



Being a third-generation psychic healer, people kept asking me to teach them psychic development and so, nine years ago I started teaching small weekly groups and have been going ever since.

These classes expand consciousness. This means asking questions and delving into, and changing belief systems that block our growth, especially those ingrained from childhood.

Most people who come along do so because they have noticed their own psychic gifts and how they have helped them on their path in life. They come with an open mind which is the first essential because otherwise there can be no new learning.

If you were brought up in a religion that denied access to esoteric information to anyone other than priests or deities, then your psychic abilities may never have developed and if they did there would probably be fear around using them.

Some people have negative associations with the word 'psychic'. So, what does it actually mean? Psychic comes from

The world according to Magenta Appel-Pye

"The possibility of stepping into a higher plane is quite real for everyone, it requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal."

– Deepak Chopra

the Greek word 'psyche' meaning the human soul, mind or spirit.

The dictionary definition still holds this meaning but adds that it relates to or denotes faculties or phenomena that are apparently inexplicable by natural laws, especially involving telepathy or clairvoyance.

I don't know why they talk about it as being outside 'natural laws' because just about everybody has, at some time in their life, experienced some kind of psychic phenomena.

Take note of those times when you think of someone and they show up, or you 'know' who is calling before you pick up the phone.

Psychic ability is like a muscle, the more you use it the better it gets.



She says

Dear Mr. Balfinger, they don't call it men-o-pause for nothing! Menopause is an interesting time for hetero couples. As her estrogen drops and testosterone rises, her masculine aspect comes more strongly into play. I know many women who have left their husbands during this time and quite a few entered into happy, long-term relationships with women for the first time in their lives.

Usually by now the kids, if you had any, have left home. Now your man's disgusting habits become unbearable. You used to put up with them when, after years of nagging, you realised he was not willing to change, but now you just can't. You find his penis, and scrotum ridiculous rather than exciting. You no longer have the energy to fight for your fair share. You don't want to clean up after him. You're done. You have changed. If your relationship has been based mainly on sex and what you can get out of each other, then you're probably at the end.

However, if you have developed love, respect and good communication over the years, then she may come around. Your relationship will never be the same, but that's not such a bad thing. People change and each must grow. It is this depth and, hopefully, acquired wisdom that makes the senior years so valuable.

For all you know she may have always been bi-sexual but never acted upon it before, or maybe she did secretly. She may be experimenting, or she may have lost her interest in men completely. Who knows? You need to talk with her, pay attention and listen well. You need to develop your female side of caring, understanding, and empathy. You could even try asking some questions, without aggression.

Baz, soon you will also go through your change – andropause. Some alone time and naval gazing wouldn't go astray. Your testosterone drops, you will find yourself suddenly crying at sad movies and being more emotional. Do some research.

I know a friend whose husband thought it was great when she told him she had invited her new girlfriend over, hoping for a threesome. In the bedroom the girls started kissing, and, excited, he asked if there was anything he could do. "Yes," the wife replied, "pour us a glass of wine, roll a joint, and shut the door on the way out!"

What can a man do while his wife is going through menopause? Keep busy. If you're handy with tools, you can finish the basement. When you are done you will have a place to live.

He says

Dear Baz, if your wife is having an affair with a woman, you'd have to think quite conclusively that yes, she actually has gone to the other side. Could be worse though, at least she hasn't run off with another bloke.

Now, I know what you're thinking. I, and every other male reading this is thinking the same thing. But hey, we're grown up, sensible middle-aged men and common sense dictates you shouldn't go there. But you never know mate, you could get lucky and get an invite. If so, take the bull by the horns and go hard, son. You don't want to die wondering.

It's not unusual for women going through the transition to want to tip the velvet. What's important for you is to not panic and do something stupid. Like playing tit for tat and having it off with a young filly looking for a sugar daddy. Next thing you know, she'll make you divorce your wife, who'll take you to the cleaners, and then she'll want to have wee babies and put you through all the hell you thought you'd never have to suffer again. In 20 years, you'll be writing to us once more, whinging about the exact same problem. Except this time, you would have been working your arse off well into old age to pay for the new family. Unless you're rich, in which case why are you writing to us and not paying for a proper counselor, you scabby bastard?

So just be cool, dude. Tell her how pleased you are for her that she's found someone who can satisfy her needs that you can't, and probably never could. Try and keep the peace and, as much as possible, stay in your shed and out of trouble. Go fishing, play golf or whatever rings your bell, coz she's given you your freedom, or at least parole. So, enjoy it and, when certain urges come over you, there's always the Internet and Mrs. Palmer.

Just remember she's one big jambalaya of hormones at the moment, and things are gonna work out one way or another, for better or worse.

By the sound of it she's having too much fun to call this a mid-life crisis. The important thing for you is, not to turn it into one. Let us know how you get on, especially if 'you know what' actually materialises.

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



Ballina to Lennox by Juan Kemp

I had missed a few months of walks, but I had done this a few years back with the club and remembered what a great day it was.

Not disappointed, as the day was perfect weather-wise, and once you add in the dolphins and whales

on show what better way to enjoy a walk?

Starting at Sharps Beach and going to the Lennox Headland rather than through to Lake Ainsworth added a bit of variety to the previous walk.

The regenerated coastal bush as we set off was gorgeous before coming out on the coastal track

heading to Lennox on at times well developed tracks and other times just rough bush trails. With the variety of beaches and headlands we encountered a most enjoyable walk of about 13km.

Once again Megan and her local knowledge made for a fun day with old and new members.



Sunday 11th August – a day at The Channon Market

Leader: Sue Maklin 0402-220-973

Celebrate the 40th anniversary of the Terania campaign and the creation of the Nightcap National Park. This will be a big day and The Channon is a great market before we add the extras. The club will be supporting the day with a gazebo set up to showcase our bushwalking club. A relaxing social day out.

Sunday 25th August – Byron Bay lighthouse by train

Leader: Peter Spearritt 0421-055-292

Meeting at 9.30am at the North Beach Station at the end of Bayshore Drive behind the Industrial Estate for the 10-minute ride into Byron Bay. From there we will follow the beach and coastal tracks to the lighthouse before returning by a different route. Lunch on the way or a café stop always an option before the return train trip.

Sunday 8th September – Rocky Creek revisited

Leader: Bill West 0429-933-544

Grade 4. Bill will be taking us along the Rocky Creek in the Nightcap National Park. There will be off track and rock hopping along the creek, some of this will be slippery, good fitness and shoes required. The usual, hat, lunch and water required. Meet at the Rummery Park camp area at 9.30am.



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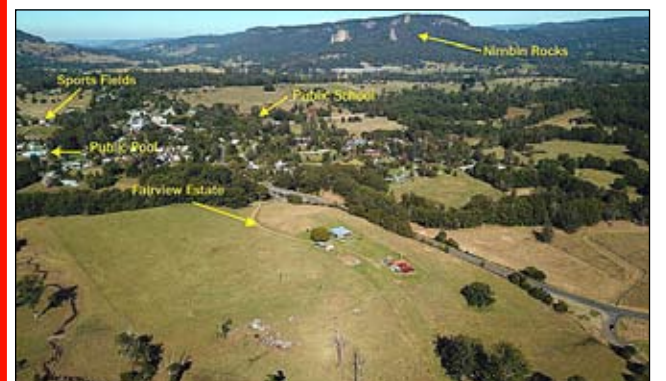
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Contact John or Samara

870 Stony Chute Road, Nimbin \$735,000
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Contact John

Studio 2, 'The Bush Factory' \$260,000
• 1 x bed, 1 x bath studio perfect for artisans
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Contact Jacqui

7 Tulsi Lane, Nimbin \$385,000
• Sweet studio-home. Elevated & picturesque
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Contact Jacqui

33/265 Martin Rd, Larnook \$275,000
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Contact Jacqui

553 Crofton Road, Nimbin \$800,000
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