not a time for money exchange, but instead, a value for money exchange.

You get financially rewarded for the impact that you're making in the world and the value that you're giving to other people. And because of how leveraged online courses are and your ability to scale and serve so many people at one time by utilising software and automation without the increase of hours in delivery, then it's massively leveraged.

It took me over ten years to get my serviced based business to over \$1 million a year in revenue. For my online business, it took 19 months, with no money spent on social media advertising. I embraced content marketing and set about serving people as best as I can. When I'm asked about what helped me to create a million dollar company online, I come back to what I said earlier about customer success. I was just as psyched to serve two customers as I am to serve 200. I am completely driven by results for the people I serve and those results are what continues to propel my company forward.

The common thread that I get from online educators is that if they can do it, so can you. You already have the knowledge in your head, now you can package it, sell it and make a bigger impact than you ever dreamed possible.

Tina Tower, author of Million Dollar Micro Business (Wiley (\$29.95)), is an award-winning serial entrepreneur who has founded, grown, and sold several businesses and franchises. Tina has helped hundreds of people package their expertise into an online course and launch it to the world. Through her program, Her Empire Builder, she is on a mission to help 100 women build a \$1 million a year business by 2025 and her new book shows show you how to package your expertise into an online course. Find out more at milliondollarmicrobusiness.com



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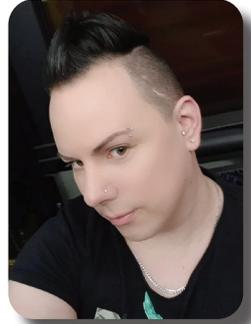
**How to turn your
expertise into a
digital online course**

tina tower

WILEY

q cuisine: with HOME COOK HYLTON

During this time of uncertainty and seemingly endless lockdowns, I, like many others, have turned to baking to fill the time, or to use the phrase of a close friend, procrastinating. While not exactly the best choice when it comes to maintaining a healthy weight during lockdown, it certainly fills the time.



Carrot, Pineapple and Walnut Cake

While you're more than welcome to use a premade packet of cake mix, there really are few things more rewarding than a made-from-scratch cake. The main thing to remember here is to use coconut flakes. While desiccated coconut works perfectly for things such as rumballs (see below), they're far too dry to achieve the result of a rich, moist cake.

Ingredients

- 2 cups all-purpose flour
 - 2 teaspoons baking soda
 - 1 teaspoon baking powder
 - 1 teaspoon salt
 - 2 teaspoons ground cinnamon
 - 1 ¾ cups white sugar
 - 1 cup vegetable oil
 - 3 eggs
 - 1 teaspoon vanilla extract
 - 2 cups shredded carrots, plus extra to top
 - 1 cup coconut flakes
 - 1 cup chopped walnuts, plus extra to top
 - 1/2 450g can crushed pineapple, drained
- ### Icing
- 250g cream cheese, softened
 - 1/4 cup butter, softened
 - 2 cups icing sugar

Method

1. Preheat oven to 175°C
2. Grease and flour a loaf pan
3. Mix flour, baking soda, baking powder, salt and cinnamon in a large bowl
4. Make a well in the centre and add the sugar, eggs and vanilla.
5. Mix well with a wooden spoon until smooth.
6. Add carrots, coconut, walnuts and pineapple and stir well to combine,
7. Pour batter into loaf pan and bake for around 45 minutes. A skewer inserted in the middle should come out clean.
8. Allow to cool, then turn out onto a cake rack to cool completely.
9. To make the frosting, using electric beaters, beat the butter and cream cheese until smooth. Add the icing sugar and beat again until creamy.
10. Ice the cake using a spatula and top with grated coconut and crumbled walnuts.



Rumballs

Rumballs make for a delicious treat, or can be given as a cheeky gift for neighbours or friends to brighten their day. While most rumball recipes call for arrowroot biscuits and cocoa, this particular recipe makes for much fluffier, and rummier balls.

Ingredients:

- 7 Weet-Bix/Vita-Brits
- 1 cup chopped raisins
- 2 tablespoons cocoa
- 1 (400 g) can condensed milk
- 1/3 cup desiccated coconut, plus extra for rolling
- 2 Blocks of Lindt Dark Chocolate
- 1/2 cup rum

Method:

1. In a small snap-lock container, soak chopped raisins in rum overnight in the fridge.
2. Using the small bowl of a food processor, crush Weet-Bix until fine.
3. Do the same with the blocks of chocolate.
4. Add the Weet-Bix, chocolate and rum-soaked raisins to a large bowl with the remaining ingredients and combine well.
5. Roll mixture into balls and roll in desiccated coconut to coat.



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q life: with GABRIEL TABASCO

A Threesome: The Champagne Campaign

A few years ago I was in Greece for the European summer. Although it was September it was still hot. September in Greece, as everywhere in Europe, heralded a time for new beginnings. People returned to work after their sun-soaked days on the beach and students going back to university to resume their studies. The rush of Athens was on full throttle. There were some people who put up a resistance wanting to prolong their summer daze and arguing that if it is still hot then we can still party.

On one evening in early September one of my friends was managing a new gallery and invited me to its opening. Amid the glitterati and photographers from cheap tabloids I met Ali who was sipping champagne.

Ali came from Lebanon, was a few years older than me, and at least a head shorter but with nice arms that he displayed in his cut-off t-shirt. He was with Imran, who, from their body language, I assumed him to be Ali's friend.

Ali and I flirted over free flutes of champagne and art that was too hideous to put up and too expensive for us to buy. By the end of the night we ended up with a group of other guys by the dumpsters behind the gallery having decided that a gay party amid other people's rubbish was better than pretentious posse of people in fake fur wanting to get into cheap magazines and gossip blogs.

By the end of the night as Imran was talking to one man I kissed Ali next to the bin for recycling paper, but not plastic. By the end of the night I found out that Ali and Imran were a couple but had a very open relationship. They owned and managed a PR agency in Beirut called The Champagne Campaign.

We agreed to meet the following week at their resort in the southern tip of Attica. I drove down to their hotel where we had dinner and then walked to some bars for drinks. It was inevitable that the three of us would end up in bed together.

Back at their hotel room, still in our clothes, Ali and I sat on the bed kissing. I was still undecided if I wanted a threesome or just wanted Ali. I much preferred Ali to Imran. He was sexual and smart and had interesting things to say. I had more of a connection with him. So it was a relief when Imran's phone beeped.

'It's that guy from yesterday,' said Imran. 'He says if he can come over for sex.'
'Sure, fuck him if you want but I'm not interested so much,' said Ali in a directly, unconcerned way.

Around 15 minutes later, as I was sitting on the balcony with Ali sharing a bottle of champagne as Imran laid on the bed texting men when there was a knock at the door. It was the man who texted earlier on. Ali and I, a little drunk and giggly, went into the room to see what he looked like.

The door opened and I knew the man. He was a friend of Mike's. Eriko was a tall, broad-shouldered, likable man who worked as a consultant. I once went to his house with my friend Mike for drinks but he did not recognize me. Or at least did not seem to recognise me.



What's your names?' he said coming in. Ali said nothing and so it was left to Imran to make him feel comfortable.

'My name is Imran' said Ali, trying not to snicker. That obliged Imran to call himself Ali. They switched their names around. I used my actual name to see if he recognised me but he did not.

'I don't like that guy,' said Ali as he sat outside and made disparaging comments about Erriko. 'He looks like these big strong guys, with small dicks.'

Ali smoked while I, who was ambivalent about Imran and not particularly attracted to Erriko somehow ended up in bed with them. The sex was fine. Ali was right; Erriko was a bottom, and as Ali spied through the window he spread his legs for Imran as soon as he sat on the bed. Imran should have named his business Quick Champagne Campaign because he uncorked his champagne bottle in less than five minutes of sex with Erriko.

Erriko's hole still had not got his fill. Erriko and I being horny and a little drunk meant that I plugged in. Erriko was all too happy. Pumping away at Erriko, Imran slapped my ass as I fucked Erriko and kept saying 'go Gabriel, fuck him'. 'Go, go, go,' as if he was a sexual cheerlead. From time to time he would tug on my balls as they slapped up against Erriko. It was fun getting my ass fondled as I fucked a man though I wished he slapped me harder.

'Are you finished yet?' asked Ali from the balcony, who looked bored and sipped champagne.

'Not yet,' I said breathing heavily as I worked away on Erriko.

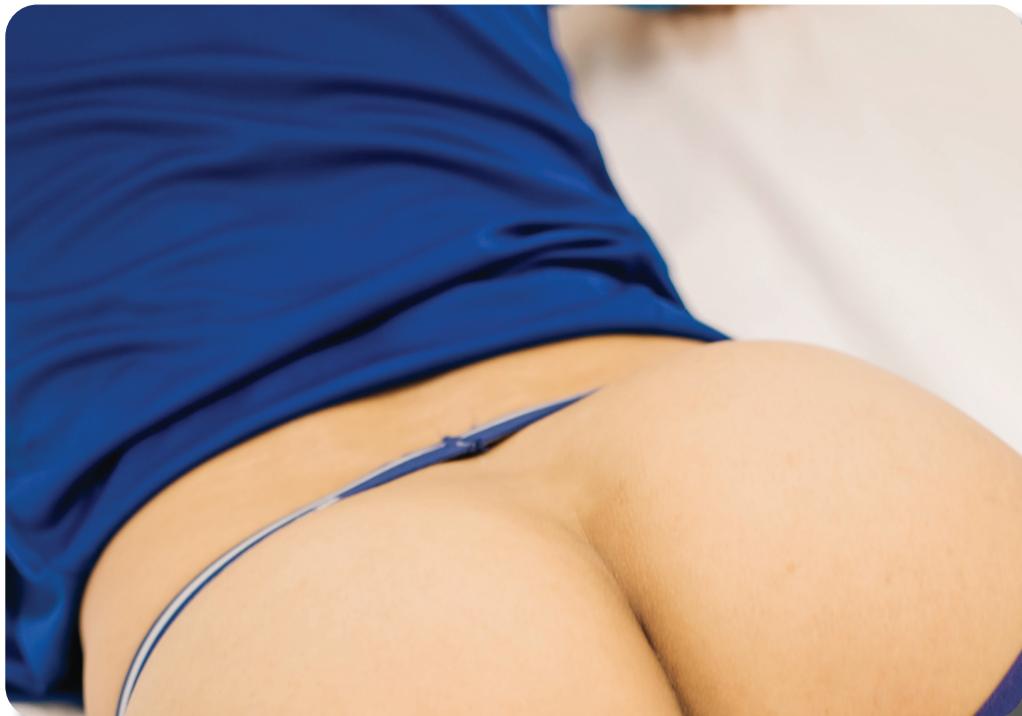
'Well, I was avoiding coming to see what I would find,' he said, 'but I might as well come in and watch'.

So Ali came in, holding his cigarette to watch Imran wank himself off as he cupped my balls, as I was about to come. Eventually Erriko, wanking his short, thick cock shot his load on his chest as he grunted like a warthog.

'Not bad,' said Ali, 'but not good either,' he said bitchily. 'I saw better threesomes in pornos'.

The look on Erriko's face showed he was satisfied and despite my better judgment I had a good time too.

I never saw Erriko again. He eventually got married, to a woman, when someone was going to expose him as gay to his family. I lost touch with Imran and Ali but I often wondered how they were doing.



q memories: **THE MARKET REUNION**

The Market 10 Year Reunion Event WHERE LOVE LIVES is now happening on **Friday 3rd of December 2021** at the Colonial Hotel also known as Brown Alley.

For directions, go to:

www.brownalley.com

Due to big demand they will now be opening three rooms across the entire venue. These spaces will include a Dance, Lounge, and Chill space as well as an outdoor area. So if you want to be part of the party and missed out on the original release of tickets, here's your last chance.

Tickets available from:

<https://www.eventbrite.com.au/e/themarket-10-year-reunion-party-where-love-lives-tickets-157181904307>

Here's a video for you to watch:

<https://www.youtube.com/watch?v=FatwPg8FZuU>

For more information please visit:

www.wherelovelives.com.au

FRIDAY OCT 1 **9PM TILL 7AM**

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**“My reason to live is
Sundays with my girlfriend”
- Ashley**

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q community: VILLAGE HUBS

Independent Living Assessment (ILA), the National Grants Manager for the administration of the Village Hubs Grant Fund is excited to announce that 10 new hubs across Australia have been selected and awarded a share of \$4.7 million funding.

The Village Hubs Grant Fund is an initiative of the Australian Government's Seniors Connected Program. The Program was designed to alleviate loneliness and social isolation experienced by older Australians. With one in three older Australians living alone, and our increasingly ageing population, their access to resources and support is vital. Some older Australian's face challenges and stresses associated with retirement and ageing, and a large number have reported feelings of loneliness and social isolation. This can, in turn, impact their mental health and wellbeing.

Each hub will be community led and provide opportunities for older people to improve mental and physical health through the benefits of increased community connections. The model operationalises the World Health Organisation's definition of active ageing by allowing people to realise their potential for physical, social and mental wellbeing. ILA will work in partnership with the hubs to deliver a broad array of activities and initiatives in both regional and metro areas to a diverse range of older Australians including Aboriginal, Torres Strait Islanders, Culturally and Linguistically Diverse (CALD) and LGBTQI.

ILA General Manager Andrea Morris says, *"We are really looking forward to working with each of the new Village Hubs to establish a place where older community members can reconnect, meet new people, have fun and socialise, join in activities they may never have tried and ultimately feel less lonely and more connected. ILA is partnering with the new Village Hubs. Our role will focus on guiding each of them during their establishment and then collectively through a community of practice, which is a dedicated place for shared learning and support."*



Andrea believes the Village Hubs will have a positive impact on older Australians experiencing social isolation: *"One in four Australian households is a lone-person household and there is a high proportion of these people who are aged 55 years and over (or Indigenous Australians aged 50 or over) who report loneliness and/or social isolation. The new village hubs will offer a diverse range of initiatives. Their common goal is to provide a place where older people can be involved in joint activities with others, develop new or cement existing friendships, and potentially discover new skills and interests and stronger connections within their local community."*

One of the successful Village Hubs is the Huon Valley Council in Tasmania. They have designed their initiative with a central hub in Huonville, which will connect and support smaller, regional based hubs. This community connector model will focus on members being aware of available resources and support in their area while providing opportunities to build connections and friendships.

Angela Barrington, Huon Valley Council's Manager of Community Development, described the social challenges: *"The area has increasing challenges with loneliness and social isolation due to rising cost of living pressures, chronic health conditions, literacy challenges (including health and digital literacy), and housing insecurity. This combined with the population being spread over a large geographical and rural area, migration of new populations, and an ageing population (over 37% aged over 55) is resulting in older people being unaware of existing programs and activities. The funding will enable Huon Valley Council to employ a dedicated Village Hub link worker that builds the capacity and resilience of community groups through offering face-to-face and personalised connections. This will help build the capacity of community groups to provide accessible localised activities alongside older people."*

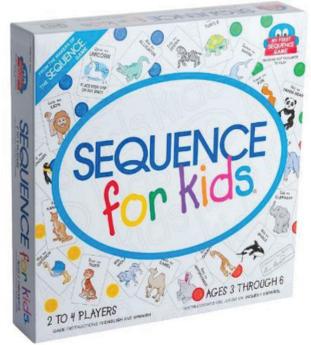
The Seniors Connected program will run from 2021-2024 (finishing 30 June 2024). GRAI's Village Hub will be led by and for older LGBTI people, offering multidimensional peer support and service development for the community. An LGBTI Elders' Organising Committee will be established to advise on the Hub activities, and Peer Elders will help provide a one-on-one befriending service for vulnerable and isolated individuals. Work towards creating culturally safe referral pathways and links to mainstream services such as medical, aged care services or housing supports will be developed. For more information about this Hub, please go to:

<https://grai.org.au>

Sequence For Kids

BIG W EXCLUSIVE

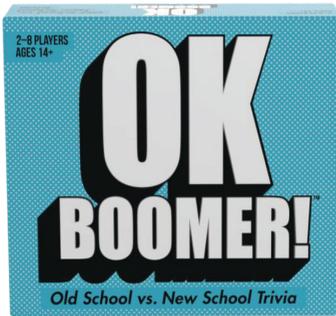
Even if they can't read yet, younger children can enjoy playing this great strategy-building game. The Sequence Game for Kids is easy to play yet challenging and exciting. Just play a card from your hand, place a chip on a corresponding game board space and when you have 4 in a row, it's a "sequence" and you win. But there's more. Use a unicorn card to place your chip anywhere or a dragon card to remove your opponent's chip. The game comes with 4 colours of playing chips, playing cards and a folding game board. 2 to 4 players, Aged 3+ RRP: \$25.00



OK Boomer

Available at all leading retailers

Shuffle both decks separately. Give each team one score sheet from the score pad and one pencil. Old School goes first as Guessers, because let's face it — that's how the world works. The Reader draws a card from the appropriate deck and reads it aloud to the Guessers. If the card contains a picture, then the Reader must be sure to cover the answer with their hand and then show it to the Guessers. Guessers have 30 seconds to discuss amongst themselves before giving an answer. If they guess correctly, the Guessers earn one point. If they guess incorrectly, nothing happens. The card is discarded and play then passes to the opposite team. The first team to reach ten points wins! 2 – 8 Players, Aged 14+ RRP: \$19.99



Gator Golf

Available at all leading retailers

A hole-in-one is a lot more fun with Gator Golf! Grab your golf club and aim to feed this hun little Gator. Sink your putt to score but watch out – he'll flick your ball with his tail for mor putting action. The first player to score 3 points wins! Active game helps develop large mot skills and gets kids moving. Keep score with the birds on the Gator's back! For 2-4 players, aj 3 and up. Batteries not required. Game Contents: 1 Gator 4 Gator Golf Balls (Blue, gree: yellow, orange) 1 Flamingo Golf Club RRP: \$39.99



Tetris Dual

Available at all leading retailers



Tetris Dual is a fast head-to-head, tabletop strategy game based upon Tetris – one of the most popular electronic games of all time. The object of the game is to create the Tetrimino shapes displayed on the LCD screen, by dropping them into the play grid. Score points by placing a piece next to one of your own colour, but you can complete more points by completing a full row. Don't leave any holes or you will lose points! Use some strategy to block your opponent, making it easier to play your remaining Tetriminos and complete the most rows. Two games available: GAME 1. Speed – Only 60 seconds to complete each turn! Lose points if the timer runs out. Game 2. COUNTDOWN – With a running countdown, score bonus points if you complete the game with the most time remaining. For 2 Players, Aged 6+ RRP: \$49.99



q support: **GAY UNCLES DAY**

Gay Uncles Day is celebrated on the second Sunday in August. It was first celebrated in the US on a wide scale Sunday August 14, 2016.



The holiday was conceived and first promoted by Facebook user C.J. Hatter, but received visual attention online when former rugby player Simon Dunn posted on his Instagram asking people if they wanted to celebrate "Gay Uncles Day" on Sunday, August 14.

Dunn remarked that everyone had someone in their family who was always the voluntary bachelor, but that visibility could help celebrate those people and allow them the comfort to come out.

The holiday is mostly celebrated online with gay aunts, uncles, and other LGBT relatives, posting pictures of themselves with their nieces and nephews, and other close, young relatives. It is also celebrated by the parents celebrating their LGBT+ siblings and sharing gratitude for their presence in the children's lives.

Since 2016, the holiday has been celebrated on the second Sundays in August in 2018, and 2019, including by celebrities such as Simon Dunn and Anderson Cooper. The holiday has been featured on NBC, Advocate Mag, and Out Lifestyle along with this year in Q Magazine.

For more information on how you may get involved, please visit any of Simon's social network pages listed in our feature this month.





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q libations: **BROOKIE'S GIN SPRITZ**

**BROOKIE'S NATIVE PLUM GIN SPRITZ IS A SPRINGTIME VIBE!
PRE-BOTTLED AND SENT FROM THE RAINFOREST WITH LOVE.**



The Brookie's Gin wizards have created more magic with the release of Brookie's Native Plum Gin Spritz, with Strawberry and Mint. Drawing inspiration from their favourite Slow Gin cocktail, it's served in a sexy glass bottle and ready to enjoy! This fruity mix is a second edition to their premium pre-mix (ready to drink) range and is crafted with their famous Davidson Plum infused Slow Gin, a fruit from the rainforest of Byron Bay.

Plum Gin Spritz, is your springtime vibe!

Brookie's Native Plum Gin Spritz is as bright and refreshing as a spring day. Developed with convenience in mind, with a twist-off cap, it can be enjoyed effortlessly on the go for all your outdoor gatherings and social occasions. In fact, we're going out on a rainforest branch and say that this Native

Eddie Brook, Co-founder and CEO says, *"We know that the modern drinker is searching for quality, convenience and better alternatives. And we've heard the call for premium Australian craft gin cocktails loud and clear! So, for a space renowned for loads of sugar and fake flavours, we wanted to change the game and bring an unrivalled level of quality and taste."*

Soft pale pink in colour with a hint of cloudiness, fresh plum, hints of summer berries and garden mint, this little sipper is bottled at 4.8% ABV, approx. 1 standard drink per serve. Super refreshing and made from 100% natural ingredients, packed with all the goodness of Brookie's Byron Slow Gin, it means you can enjoy the taste of the rainforest conveniently brought to you, pre-bottled and ready to be enjoyed just about anywhere.

Thirsty yet? Brookie's Native Plum Spritz, with Strawberry and Mint is now available to purchase from www.capebyrondistillery.com/shop/brookies-native-plum-gin-spritz-with-mint-and-strawberry and leading retailers. RRP \$29 – 4-Pack.

Ready to Enjoy with Brookie's first pre bottled drink Gin & Tonic wit Native Finger Lime, available here: www.capebyrondistillery.com/shop/brookies-byron-dry-gin-and-tonic-with-finger-lime-pack

About Cape Byron Distillery:

Our highly awarded distillery is located in the hinterland of Byron Bay on a 95 acre macadamia farm and 30 year-old regenerated sub-tropical rainforest. The Distillery's cellar door provides guided tours of both the rainforest and Distillery with gin tastings and cocktails served at the bar and balcony which overlooks the property. Recently awarded as the 2020 'Sustainable Distillery of the Year,' we are passionate about rainforest regeneration and minimising impact on the environment.

q forum: **BISEXUAL COMMUNITY**

Largest Bisexual Event to be Held for Bi+ Visibility Day

Leading bi+ organisations around Australia will come together to launch this year's Stand Bi Us Forum. The forum runs from September 23-26 and builds on the success of the inaugural event last year.



Stand Bi Us celebrates Bi+ Visibility Day, which falls on September 23 each year.

'Visibility is important for raising awareness of the unique challenges bi+ people face and for dispelling harmful myths and stereotypes', said a spokesperson. 'We might be the often-erased "silent B" in the LGBTQIA+ acronym, but we are everywhere'.

The forum also provides a valuable opportunity for the bi+ community to build connections, share stories, and learn from one another.

The forum is free, almost entirely online, and open to bi+ people, wider LGBTQIA+ communities, and allies. Employees of LGBTQIA+ organisations or organisations working with bi+ people are encouraged to attend.

Sessions cover a range of topics, including a First Nations keynote, bi+ HIV prevention and healthcare, non- binary experiences, bi+ polyamory, bi erasure and self-care, bi+ writers, being older and bi+, intergenerational differences, bi+ inclusion, discussion groups on topics such as pets and games, bi+ nightlife, and a host of musical, storytelling, and poetry performances. There will also be online morning yoga sessions, a dinner, and a cocktail soiree. The final day includes an in-person picnic in Perth.

These sessions speak to the diversity within the bi+ community, which is growing in social recognition. However, the bi+ community remains relatively invisible compared to the gay and lesbian communities.

'We have more sponsors this year, demonstrating a greater awareness and real support for the bi+ community', said a spokesperson. 'This change has come about through years of incredible work by bi+ activists around the country, many of whom have helped organised this event'.

The forum has been organised by Bi+ Collective Australia, made up of BiCONIC, Bisexual Alliance Victoria (BAV), Bi+ Community Perth, Bi+SA, Bi Tasmania, Bi & Prejudice, Brisbane Bi+ Network, Melbourne Bisexual Network, and Sydney Bi+ Network.



Further details can be found
on the event website:
www.standbius.com

q book: **INSIDE YOUR DREAMS**

Edited extract from *Inside Your Dreams: An Advanced Guide to Your Night Visions* by Rose Inerra (Rockpool Publishing \$29.99), available where good books are sold and online at www.rockpoolpublishing.co

How to better remember your dreams

If you find you can't remember your dreams you're not alone: most of us forget our dreams on waking. Many people declare they never dream, but everybody has several dreams per night. As most dreams occur at the end of the sleeping cycle (REM sleep) and are often interrupted by having to get up in a hurry in the morning, there is no time for your brain to take a moment to recall the dream vividly unless it has had an emotional impact on you.

TIPS FOR REMEMBERING YOUR DREAMS

There are many physiological and psychological reasons for forgetting your dreams, but the most important thing is to consider whether or not you have consciously stopped dreaming your inner dreams, your passions. When there's a drought in your vision there will be a greater chance that you forget your dreams. Dreams need to be mined like gold or silver or diamonds; their value lies in their uniqueness to you. Dreams are the secret wishes of your soul, the connection to your deepest intuition. Try these tips and see how your dreamwork progresses.

Intention. Before going to bed, set the intention to remember your dreams. You may want to re-read some of your previous dreams in your dream diary to strengthen the waking to dreaming bridge, or meditate on a question you'd like answered. Everybody dreams, so if you can't remember your dreams set your intention before going to bed. Ask for a dream.

Tip: write the intention down and put it under your pillow. Use lavender oil to awaken your memory sense and make sure you are relaxed before going to sleep. Use meditation techniques, music or guided meditation. You also can find a number of apps to help you with going to sleep.

Keep a dream journal. Write down the dream as soon as you wake up, using as many details as possible including the date. Most importantly, list all the emotions you felt during the dream. Within five minutes of waking up you lose 50 per cent recollection of what you dreamed and, after 18 minutes, 90 per cent of the recollection will be gone. Occasionally if the dream is a vivid one you will carry a part of it with you for the day, but most of the smaller details will have been forgotten. Record your dreams daily.

Persistence. As with any area in which you want to succeed, you have to persevere with the activity until it becomes part of your routine. The more you engage with the world of dreams the richer your connection with your inner self will be. Make it a priority to read books on dreams, share dreams with friends and family, keep a dream journal and incubate dreams when you need guidance. Don't neglect your dream world. Deepen your practice for long enough and you will consider your dream journey the most essential history of your inner life. Recording dreams will allow you to get in touch with your inner wisdom and assist you in using your intuition to make decisions about your waking life.

INSIDE YOUR DREAMS

An Advanced Guide to Your Night Visions

Have you ever woken from a dream and felt that there was meaning to it? We often brush these thoughts aside and waste an opportunity to dig deeper, but learning to decipher what our dreams really mean is a skill that you can learn.

In the new book, *Inside Your Dreams: An Advanced Guide to Your Night Visions* (Rockpool Publishing, 7 July, \$29.99), best-selling author of *Dreams*, Rose Inerra, has written a practical, advanced guide into all aspects of dreaming.

Rose's unique dream interpretation techniques offer awareness about your inner self and healing through actioning your dream images in your waking life. She shows how to unlock the mysteries of your dreams and the messages they hold for greater insight into your conscious waking life, your subconscious and the collective unconscious. Readers discover:

- common dreams & how to interpret them
- how COVID has impacted the way we dream
- the different stages of sleep and dreaming
- how to avoid sleep paralysis and deal with nightmares
- how to recall your dreams and understand them
- guided meditations and step-by-step exercises on how to remember your dreams
- a list of Children's most prevalent dreams & night terrors
- a mini dictionary of universal dreams
- + chapters covering Lucid and Shamanic dreams

Inside Your Dreams is a comprehensive guide to help you climb inside your dreams, connect more deeply with yourself and become an awakened dreamer.

About the Author

Rose Inerra is the author of the recent book *Dreams* by Rockpool Publishing. Drawing on her experience as an author and researcher, she has written over 60 children's books and her books are published and marketed internationally. Rose is a member of the International Association for the Study of Dreams and appears regularly as a columnist in print media and as a guest speaker on radio.



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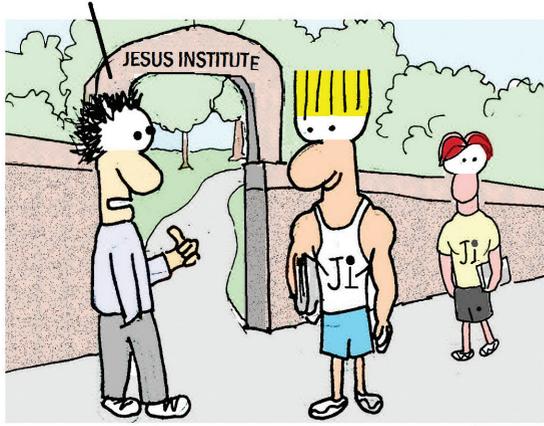
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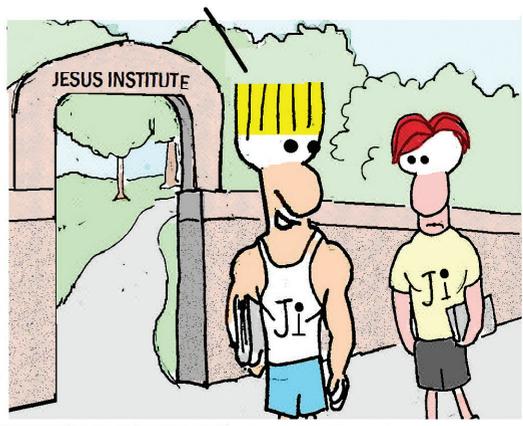
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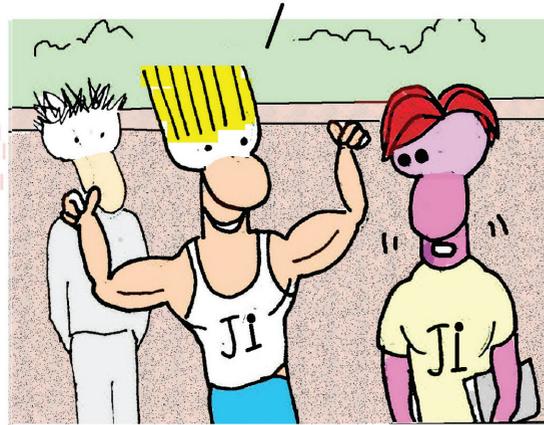
You enrolled here because religious students are horny cum-bombs ready to explode?!



Indeed! Observe whilst I ignite the fuse of this repressed, semen-laden young man....



Mate, how 'bout a slice of man meat?



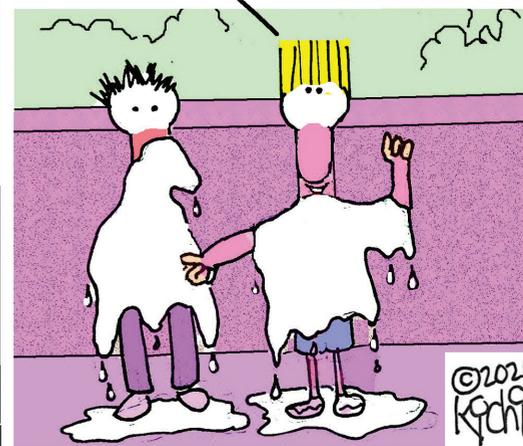
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Thank you, Jesus!



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