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Champion

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Kristine W with the compliments of Eber

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Brett Hayhoe t/a Q Magazine ABN 21 631 209 230

q feature: KRISTINE W FLIES AGAIN

By Brian Hug

Kristine W is riding dance floors full speed ahead this season with her new single, "Can't Look Back", the first release from her upcoming album. Produced by James Hurr, one of the masters of UK House, the song is a lush, soulful club groove, made even more powerful with its message of rising up and appreciating the day. It was inspired by the passings of Kristine's mother and sister. She says she found solace through writing the song and hopes by sharing "Can't Look Back" now with the world that it helps those experiencing similar loss to move forward too.

You have faced some big personal challenges these past last few years.

Kristine W: My older sister Viki passed away from colon cancer two years ago. None of the family could believe that she died from a cancer that was treatable. I was grieving my sister and trying to be there for my mom, but I intuitively knew that she was not going to survive the loss of her oldest

daughter and best friend. Mom passed away due to complications from a stroke last year. These two angels were always on either side of me cheering me on. It has been very difficult staying motivated without them. I can't believe they are both gone. Somedays, I experience a crippling grief. At shows, I have had the opportunity to meet others experiencing similar loss. We hug and cry together over our lost ones. Thankfully I am blessed with my music. It has been a lifeline.

What have you learned about yourself and your ability to overcome obstacles?

KW: I have learned that God gives his toughest battles to his strongest soldiers. I try to be brave and remember how much my mother and sister contributed to my success. I owe it to them to push forward.



When did you begin the work on "Can't Look Back"?

KW: Tony (Moran) sent me the first draft of the track two years ago. It was very sparse at the time but I could tell that it had a magic to it. I started playing around with it, writing and rewriting. Tony didn't like the first verse melody I presented to him but he loved the chorus, so I kept working on making the verses stronger and the lyrics more relevant. I then met with my collaborator, Mark Matson, to record the first vocal demo. It was pretty good but not perfect. We let the song marinate for a few months before giving it a second look. The last part we recorded was the rise up section. When I looked up from my congas and saw the look on my engineer's face, I knew that we had made something special.

Does the song serve as a prelude to what's in store for your next album?

KW: This song has a message that everyone needs to hear. I know listening to it during its many rewrites helped me get through some rough days. There was a reason Tony sent me that simple blank canvas. I feel like this song and others on the upcoming album are good medicine. We have all been through some traumatic challenges these past few years and it's important that we do not let the pain defeat or define us. It's natural and healthy to look back and reflect every once-in-a-while but we can't live in the past. We need to keep pressing on.

Kristine W's "Can't Look Back" is available now on all digital retailers via Kristine's own imprint, Fly Again Music Productions. For more information, visit http://kristinew.com



q expo: DRAG LEGENDS ARE EN ROUTE

Gurls, it's true! The three biggest queens in the Universe right now are heading to Australia and New Zealand for their LEGENDS tour, as well as a starring role at Drag Expo Sydney where fans will be able to meet these legends in person.

There's queens, there's All Stars, and... there are Legends! In May 2023, get ready for a show like no other: ITDEVENTS presents "LEGENDS" featuring the legendary legends of All Stars 7 and undoubtedly the most in-demand Drag Royalty in the world: Twinners Trinity The Tuck and Monét X Change and reigning queen of all queens - Jinkx Monsoon!



These three powerhouses of Drag will be sure to give you a 10/10 show! You can expect body-ody-ody from Trinity, the Brooklyn edge of Monét, and the cabaret campery from Jinkx we know AND love, all in one star dazzling night.

They'll be touring Australia & NZ, appearing as part of Drag Expo 2023, flaunting their talent across the country, from city to city, showing you exactly what it is that took them to the top of the All Stars competition and earned them the title of LEGENDS!

This 'triple threat trio' will have their own Expo booths at Drag Expo so fans can get autographs, photos and merchandise from these legendary queens, as well as doing an hour long performance at the Drag Expo Opening Party.

Early Bird tickets are available now from www.dragexpo.com/tickets

Legendary Legend VIP Tickets

Take advantage of the opportunity to have a little star quality rub off on you, with Legendary Legend VIP tickets available, giving you access to a meet and greet with Trinity, Monét, and Jinkx, and a personal photo moment with these Drag Race royals. Legendary Legend VIP tickets are limited, and will not be increased once sold out - get in quick!

RuPaul said it best: all three of these queens are and will always be... legendary legends, come and experience what it feels like to be witness to legends, in all their dragged up glory!

Legendary Legend VIP & General Admission tickets are available now at www.itdevents.com

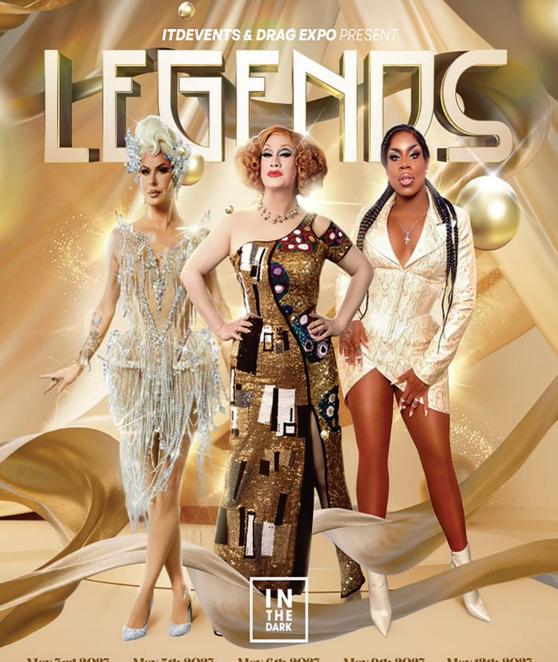
Featuring:

Trinity The Tuck (Drag Race Season 9, All Stars 4 & All Stars 7) Monét X Change (Drag Race Season 10, All Stars 4, & All Stars 7) Jinkx Monsoon (Drag Race Season 5 & the Winner of All Stars 7) + Australia's biggest Drag Artists

Tour Dates:

Tue, May 9, 2023 - Hobart, TAS @ Odeon Theatre - All Ages, Seated
Fri, May 12, 2023 - Melbourne, VIC @ Plenary 2 (MCEC) - All Ages, Seated
Sat, May 13, 2023 - Brisbane, QLD @ The Princess Theatre - All Ages, Seated/Standing
Wed, May 17, 2023 - Adelaide, SA @ The Great Hall - All Ages, Seated/Standing
Fri, May 19, 2023 - Sydney, NSW @ Drag Expo Opening Concert at Home The Venue - 18+, Standing
Sat, May 20, 2023 - Drag Expo, Sydney - All Ages
Sun, May 21, 2023 - Drag Expo, Sydney - All Ages

Tue, May 23, 2023 - Perth, WA @ The Rechabite - 18+, Standing



May 3rd 2023 CHRISTCHURCH ISAAC THEATRE ROYAL

May 13th 2023 BRISBANE PRINCESS THEATRE May 5th 2023 AUCKLAND STUDIO

May 17th 2023 ADELAIDE THE GREAT HALL May 6th 2023 WELLINGTON THE HUNTER LOUNGE

May 19th 2023 SYDNEY HOME THE VENUE May 9th 2023 HOBART ODEON THEATRE

May 20/21st DRAG EXPO SYDNEY (APPEARANCE) May 12th 2023 MELBOURNE THE PLENARY

May 23rd 2023 PERTH THE RECHABITE

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q life: with GABRIEL TABASCO

The Big Dick Competition - Part Three

'Next up, we have Craig, from Nebraska,' announced the drag queen.

Craig was a squat, stocky Midwesterner, with bright blue eyes, who was well built with big thighs. He wore red briefs and a red baseball cap.

'Craig here wants to become a male model and play professional football, although he would be much better at other professions we think, don't we crowd?'

The crowd shouted out in agreement.

'Ok, honey, I can see you're already ready to go. Whip out the goods!' she demanded, to which Craig tentatively lowered his red briefs. Craig revealed to us all a short uncut penis whose main feature was its girth. Craig's penis was as thick as his neck.

'Oh honey...' said the drag queen 'which way should I measure? The length or the width?' she joked, clearly impressed but also confused.

'Anyway you want,' Craig responded, holding down his pants.

THE BIG DICK COMPETITION

GABRIEL TABASCO

'It is a length contest honey, so let me see,' she said and leaned in to measure his penis. She didn't take much tape out. 'It's... 5 inches!' she shouted out 'or just under... actually... 4.5 inches!' she said as half the crowd cheered and half the crowd laughed. 'I think we just saw the two extremities of the contest... the winner and the loser... the rest go home' she joked. 'Honey. Your pecker is small but it's got a great width,' she said as the crowd cheered. 'See you have fans, I'm sure some guys will give you a blow job tonight. Right guys?'

Some cheers emerged from the depths of the dance floor.

'Two down, five to go. Next up, Gabriel!'

My turn. I stepped forward into the spotlight. The drag queen patted my buttocks that were still encased in my Calvins and then took my hand.

'Gabriel is from Greece. He is currently working in a law firm but his biggest fantasy is to be a porn star. Do you think he has what it takes?' the drag queen asked the audience. The crowd cheered.

'What do you think he is? A top or a bottom?'

'Bottom. Bottom. Top. Top for me! Bottom,' shouted out various voices from the crowd

'What are you?' said the drag queen, shoving a microphone towards my mouth.

'Versatile,' I replied with a smile.

The drag queen paused, then looking to the audience and speaking into the megaphone said 'bottom!' The crowd laughed.

'And now... let's see it!' she said.

As I lowered my Calvins I could feel my erect penis pulsate. I inched the underwear lower so as to create an effect but then the drag queen lost her patience and pulled my Calvins down. My penis

sprung out. I heard the drag queen gasp. I looked down and noticed a sliver thread of precum that had attached itself from my cock to my underwear which were now just below my balls. Guys at the front of the audience noticed it too and pointed and laughed.

'It seems Gabriel is excited to be here tonight. As you can see he is already oozing with excitement,' she said announcing it to the crowd. People closer to the front crammed in closer to take a closer look. I was scared, my heart was racing and I was sweating under the lights, but I was also enjoying this.

'Now let's measure,' said the drag queen taking out her tape measure. She leant towards me and I felt the cold metallic tape measure uncoil next to my cock. I was so horny I wanted to come right there and then. At least for the shock factor.

'I think...6.1 inches' the drag queen shouted out and the crowd cheered. 'Let check again...' she measured and announced 'it's 5.5 actually!' Nice cock, but not number one. Big cheer for Gabriel,' she said.

I stepped back into the stage's darkness. I wanted more. Somehow I had tapped into an exhibitionist streak in me and wanted to stay on stage naked longer.

All the way from Rio please welcome Ricardo,' said the drag queen. A tanned Carioca, around 37 years old, stepped forward, wearing speedos. His erection induced backstage by the penis pump seemed to have diminished. Did he need to bring out the pump again to inflate the penis? But without saying a word, Ricardo stepped forward and without any instructions at all pulled his speedos right off. Shyness was obviously not a word in his vocabulary. Ricardo was a seasoned exhibitionist. He held his speedos in one hand and his penis in the other. I was wrong. The penis seemed as inflated as ever. Even with or without the penis pump I was sure that Ricardo would

have had the same results. For a brief second everyone was dumbfounded. Even the drag queen. And then the crowd cheered. With all the cheering I was surprised they were not hoarse yet.

'Oh his...' the drag queen acted shy and shocked as Ricardo smiled and gently rocked from side to side, showing the profile of his penis to all people in the crowd. 'Why even bother measuring. It's huge!' she screeched, much to the burly Italian's annoyance who thought he would be crowned king of the cocks. His grin had faded as Ricardo's erection pulsated. The drag queen leaned forward and, measuring his cock shouted out '8 inches!'

The unsurprising news was greeted with horny hollers from the crowd, whose state of excitement must have mirrored Ricardo's. Surely there were not as many erections collected in one place in the whole of Key West.

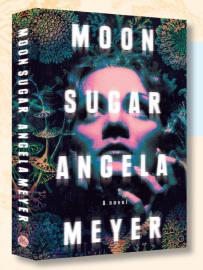
'Ladies and ladies. We have a new winner.

But we still have three more contestants.

Let's meet them!'







'Moon Sugar evokes a world that is strangely ours and recognisably something else. A wild, genre-bending ride, irradiated by grief.'

MILES ALLINSON, author of In Moonland



Angela Meyer (she/her) is an award-winning writer and editor. Her debut novel, A Superior Spectre (Ventura/Saraband), was shortlisted for an Aurealis Award, the MUD Literary Prize, an Australian Book

Industry Award, the Readings Prize for New Australian Writing and a Saltire Literary Society Award (Scotland). She is also the author of a novella, Joan Smokes, which won the inaugural Mslexia Novella Award (UK), and a book of flash fiction, Captives. Her work has been widely published in magazines, journals and newspapers, including Island, The Big Issue, Best Australian Stories and Kill Your Darlings. She has worked in bookstores, as a book reviewer, in a whisky bar, as a commissioning editor and publisher, a teacher of writing and publishing, and a freelance editor and consultant. She grew up in Northern NSW and lives in Melbourne, Australia.

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Moon Sugar Angela Meyer

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- Second novel from award-winning writer and editor
- A sexy and imaginative thriller and relationships story set in Australia and Europe
- China Mieville or Lauren Beukes meets
 Casey McQuiston or Sally Rooney
- Launches, events and national publicity campaign

Mila can't shake her grief for the life she thought she'd have. She's broke, childless, and single. But her developing relationship with Josh, a 'sugar baby', opens her eyes to new possibilities.

Then Josh goes missing on a trip to Europe - a presumed suicide. Mila, and Josh's best friend Kyle, are devastated, yet they suspect something is amiss. Together, they feel compelled to trace Josh's steps across Budapest, Prague and Berlin, seeking clues in his last posts online.

Yet is there one mysterious factor Mila hasn't considered?

Is running toward danger the only way for Mila to meet her true capacity? Or will it mean yet more loss?

This genre-defying stunner asks how we might make the most of our power in the face of fear, loss, and the unknown. It celebrates our ability, despite great challenges, to be intimate with others and with the world.

'Sexy and smart and hyper-colour and haunted, in the most beautiful way. As I read *Moon Sugar*, memories and feelings from my own life and the characters' lives kept surfacing, and then sinking again. Using magic as a form of truth, Meyer has written a story that is at once pure, dark and startling as life itself.'

LAURA McPHEE-BROWNE, author of Cherry Beach and Daughter of Bad Times

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q advice: FEARING REJECTION

Five tips to overcome your fear of rejection

Did you know that even Walt Disney was fired once for lacking imagination? If we put ourselves out there, we are guaranteed to be judged, and we'll get rejected. In 2018, I had a new year resolution of having 100 lunches with 100 strangers to overcome my shyness. As an immigrant, English is not my first language, I lacked confidence.

When I first started my journey, 90%+ of the lunch invite I sent got either rejected or ignored.

I felt discouraged and hurt. However, I'm glad I persisted because otherwise. this life-changing journey would not have happened and I would not become who I am today. So instead of avoiding the inevitable rejections, the real auestion is, how do we overcome our fear of rejection? Here are five critical tips to never let fear of



rejection stop us from achieving our goals.

1. Don't take things too personally and be persistent

Have you ever received a text message, planning to reply a bit later and forgot about it? We have all done it. Whenever someone says 'no', there can be hundreds of different reasons, so please don't take it personally. If it is important to you, keep trying. When I invited Shane Jacobson for lunch, it took me seven email follow-ups before I got a 'yes'.

When we sat for lunch, his first sentence was, 'I'm impressed by your persistency. I was very busy a few months ago and I'm glad we finally met.'

2. Be stubborn about your goal but be flexible in your approach

Suppose my goal is losing 10kg. Does it matter if I get there by running, swimming or doing yoga? Many people are too fixated on the 'how' but forget the 'why' and 'what'. When we get rejected, ask ourselves, 'Are there other ways, or are there anyone else can help us a

chieve our goal?' Take the rejection as a learning opportunity to reflect and improve, then try again with someone else or use another method.

There are many ways to overcome my shyness, however, as a busy mum with two young kids, I thought lunch time was the best time to work on myself. After many awkward conversations, slowly but surely, I changed and am proud of it.

3. Work on our self-confidence

The main reason rejections are painful is because of the feeling of inadequacy or unworthiness. It happens to most of us; sometimes, we might even doubt our self-worth. Please don't. As an immigrant, I tried very hard to 'fit in' and be better.

However, after meeting so many people and hearing their stories, I realized I could not even 'fit in if I tried because everyone's unique. Being confident doesn't mean you go into a room thinking you are better (that's arrogant!).

Being confident means you go into a room and don't need to compare because you embrace diversity. Remember, we are worthy of love and success. We are valued and important. Rejections do not define us. Have the confidence that something better is waiting for us and that we can achieve anything we want.

4. Focus on the positive

No matter how fine we slice it, there will always be two sides. Train ourselves to focus on the positives. Give ourselves credit for trying. Feel empowered by what we have accomplished. What can we learn from this? How can we do better next time? Take this as a growing opportunity and focus on the positive end goal.

Every time I received a rejection, I had two options – Dwell on the negative feeling and feel sorry for myself, or feel grateful for the 10% of the people who said yes and focus on making each 'yes' more meaningful.

5. Feel the fear but do it anyway

This one sounds cliché but true. When I first started my lunch with strangers' journey, I was terrified, then I became comfortable with it, and now I love it (350+ lunches and counting). When I first

started public speaking, I was terrified, became comfortable with it, and now I love it (It is now my career). If we focus on the fear, we are giving it power. Embrace the fear and I promise it will get easier.

Dealing with rejection isn't something anyone looks forward to, but unfortunately, at times, it is an evitable part of the process. Stay positive and keep going. Remember, the only approval that truly matters is our self-approval. Always stand up after we fall; in no time, we will become unstoppable.



Kaley Chu is the author of the book '100 Lunches with strangers', a keynote speaker and a confidence coach. She believes 'One connection can change your life' and please feel free to invite her to lunch! Find out more at www.kaleychu.com

q property: RETIREMENT IS NOT FAR

How to retire in just 10 years through commercial property

Despite booming prices and plenty of capital growth in recent years, the reality for most Australians is that you're just not going to be able to comfortably retire off your residential property portfolio alone.

A few years ago, I realised I was hitting a 'yield ceiling' with residential property and that the highest cash flow in Australian real estate was locked away in commercial property.

As comfortable as many Australians are with investing in residential, the reality is, that it's not going to produce enough income to retire on. As uncomfortable as some of us are with commercial property investing, the reality is that it's not rocket science, it's just different to residential.

It's imperative to have commercial in your portfolio if your goal is to generate a workable passive income for an early retirement. So, let's take a look at how you can retire in just 10 years with commercial property.

'Rethinking' Property Investing

Let's run some math on what \$1,000,000 cash can do with leverage in terms of cash flow in residential vs commercial. I have used \$1,000,000 as this is roughly the amount you would need to have a chance of retiring from property.



Residential option - To maximize the yield I would suggest splitting your \$1,000,000 into four \$900,000 properties rather than one high value/lower yielding residential property. Four properties of this value would require roughly \$925,000 of your cash using 20% deposits and factoring in stamp duty and other purchasing costs. The other \$75,000 would be a sensible buffer to have in place for day-to-day expenses.

Now for the cash-flow side of things. At a 4.5% gross yield and using an 80% loan for maximum leverage and avoiding LMI, the net income from each property after all costs would be a \$510 loss. So, multiply that by four properties you are losing \$2,040 per annum before tax. So naturally, you won't be retiring on a negative cash-flow property.

Commercial option - Now in this case I would recommend either purchasing one commercial property or two. Using \$925,000 and keeping a \$75,000 buffer again would allow you to purchase \$2,500,000 worth of commercial property. Note, I wouldn't split your deposit between more than two properties as they would start to be cheaper lower quality assets. Remember – with commercial property, quality is key to maintaining continual uninterrupted income.

Now for the cash-flow side of things with commercial property. At a 6% net yield and using a 70% loan for maximum leverage, the net income after all costs would be \$93,500 per annum.

So, looking at this basic comparison using the same deposit, there is a \$95,000 per annum cashflow difference between commercial and residential property. This is one of the reasons for this massive difference in income as commercial tenants pay all the outgoings, such as council rates and maintenance, land tax and insurance after costs.

People often think commercial is a highly expensive asset class that requires millions of dollars to get into, but the reality is that you can find a commercial property in a capital city for \$250,000 cash - or sometimes even less.

With a good tenant in the property, a longer-term lease than residential, and cash flow that is much better than residential returns in the current market, investors are increasingly looking to commercial opportunities.

Even a 6% net yield on a entry level property priced between \$700,000 and \$750,000 offers \$26,000 passive income after mortgage costs. This is \$500 per week in your pocket. You can't get these returns anywhere else.

The numbers don't lie

The fact is that commercial property is currently garnering more attention by investors than ever. In recent times this has created rapid capital growth rates for the asset class. Some markets have grown +30% over the last two years and are still growing.

In lots of ways, there's far more control with commercial property - you do the numbers and only purchase a highquality commercial asset. Knowing that you've bought in a strong asset class, with a solid tenant, in a building which is highly re-lettable and in a great location, creates certainty, because

these things all equal uninterrupted rental income.

And this is what we want and it also takes the guesswork out, much of what residential property can often be. When we buy a high-grade commercial asset for instance, we know that a \$700K purchase, with a 70% debt, an initial deposit of \$235K, a 4.5% loan rate and an 6% yield will garner a passive income of \$26K after the property is paid off. And that's just after 13 years (increasing each year with a 3.5% rent increase). That's money directly into your pocket until you decide to sell.

A strong debt reduction strategy

By using the high net incomes from our commercial property's rent to pay down the loan, we're able to pay our debt down to zero in half the time of a standard 30-year loan contract - sometimes even sooner. And this is how high-yielding commercial property can pay itself off in 11 to 14 years.

The high cash flow from the net commercial lease can be so strong, that if you can put the surplus rent back into your mortgage or offset account, the debt will rapidly reduce, without you having to make any extra payments. If you have a strong lease in place, you'll also benefit from the built-in annual rent rises, which will help you pay off the property even faster each year.

Scott and Mina O'Neill are co-authors of Rethink Property Investing (Wiley \$29.95) and founders of Rethink Investing, Australia's number one buyers' agency for commercial property investors. After retiring at the age of 28, they now live off the passive income generated by their personal \$47 million property portfolio and have helped over 3025 clients purchase around well over \$2.5 billion in Australian real estate. Find out how to do the same at www.rethinkinvesting.com

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q book: IF I WERE YOU EXCERPT

MY FIRST ACID TRIP (EXCERPT FROM: "IF I WERE YOU - A psychologist puts himself on the couch" by Peter Quarry, Hardie Grant Books, 2022)

How the hell do you describe an acid trip? The best way I can think of is to contrast it to getting stoned on pot. Marijuana can be great fun and I love it, but you are always aware that you are high, and you remain in touch with normal reality. When you trip on LSD, you depart for another dimension, which, by definition, is not possible to describe using the language of this reality. An analogy to convey this conundrum is trying 'to paint music' (although Kandinsky did attempt this, and looking at his paintings, they are decidedly trippy).

I started experiencing the first effects by becoming obsessed with a glass of water. The light was refracting through the glass and the water's viscosity, the way it stuck to the side of the glass, was something I'd never noticed before and was utterly transfixing.

As the effects got stronger, I moved on from merely appreciating the purely sensory wonders of the glass. My attention went deeper, to the very essence of what a glass of water is. I became astounded that an object like a glass could even exist, and that it could contain this extraordinary transparent fluid.

The beauty of the water sloshing around in the glass was more intense than anything I'd ever witnessed. I felt that the entire universe, all good and bad, all knowledge and insight that had ever been, and would ever be, was encapsulated in that glass of water. It took on the potency of the most revered religious icon. The glass morphed in front of my eyes into the most sacred reliquary.

Tripping is like that: ordinarily mundane and usually insignificant things (items, ideas, words) take on monumental significance and become saturated with intense meaning. You feel you are witnessing the most profound revelations. It's an experience of deep and overwhelming mysticism.

Of course I felt an urge to capture this moment somehow. I couldn't bear the thought of it slipping away. I took some paper and a pen and wrote 'the water is in the glass' and drew a rough sketch. I felt as if I'd just discovered the secret of nuclear fusion and the cure for all illnesses. Exhausted, I collapsed on the couch laughing hysterically. I think at some other level I realised how absurd this all was. Later I looked at my notes and realised they meant nothing.

'Let's have a cup of tea,' someone suggested. The thought of eating or drinking something then became the most extraordinary idea. How could I get liquid or food into my mouth? What would happen to it if I swallowed? Where would it go? Would I explode?

Nick and the others made their tea. Someone put a cup in the sink and discovered dishwashing liquid. We started playing with soapy water and marvelled at the bubbles.

'Let's blow some bubbles using a straw,' I suggested.

We rummaged around and found some straws and started creating the most beautiful bubble structures. Then someone came up with the idea of blowing cigarette smoke into the bubbles before releasing them. It went on and on.

At one stage, I started tiring of the constant near hysterical laughter. I needed to be on my own for a while and went out to the external staircase where I had a view of the rooftops and, in the distance, the traffic of Dandenong Road. It might have been late afternoon by then, although I had no idea what day it was, or what a day was.

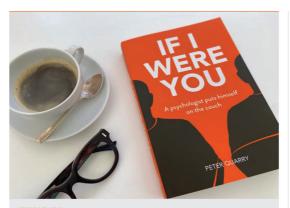
In the jargon of acid, I was 'peaking'.

The sun was shining in a vivid, blue sky. Assorted white clouds meandered gently across the tableau. My friends were inside – I could hear them laughing. My beloved Nick was close by. I felt a tidal wave of the deepest happiness I had ever experienced. It wasn't just the silly joy of being high and playing with bubbles. It was profound, spiritual and life changing. As I looked up into that sky I truly sensed that I was seeing the face of divinity. God and I felt one and the same. It was a moment of serene, intense joy and insight. No wonder shamans use psychedelics.

IF I WERE YOU

A psychologist puts himself on the couch

Hardie Grant 2022



SYNOPSIS

In this fascinating and original book, Peter Quarry skilfully deconstructs his own life, showing how you too can unpack and reboot yours.

As sex and drug addicted 'Pete', he describes his sometimes shocking, always colourful background. Then, as internationally recognized psychologist 'PQ', he analyses it with compassionate, yet clinical, objectivity. The result is a work of insight and practical wisdom.

In putting himself on his own couch, Quarry will inspire you to reflect on your life's journey and give you a toolkit to confront the curveballs inevitably heading your way.

REVIEWS |

"Raw, incredibly honest... a compelling read." **SIMON TAYLOR** Comedian

'Very clever and creative.'

JAMIE GARDINER OAM Human Rights LGBT Activist

'Peter delivers... with warmth and authenticity.' **KY GARVEY** TotallyLit Podcast



ABOUT |

Peter Quarry is a queer multi-award winning psychologist, whose 1000+ video-based training programs are used by compa-nies, universities and organisations in over 20 countries.

He was 'Resident Psychologist' on Good Morning Australia for seven years and is a sought-after public speaker.



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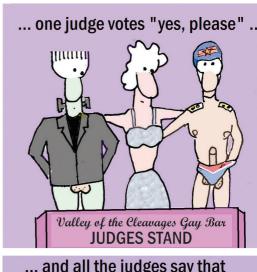
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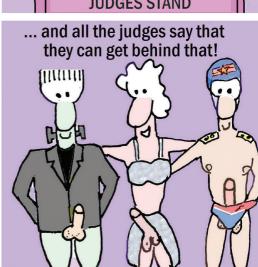














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