



NOVEMBER 2021

Q MAGAZINE

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featuring:
GROWING FAMILIES
parents stories & november events

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q feature: SHOOT, TEST, FREEZE, SHIP

Shoot, Test, Freeze, Ship – Making Babies At Distance

In the lead up to Growing Families Sydney and Melbourne webinars on 13/14 November, Sam Everingham explains his most recent specialisation – sperm shipping.

New dads Dan & Ryne Lee with baby Marcus



Assisting gay guys with sperm testing, freezing and shipping was something I never imagined a decade ago. Yet forced to slow down and contemplate life trajectories, as discretionary savings built up in bank accounts, many seemed to decide lockdown might be more fun with kids. Enquiries about reputable providers of IVF, donor and surrogacy services have skyrocketed.

The problem is, women prepared to carry a baby for a single or couple who are not family members are few and far between. It means most gay intended dads work with surrogates at a distance - whether interstate or overseas.

Nowadays thanks to organisations like Growing Families, there is a lot more support available in both selecting providers and organising logistics. While Covid has slowed processes, a surprising number of singles and couples have found ways to move ahead. Unable to meet face-to-face with egg donors, surrogates and the professionals needed to help, many chose to meet over Zoom calls; then make, freeze and ship sperm to an IVF clinic close to their donor.

So asking guys to abstain for a few days prior to shooting a load has become part of my every day. Did you know that masturbating 2-3 times the week before you go to a clinic can help with sperm quality?

And then there's this rule I recently discovered – no lubricant or saliva for your final load (it can damage the sperm). As a concession, you can do the business at home as long as you get it into the clinic within three hours.

For the minority whose test results show a low sperm count, loading up on blackberries and blueberries is good. Quitting smoking and giving up those bottle-of-wine nights in front of Netflix can also help. If this is all too hard, your IVF clinic can cheat and use a technique called ICSI – it injects average sperm right into the egg.

Then it's all about flying that sperm at -190 below freezing to the receiving lab (where your egg donor awaits). It might be just an hour to Brisbane, but more commonly it's a 24 hour journey to Canada, the US or further still. In the last 18 months I can count over 125 Australian singles and couples which Growing Families has assisted in this way.

Growing Families is an information and referral hub for singles and couples hoping to build their family with the help of donor IVF and/or surrogacy. You can find out more here: <https://www.growingfamilies.org/all-events>

FAMILY BUILDING OPTIONS FOR GAY DADS



AUSTRALIAN SURROGACY AND DONOR WEBINAR

13 NOVEMBER

A chance for intended parents, parents, egg donors, surrogates, and experts to network, share stories and learn from each other. Learn what the IVF, donor and surrogacy process really looks like.

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www.growingfamilies.org



q life: with GABRIEL TABASCO

Fingered on all Fours

I met Will on a camming website. As I performed online, and as he watched me jerk off and play with my hole, he told me about his sexual likes and dislikes. As we talked he went on to say that he had a special fetish: to milk and finger men's holes, who are on all fours, on his glass kitchen table.

I had never had that experience before and since it sounded horny, I agreed to meet him. He told me to go over during a time when his husband was out.

One weekday afternoon, when he was alone in the house, I walked down his well-manicured lawn and knocked on the door of his home. Moments later the large door swung open and, in the entrance, stood a strong man wearing round glasses. He was around 50 years old, hunky, hairy with a well-trimmed white beard.

'Come in,' he welcomed me. I stepped in his hallway and we made small talk for a few minutes talking about what sports he liked to play and where he was planning on going on vacation.

We spoke a bit about him liking my cam shows and commented on my cock and its size on how my balls swung up and down as I wanked. 'Very big balls,' he said laughing. 'More than a mouthful. Speaking of mouthful, let's go to the kitchen... and I can show you the table.'

He led me into the kitchen and offered me something to drink. I was planning on going for a run after our... wank-on-the-table-top (?), fingering-on-all-fours (?) (whatever you might call the session), so I asked only for a glass of water instead of anything alcoholic. 'So are you looking forward to getting fingered on all fours on my kitchen table?' he asked, cutting straight to the chase.

I was a little taken aback by his directness, but I said I was.

'Well then better get to it, shouldn't we?' he said and with his hand outstretched light pointed over to the area where the kitchen and living area connected.

There, in the middle of it, loomed a large, frosted-glass table. It was big, seating 12 people and above it hung a chandelier.

'Soon your balls will be hanging below the chandelier that is hanging over the table,' said Will, as if reading my thoughts. I lightly chuckled slightly amazed by how direct this guy was. 'And I will have your balls and cock in my hands and gently wank you off,' he said. He sounded a little intense and I was slightly worried... but really, I think he just enjoyed the power play.

'Well, let's get to it, then,' he said. 'Let me see your little, round ass and dick.'
I lowered my jeans and he gestured me over to get onto the table.
'On all fours please Gabriel, like a little doggy,' he ordered me lightly laughing.

I took off my t-shirt and he pulled my jeans down fully and yanked them off as I tried to get on his large, glass table. He pushed the small of my back down gently, implying I get into doggy position. I was on all fours on his kitchen table.



It was not particularly comfortable. To begin with it was cold and uncomfortable on my knees. In a way I wish I wore knee pads. The chandelier was not low, but being on all fours below it, every time I had a spasm, as I would soon find out, when his finger was in my ass, I would bump into it from below, which meant all the little glass beads would bang against each other, making clinking sounds. Having me in doggy position, Will began with an exploration of my ass and balls. He began rubbing my ass with his large hands, lightly touching my hole, balls and dick.

'So many toys to play with on a man's body,' he said as his hand made his way from the small of my back down and around my ass cheeks. From there I felt his large hands move inwards and lightly caress my balls before he took hold of them in his hands.

'Very big pair of balls,' he said, giving a running commentary. 'Real low-hangers,' he went on lightly tugging them. It felt good and it was obvious he did that before.

'Are you enjoying that?' he asked. I nodded that I did.

He then put his right index finger in my mouth and then he pushes it gently but deep into my hole.

'Nice smooth hole you have. Tight,' he said, his commentary continuing.

I gasped in pleasure.

'Clearly you are a bottom and like being fucked. . . but from its tightness I can see you do not get fucked often enough. Am I correct?' he said, as if psychoanalyzing me.

I nodded.

'And because you do not get fucked enough you think you are not a slut. But really you are. I mean, what else are you when you are like a little dog on my table, with your balls in one of my hands and my finger in your ass.' At that he chuckled. 'You like that?' he asked.

I nodded.

In that case you will like this a lot.' And with that he grabbed my dick and gently began rubbing it, taking the precum that had seeped out and dangled towards the table and using it as lubricant on my cock.

He began rubbing away at it, massaging it in his hands; twiddling with it between his fingers; and pulling the shaft back completely. He took his thumb and gently massaged my heads. He sent me into spasms of horniness which made him chuckle. At that he pushed his finger even deeper into my hole. . . before adding a second one.

'I think your tight little hole and handle two of my thick fingers, don't you agree?'

Gasping in horniness I barely nodded saying 'yes! It could.' That only encouraged him further.

'Look at that,' he said. 'A grown man, with hair on his chest, on all fours, on my table, sticking out his asshole like a little dog. Completely submissive to me and wanting to be dominated but a big Alpha male. If only people can see you now and what a little submissive man-slut you are. Not even subs behave this way,' he said laughing.

As he went on with his monologue he jerked me off harder and faster, his fingers pushing in deeper and deep into my hole. . . and then pulled them out. It felt good so I wondered what he was doing. Then moments later I felt his lips on my ass and tongue in my hole, seemingly going further and further in. With one big push and lick of his tongue and one strong yank of his hands, pulling my shaft back, I curved my back, stuck out my ass and came in large straight lines all over his table, moaning loudly.

I stayed on the table a little while longer panting. Will then peered and looked through my legs.

'Look at all your joy-juice on my beautiful green, frosted glass table,' he said. 'Who knew your little rocket had such an engine to shoot so far. You must be very proud,' he said sarcastically and chuckled.

I could not tell if he was role playing, or if he was serious but that was hot. I collected my breath, and thoughts, and slowly made my way off the table.

'Let me help you clear up,' I said referring to my cum on the table.

'No need. . . I want to look at it. . . after you leave, he said. 'Maybe even show my husband and give my feedback on you.'

'Where is your husband anyway?' I asked.

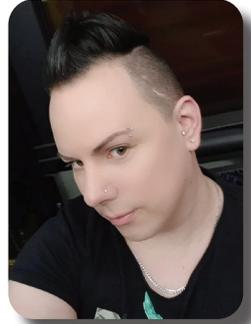
'At trombone practice,' Will replied. 'He is in an orchestra and plays the trombone,' he explained.

'Well, it seemed you had quite a trombone practice yourself,' I joked.

It took him a moment to get it, but then he chuckled getting the joke. When a man is rimmed and wanked off it's called tromboning, as I was on all fours like a doggy at his glass kitchen table.

q cuisine: with HOME COOK HYLTON

I, like many others, am not one to say no to the occasional takeaway staple of fish and chips. That being said, cooking fish oneself can be a rewarding experience, and a healthy alternative to eating something slathered in batter and deep fried. Salmon has become a regular item on many a restaurant menu and can be cooked in a multitude of ways. There are a heap of recipes online for how to use salmon, like salmon ceviche, or recipes similar to my salmon and mascarpone risotto featured in April's Q Magazine.



Salmon can be purchased at most supermarkets, but I do urge you to purchase your fish, if you can, from an actual fishmonger. The products are much more likely to be sustainably farmed, and are generally fresh each day.

Asian Baked Salmon & Asparagus:

This dish was suggested to me when I was younger and looking for interesting new ways to cook with salmon, and has become one of my favourites.

When I cook this particular dish, I usually use a roughly equal amount of all three liquids, between two and three tablespoons. You don't want to overpower the dish, but at the same time, you are essentially steaming the fish, so you need to make sure there's enough liquid to do so. If you prefer your food on the saltier side, you can use more soy, or if you're looking for more sweetness, you can add a touch more mirin.

Ingredients:

- 1 salmon fillet per person
- 1 leek, finely sliced
- Mirin
- Soy Sauce
- Sake
- 1 bunch of asparagus
- 50g butter, cut into small sticks
- 5 cloves garlic, minced

Method:

1. Preheat oven to 180°C
2. In a deep baking dish, place a salmon fillet on a piece of aluminium foil, pulling up the sides to create a bowl shape, making sure not liquid can spill out.
3. Scatter slices of leek on top of the salmon.
4. Add your desired levels of mirin, soy sauce and sake (see above).
5. Wrap up aluminium to loosely enclose salmon.
6. Repeat for remaining fillets of salmon, and move on to asparagus.
7. On another piece of foil, lay out asparagus.
8. Lay sticks of butter and minced garlic along the length of the asparagus.
9. Wrap asparagus tightly and place in the baking dish with the salmon.
10. Place baking dish in oven and cook for 20 minutes, or longer for larger pieces of salmon.
11. Serve in foil



Crispy Skin Salmon:

Ingredients:

- 1 salmon fillet per person (skin on)
- olive oil
- olive oil spray
- salt and pepper

Method:

1. Thoroughly pat dry salmon with paper towel and place on a dry plate and place in the fridge to dry further, as long as a few hours, until ready to cook.
2. Remove salmon from fridge.
3. Pour olive oil into a large frying pan, enough to coat the base.
4. Spray each side of salmon with olive oil spray and season with salt and pepper.
5. Once heated up, place each piece of salmon, skin side down, into hot pan.
6. Cook for 5-7 minutes (you'll see the salmon be gradually cooked from the bottom up. Once it's cooked around 3/4 of the way, it's time to flip).
7. Flip salmon and cook for a remaining minute and a half.
8. Serve, skin side up on a bed of rice, quinoa, tabouleh or similar.



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q property: **PROPERTY FIT**

New 'Property Fit' book shows why most investors fail,
how to choose the right investment & the key to developing a robust portfolio.

The property market is booming, and for investors there's never been a better time to supercharge your portfolio. But just like we approach our personal fitness, there's a process to getting your property investments into shape to achieve peak performance.

In the new book, Property Fit: Get your property portfolio in shape for financial freedom (Major Street Publishing, \$29.95, 1 Nov), property investment expert and entrepreneur Luke Harris shares his proven strategies and tips to help new and experienced investors achieve financial freedom through property.

Drawing upon his own experience building a multi-million dollar property portfolio, along with helping hundreds of Aussies do the same, Luke takes you through the groundwork you need to cover before you start investing, along with a guide to the various ways to invest in property to help find a strategy that works best for you.

Readers learn:

How to weather the various market conditions

The real reasons why most investors fail

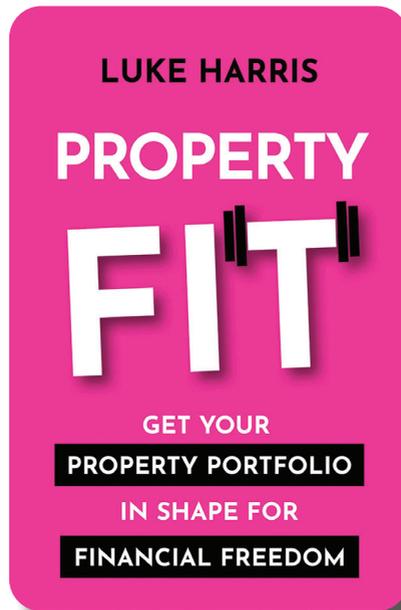
Luke's personal story of his portfolio growth and mistakes learnt along the way

Who you really need in your expert property team

The various types of investments and what's right for you

The truth about renovating and flipping property for profit

Why property development isn't for beginners



Filled with relatable examples along with practical strategies, Property Fit is a must-read for new and seasoned investors looking for a smart, progressive approach to building real wealth.

Author Luke Harris has over two decades of property investing experience and success. Luke continues to grow significant wealth through his personal portfolio and for his clients at The Property Mentors, a Melbourne-based agency that helps clients develop the skills, mindset and knowledge to grow their property portfolio. Luke's personal 'why' is to help members reach financial freedom through property, so they can go on to successfully fulfil their own dreams and ambitions. He is the lead author of Let's Get Real (Major Street Publishing 2018). Property Fit is his second book.

RAINBOW TOUR

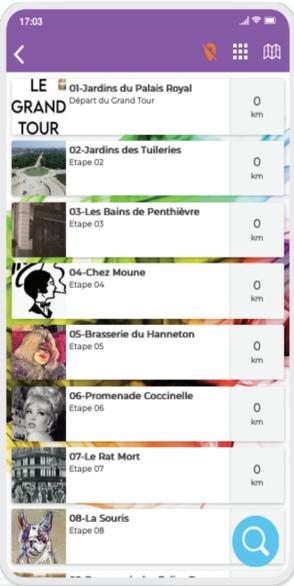
BY GAYADVISOR.ORG

LAUNCH OF THE RAINBOW TOUR APP : AN URBAN & LGBT TOUR IN PARIS

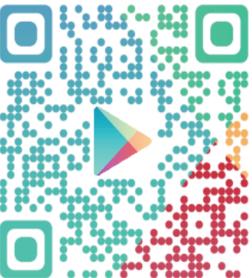
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q memories: THE MARKET REUNION

The Market 10 Year Reunion Event WHERE LOVE LIVES is now happening on Friday 25th of February 2022 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**

THE MARKET 10 YEAR REUNION PARTY WHERE LOVE LIVES 21

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Sundays with my girlfriend”
- Ashley**

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q awards: 7NEWS YOUNG ACHIEVERS

DO YOU KNOW AN INSPIRATIONAL YOUNG ACHIEVER?

Nominations for the 7NEWS Young Achiever Awards are now open and the search has begun for incredible young people under 29 from Victoria.

Everybody knows an inspiring young individual:

- Who we all wonder where they find the time to help others
- Paving the way for our future through innovative thinking
- Who is a leader and role model for their peers

We need to give thanks, and now you can by nominating them into one of these categories:

- Saward Dawson Community Service and Social Impact Award
- The Victorian Government Group Achievement in the Community Award
- First National Real Estate Leadership Award
- Kangan Institute Inspirational TAFE Student Award
- The Bridge Create Change Award
- IKON Services Environmental Sustainability Award
- Luminary Tech Visionary Award
- Generation Us Career Achievement Award
- Yarn Strong Sista Indigenous Achievement Award
- National Protective Services Safety and Wellbeing in the Workplace Award
- Qoin Small Business Achiever Award
- Danmark Online Achievement Award
- Hydration Movement Healthy Living Award

Category winners will each receive \$500 cash, \$500 in Qoin and a complimentary 6 month membership to The Impact Collective valued at \$2,090, along with a trophy.

One of the thirteen winners will be chosen as the 2022 Victorian Young Achiever of the Year and will receive an additional complimentary 6 month membership to The Impact Collective, with the 12 month membership valued at a total of \$4,060 along with a state trophy.

To submit a nomination, simply go online to www.youngachieverawards.com select 'VIC' and then click the gold 'Nominate Now'. Alternatively, make the process that much easier by calling us on 9720 1638 and passing on their details and we will take it from there.

Nominations close Tuesday 14th December 2021. For assistance, please feel free to call the Awards Office or email vicyaa@awardsaustralia.com

WHO WILL YOU *Nominate?*

The Awards recognise, encourage and reward the positive achievements and community contributions of young Victorians aged 29 or under as of 31 December 2021.

Category winners will each receive some great prizes, along with a magnificent trophy.



For more information call 03 9720 1638
or email vicyaa@awardsaustralia.com

NOMINATIONS CLOSE 14 DECEMBER 2021.

WE'RE LOOKING FOR OUR NEXT *Young Achievers* IN THESE CATEGORIES:



Leadership Award



Create Change Award

GENERATION US

Career Achievement Award



Group Achievement in the Community Award



Environmental Sustainability Award



Indigenous Achievement Award



Community Service and Social Impact Award



Tech Visionary Award



Small Business Achiever Award



Inspirational TAFE Student Award



Safety and Wellbeing in the Workplace Award



Online Achievement Award



Healthy Living Award

Don't wait! Nominate *today* at youngachieverawards.com



NOMINATIONS CLOSE 14 DECEMBER 2021.

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q community: OPEN PRIDE DOORS

THE PRIDE CENTRE RE-OPENS

After a long journey,
Australia's first purpose-built hub for LGBTQ+ communities
has officially re-opened!

This is the first time members of the public have had access to the Victorian Pride Centre since early August when it closed due to Melbourne's lockdowns, shortly after the official launch in July!

Inside the building, there are inspiring spaces for social connection, and over the coming months there will be a program of engaging cultural programs – including at our Pride Gallery, which is currently displaying the Pride Centre's inaugural exhibition 'identity, adornment, transformation'.

Parts of the Pride Centre are also available to book – such as our multipurpose theatre, co-working spaces, and the soon-to-be-completed rooftop terrace – for performance, work, education and more. Venue booking enquiries can be sent to bookings@pridecentre.org.au

Pre-bookings are not required for entry into the ground floor common spaces; however, due to density limits and resident organisation operations, bookings will be required for an extensive tour of the Centre – more information on guided tours will be published on our website and through our social media profiles later in November.

Pride Centre lobby with seating and indoor plants

In line with the Victorian Government's public health directions for community organisations, the Pride Centre is implementing a range of health and safety measures throughout the re-opening process:

Masks are mandatory inside the Pride Centre. All visitors are required to be fully vaccinated; proof of vaccination status is needed (digital preferred, but a printed certificate will be accepted). All visitors will be asked to check-in via the Service Victoria app (or manually, if phone is not available).



Opening hours:

Monday to Saturday - 9am to 6pm

Sunday - 10am to 6pm

Justine Dalla Riva, CEO of the Victorian Pride Centre:

"Now that restrictions have eased, our communities are highly vaccinated, and Victoria is springing back to life, this is our re-launch. We are ready for the next chapter in the story of LGBTQ+ pride."

Open hearts. Open minds. Open doors
The Victorian Pride Centre is open in every way

q cabaret: DE PARIS OUI OUI

CABARET DE PARIS COMES TO MELBOURNE AND ADELAIDE
Starring Australia's leading lady RHONDA BURCHMORE

Be transported by the atmosphere and excitement of a Parisian-themed revue with a parade of first-class entertainers and the daring beauty of exquisitely bejewelled dancers as the stage Spectacular Cabaret De Paris comes to Melbourne at Crown Casino on 25 and 26 November, and to Adelaide at Her Majesty's Theatre on 6 and 7 December, following a triumphant West Australian tour. Cabaret De Paris is the first show to open at Crown since Melbourne's lockdown ended. Tickets for the Adelaide season are already on sale, and the Melbourne season is also.

Cabaret De Paris celebrates old-fashioned showgirl glamour combined with the skill of adagio dancers, aerial pole artistry, comedy circus performers, quick change acts, illusionists, and of course the famous French Cancan Dancers!

Don't miss your chance to fall under the charm of Australia's Leading Lady, Rhonda Burchmore. Rhonda will be joined by the absolute crème de la crème of Australia's leading showgirls, who have graced the stages of the Moulin Rouge, the Lido and other French cabaret revues in this spectacular 90-minute production. The show also includes acclaimed illusionist and Australia's Got Talent finalist Michael Boyd who will perform some of his greatest illusions, mind-boggling disappearances and incredible magic that will keep the entire audience entranced. Also featured are two Melbourne performers who have been stars of the Moulin Rouge in Paris, Lauren Turner and Tyrone Anthony, who was a soloist Can Can dancer.

Cabaret de Paris is choreographed by Todd Patrick, one of Australia's dance leaders who began his formidable career with Disney, before working for Versace, Dior, Issey Miyaki, Gucci and Chanel, across Europe and Asia, along with some exciting new acts by acclaimed choreographer Matt Browning.

This is pure Paris spectacle that you will never forget - a show that pays tribute to the most famous cabarets in France all rolled in to one dazzling revue!

*Note: Cabaret De Paris is a Burlesque Topless Revue show, some aspects may offend – viewer discretion advised
For further information please visit: www.cabaretdeparis.com.au



MELBOURNE SEASON DETAILS

The Palms at Crown, Crown Casino
Friday 26 and Saturday 27 November at 7.30 pm
Adults \$79 Concessions \$69
www.ticketmaster.com.au or 136 100

ADELAIDE SEASON DETAILS

Her Majesty's Theatre, Adelaide Festival Centre
Monday 6 December at 8pm, Tuesday 7 December at 2pm and 8pm
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q money: **CLEANING UP YOUR (DEBT) MESS**

It's easy to walk into debt, but so much harder to get out of it. You must own your mess and know that your financial reason for living is to pay down your debt. Apathy and debt reduction don't go hand in hand. You know exactly what your sacrifice will be—and there will need to be some sacrifice. Not only do you first need to be living on less than you earn, you also need to have a surplus to pay down debt. It isn't going to be easy and you know it.

Here are some extremely practical steps to help you win the 'cleaning your debt' battle. Remember, this is not forever. The deeper you sacrifice now, the sooner you will be debt free and able to get on with life.

Focus and determination

One way of focusing on paying down debt is to have a goal that's greater than the debt itself. A useful goal is to add up all your debt and the total monthly repayments and do a basic calculation to work out how many months it will take to clear your debt. Your challenge is to try to halve that time period.

Reward yourself

As we want to throw everything at your debt-clearing campaign, you should think of some things you'd like to do—either financial or non-financial—after you pay off each debt and you should also celebrate once you're completely out of debt. Use a blank piece of paper to write down a few reward goals.

Pull a budget lever

There are four levers you can pull on a budget to make changes so that you have more money to throw at your debt. You can increase your income with a pay rise or a second job. You can decrease your savings because you really should not be saving while you're trying to get out of debt. You can reduce your costs by reviewing the categories in your budget. Do you need a personal trainer and a gym membership? And you can cut something out completely. Sticking with the health and fitness examples, you may choose to cut this category out completely while you attack your debt. This could be ditching the gym and PT and deciding to just go for a jog to keep fit or buy some weights for the back deck.

Gumtree

What crap (I mean, 'valuable items to others') do you have lying around that you could move out of your life? If it hasn't been used in 18 months and it isn't a family heirloom, sell it and put the money towards paying down debt. You can always buy more crap later when you're out of debt. And think about how great you'll feel after de-cluttering and getting your house and garage in order to reflect the fact you're getting your financial life in order.

Existing savings

If you're in consumer debt on one hand and on the other hand have cash savings, it's probably because you don't have a solid money system in place and/or you're conflicted and have a mash-up of logic and emotions in your mind. That's okay. It can be scary. Start by deciding that you are no longer saving any more money and each pay allocate your savings money towards your debt.

Side hustles

Side hustling is when you work on the side to your regular or main job and 'hustle' to make additional money or to advance your career. I am not a fan of pursuing a side hustle for the sake of it. I believe there are a few specific reasons you should do a side hustle. A side hustle can earn you extra money to get you out of debt and to save for a short-term goal. If a side hustle grows exponentially, you have an opportunity to quit your main job and pursue your own business 100 per cent of the time. You can also allocate your side hustle income to investments.

It is important to understand that if you're doing a side hustle to pay for food, rent and other day-to-day expenses, it's really just a second job. This could be a sign that your expenses are higher than your income, which means you may need to consider reducing your expenses or that you're being underpaid.

*You are now able to start cleaning up your mess. In fact, you can tell people your side hustle is 'debt cleaner'. Edited extract from *Sort Your Money Out & Get Invested* by Glen James (Wiley, \$32.95), available 1 October where all good books are sold.*

get out of debt, money mindset, investing and more...
all in the most practical money book you'll ever read!

**sort
your
money
out &
get invested**



CREATOR OF **my millennial money**

GLEN JAMES

q health: KNOW YOUR CRYSTALS

7 Must-Have Crystals for Beginners

Crystals are all the rage nowadays. No longer is the mystical allure of a sparkly crystal reserved exclusively for the out-of-the-way corner of a spiritual gift store. Crystals are everywhere. On top of the espresso machine at your local café. On your baby's teething necklace. Jumping out at you from glossy magazine covers. Sitting on a bookshelf at Ikea.

But besides looking pretty on a carefully curated boho coffee table, what are crystals actually used for? A quick internet search on healing crystals is enough to leave you feeling dazed and more than a little confused. There is so much information available on crystals, where do you even start?

There are literally hundreds of common and popular crystals to choose from when it comes to adorning your home or attracting specific energy to your life. Some healing stones are glittery and beautiful with mesmerizing layers of colours, while others are plain and could easily be mistaken for useless garden rocks. Some stones have beautiful names like 'aura quartz' and some, like 'orthoceras' leave the tongue twisted in knots. They all hold special and unique energy that can be used to attract different qualities to your life, but how do you know which crystal is right for you?

#1 Clear Quartz - Clarity

Clear quartz is the top of the crystal list because of its versatility. Being clear, it is considered to be like a 'clean slate', awaiting your intentions and programming to manifest your heart's desires. It heals and cleanses on all levels and brings clarity to the mind by helping to filter distractions and low vibrational thoughts. Place a clear quartz crystal on your desk at work, or in front of the TV to help reduce electro-magnetic pollution from devices.

#2 Amethyst – Spirituality

Amethyst is one of the most popular crystals for the new age and is strongly associated with spiritual growth and psychic ability. Its calming purple energy means that amethyst is a popular stone for meditation and sleep and is often favoured by those who are on a spiritual path or who want to attract more peace and tranquillity to their lives. Place an amethyst crystal under your pillow or on your bedside table for a good night's sleep and vivid dreams.

#3 Citrine - Positivity

Citrine is in the top 3 because of its amazing ability to bring light and joy into any day. Its golden yellow depths are reminiscent of sunlight and similarly, citrine brings warmth and positivity when your inner world becomes darkened by fear or negativity. Carry citrine in your purse to attract abundance or in a breast pocket to promote confidence and positivity when your mood is low.

4 Rose Quartz - Unconditional Love

Rose quartz is a pretty, soft-pink stone, commonly associated with femininity and the heart. Just like the softness of its colour, rose quartz energy is very gentle. It brings comfort and support through times of emotional upheaval and reminds us that we are beings capable of giving and receiving love in giant proportions. Place rose quartz on your chest while meditating to bring healing to the heart or place a tumbled rose quartz in the bath for a more nurturing bathing experience at the end of a stressful day.

5 Smoky Quartz - Protection

Smoky quartz is a beautiful stone ranging from dark brown to transparent, light gold. Being so closely related to clear quartz, it is excellent for healing, cleansing and focus, but it is also very popular for use as a protection and grounding stone. Sometimes life can leave us feeling a little frazzled and imbalanced. Placing smoky quartz between the feet for a few minutes can help ground this energy and bring us back into balance and equilibrium.

6 Blue Kyanite – Alignment

Blue kyanite is less common stone, used predominantly around the throat and forehead areas of the body. At the throat it helps to bring forward clear communication and truth, while at the forehead it is effective for opening the 3rd Eye to help with clear vision, understanding and communication with your higher-self. Because of its linear structure, kyanite is also excellent for alignment and can be placed along the spine for energetic healing in this area.

7 Bloodstone – Cleansing

As difficult as it is, sometimes you just need to let go. Whether that means finally quitting that bad habit or letting go of old beliefs that no longer serve your journey, bloodstone will help to facilitate your release process. Being a stone for the lower body, bloodstone helps to strengthen the physical and metaphysical cleaning centres, so blocked energy can be purged and new energy can be experienced with lightness and freedom.

Kate Mantello, author of Rock On: The Crystal Healing Book for Rebels (Rockpool Publishing \$29.99) is a Master Energy Healing Practitioner and founder of Evolve Healing Institute - a world class online training platform for professional crystal healing practitioners. Rock On is now available where all good books are sold and online at www.rockpoolpublishing.com.au

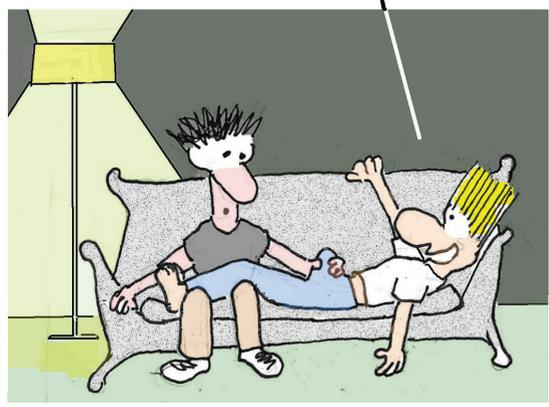
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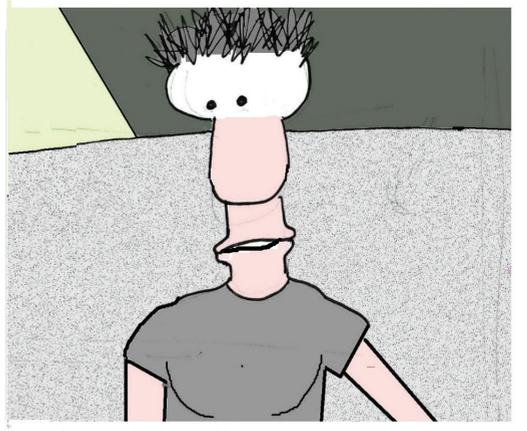
KATE MANTELLO

GAYLORD BLADE

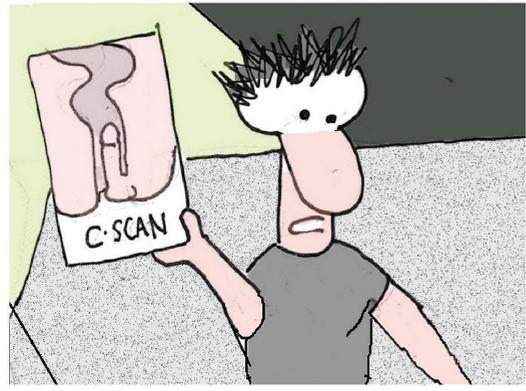
Shall we move this steaming hot first date to the boudoir?



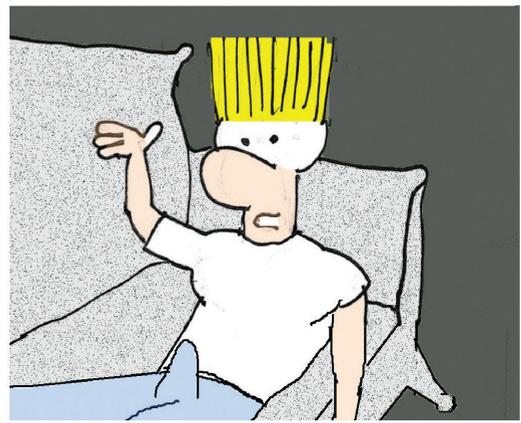
Sure, but I can only do oral.....



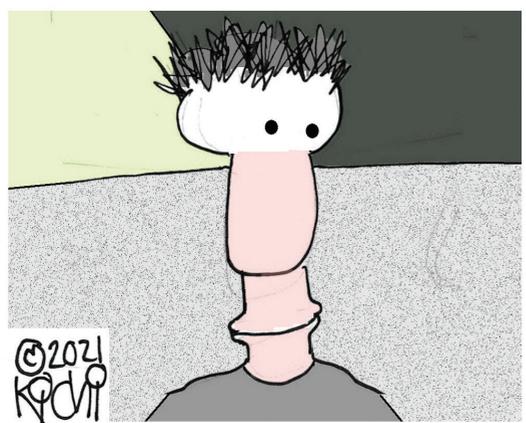
since birth, my rectum's been blocked by my ingrown penis!



Sweet Jesus, that means



It means I can shag MYSELF!



Let me watch you do that whilst I stick this up my ass!





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