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# InLife

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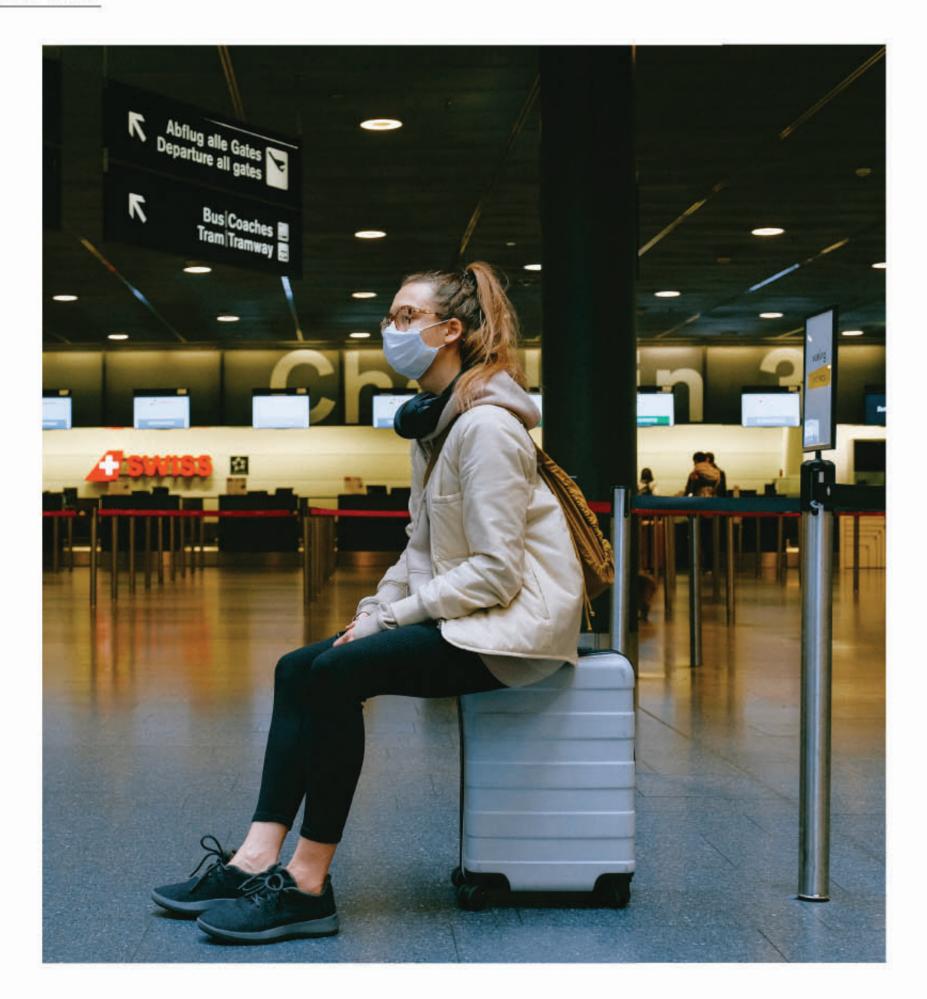
My days are typically running on a tight schedule because I have so much on my plate which to me, is a good sign - a sign of being responsible, and a sign of maturity. From Monday till Sunday, I religiously follow my whiteboard schedule; I love challenges and failure is my springboard to overcome the failings that I have encountered in the past.

A sign of wisdom and maturity is when you come to terms with the realization that your decisions can cause rewards or consequences. My children and my family are my choices and to enable me to become a better version of myself, they are my energy and my ultimate strength. I may not be perfect but I am who I am and I'm willing to make a change if it's necessary. To our readers out there, you are responsible for your lives, and your ultimate success depends on the choices you make today - so choose wisely.

Maryrose Salubre Editor-In-Chief







## PANDEMIC

By Chi de Jesus

The words "quarantine," "lockdown," and "social distancing" became part of everyone's conversations since the disease, COVID-19 caused by the novel Coronavirus made its way all over the world. As if overnight, everything changed for everyone. But amidst all the tension-filled uncertainty surrounding this pandemic, one can see the silver lining in each dark cloud.

Here are some notable observations upon closer look:

#### We are reminded of how connected we really are.

Though there were really strict laws on social distancing and lockdowns, it ironically created more awareness of the value of closeness and social cohesion.

On the home front, Fil-oz families began to prepare food to share with stranded international students and families who are experiencing hardships due to the strict lockdown laws. People began to socialise more while observing social distancing. Families found more time to really talk to each other and catch up.

People from all over the world express their solidarity through music – from their balconies, the rooftops, and their windows. This has happened in countries like Italy, Spain, Iraq, the US, France, Lebanon, India, Brazil, and Germany. People expressed their feelings of loneliness, fear, and even anger through music – but mostly out of support for each other. Virtual concerts and artist collaborations from across countries highlight that we are all in this together.

The lockdown somehow put everyone's busy schedule to a halt making them focus more on their relationships and how connected everyone is.

## The emergence of the "new normal."

Due to the major change in the way we live our lives, people are now more aware of the possible changes brought about by the adjustment that everyone has to do in consideration of everyone's health and safety. Words like "reinvention," "innovation," and "rediscovery" are now being discussed in relation to the "new normal." This takes out the current complacency in just adhering to what works and traditionally effective ways of holding a business. We are all on our toes to be able to cope with the effects of the global pandemic.

Companies have adopted the "business as unusual" philosophy changing the way they work to accommodate the needs of their customers – café's converting to take-away areas, digitalisation of services to go online, etc. Businesses are reinvented to get their feet wet into this new atmosphere of sales and marketing (a gin company has expanded to selling hand sanitizers, Filipino designers creating PPE's for the country's front liners, etc.).



#### Education is re-imagined.

As education has been updated to adjust to the growing needs of its learners in the modern, it's another ironic realisation that one of the most effective ways of teaching children is still through the guidance of their parents when they are homeschooled. It exposes the parents to really understand what their children know and what they can actually do.

This global occurrence has solidified the need of strengthening the different communication hi-ways to deliver education to the learners' homes or even countries. State-of-the-art solutions to keep students engaged and interested in the learning process employing possible technological advancements like virtual reality to increase the efficacy of learning.

## We see a great change in our environment.

Because of this mandatory pause due to the enforced lockdown laws, the environment got to enjoy a most necessary break from carbon emissions and the like. Countries like China are now enjoying an 85% increase in good air. Due to the halt in the influx of tourists, Italy's canals now appear clearer showing signs of marine life coming back because of less pollution.

Nature is slowly rejuvenating and if we all know better, keeping its steady recovery might be the answer that we need in slowing down (or even alleviating) the effects of global warming. Due to the halt in all modes of travel, pollution has considerably decreased. This gives biodiversity a better fighting chance.

## We now see the true meaning of social responsibility.

A lot of companies have shown how serious they are in their corporate social responsibility efforts exhibiting their concern to the main stakeholders of their business – the consumers, their employees, and the community.

Large donations have been sent out by these companies to help out in the research and development of a vaccine that will fight the adverse effects of the disease. Food and medical equipment are forwarded to the health professionals and the front liners encouraging everyone to follow health and safety measures to avoid being infected.

Through these companies' adherence to their sworn corporate social responsibility, consumers may then better understand the company's integrity and promise which gives us a better idea on which company we can support in the future because they definitely will support us.

For war-torn countries, they experienced a temporary respite from the horific fighting and got to feel once again a moment of peace.

The UN Secretary-General announced the United Nation's call to end all wars in the face of COVID-19 as the world confronts a "common enemy." According to Secretary-General Antonio Guterres, "it's time to put armed conflict an lockdown."

According to ABC, a ceasefire was declared in some places in the Middle East and although the war did not totally stop in those areas, there are possibilities that stronger lockdown laws can (hopefully) lead to less violence.

#### People are becoming more grateful.

Waking up each day healthy and ready to experience the lockdown is already something to be thankful for. After most of our usual liberties have been taken away, we now are more appreciative of our walks in the park, watching and screaming at field games, embracing our friends and family, and just being near someone hearing them laugh. Our appreciation and gratefulness for the things that we usually take for granted have already created shifts in the behavioural patterns of our lives – we breathe deeply, we look at the trees more intently and we see people around us as a part of our being.

The global pandemic highlights something very important and that's the fact that we are all connected by one planet and one life. Only when we truly realise this by the lessons that have come out of this experience riddled with deaths, anxiety, and fear can we truly come out of this situation victorious.

Lessons are made to be learned and realised, Ignoring them makes all of this suffering futile.

Source: The Australian Filipina







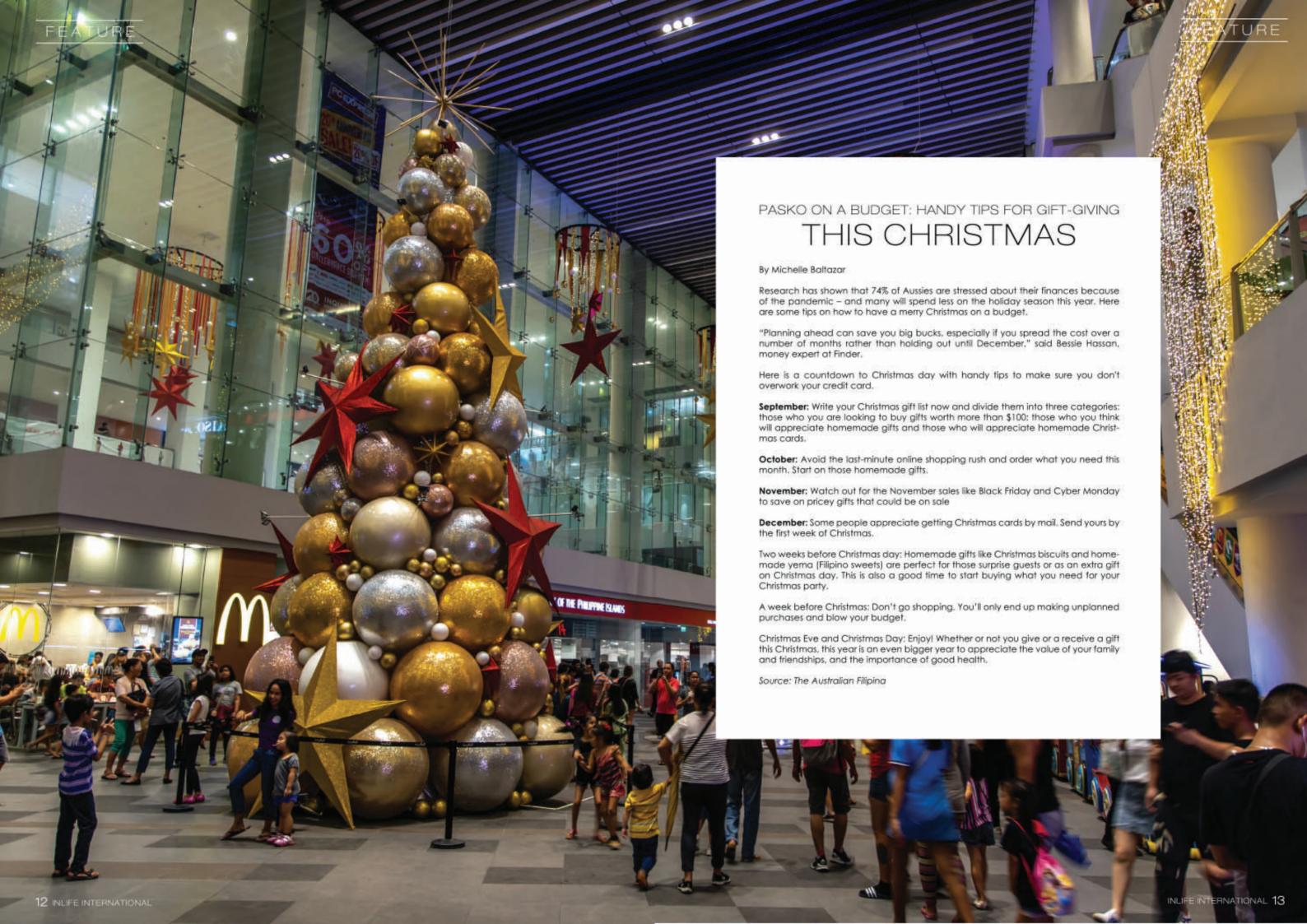
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## HOW TO EFFECTIVELY ORGANISE YOUR PANTRY

With hopeful hearts, we're all focused on seeing the end of this pandemic while we transform our households to their best state everl And one of the areas that we really need to focus on because we always have the proverbial excuse that "you just have no time" is your pantry. Your spot for goodies, ingredients, and other food items has transformed into a stockpile of "organized" chaos. So here's something that will help you through the first obstacle that we encounter - where do we begin?

And because this is something that's beyond my arsenal of "how to's" I've sought out the help of an Australian Filipina and a very good friend who's no stranger to the kitchen and all its intricate segments. She is Christine Caisip – a full-time professional recipe tester in Sydney and has worked in a variety of professional test kitchens in the last six years, I was amazed at how she arranged the pantry in her new home and after a short talk, I realized that she is obsessed with small details, organisation, and creating beautiful work. Christine loves creating the perfect, harmonious pantry

Below is our fun talk as I rummage through her new pantry.

### What would be the first consideration when arranging your pantry?

The first thing I would think about before starting to organise a pantry is understanding what kind of foods you eat regularly and what comes in and out of your pantry from the supermarket on a regular basis. What recipes do you tend to cook the most frequently, pastas, stir-fries, tacos? Most home cooks tend to cook from a handful of recipes they're comfortable with a few tweaks. Write down what you commonly tend to cook week-to-week. This guide will help you discover what kinds of foods you like to eat and what kind of pantry you should build.

Your pantry will be bespoke to you and your household's needs depending on your likes, dislikes, and typical supermarket purchases. An easy way to do this is to have a look at what your pantry looks like right now. What ingredients do you have the most of rice, pasta, flour, tinned goods, open or closed bags of items?

I like to take a pen and pad and then categorise all the items in your pantry to start with, as it's a helpful snapshot of the items you've currently been buying and typically like to cook with. What you will also most likely discover is a range of products that may have been impulse purchases or items you used a partial quantity of but are unlikely to use again.

While these items are fun to have for creative cooking, I encourage you to be ruthless - when you find an item that falls under this category, if you cannot imagine yourself creating three separate types of dishes with it within the next week or so, either throw it away or donate it. This exercise will also help you to be more mindful of these random purchases that sneak onto your trolley when shopping (especially when hungryl).



Please take us through the "step-by-step" in organizing your pantry.

First, assess your pantry and the items you regularly buy for your

I like to categorise by type of food (e.g. types of rice, flours, sugars, finned goods, nuts, sauces) but you can categorise according to the largest to smallest amounts that you have (as this can vary too). For example:

Rices - Brown, short-grain, Japanese, basmati, wild, jasmine, etc.

Sugars - Caster, brown, raw, etc.

Sauces - Soy sauce, fish sauce, sesame oil, etc.

Nuts - Pistachios, macadamias, peanuts, etc.

Spices - cumin, coriander, nutmeg, etc.

Then, remove all items that you haven't used in a long time, or have passed their best-before date. Note down all the regularly used items and the typical sizes you tend to have them in. For example:

LARGE CONTAINER - White rice, white flour, plain flour. [These containers should be reserved for items that you use frequently on a regular basis).

MEDIUM CONTAINER - Pitted dates, almond meal, caster sugar, lentils, barley, chocolate chips. (These containers are reserved for items that you don't use as regularly but still like to have around in medium quantities for the occasion that you feel like being a little creative).

SMALL CONTAINER - Nuts (pistachios, macadamias), popcom, sesame seeds, Ikan bilis, miso paste sachets (just same I have in my small section!)

EXTRA SMALL CONTAINER - Spice blends, cumin; coriander, nutmeg, dried rosemary, etc. This category is reserved for the smallest items in your pantry that still benefit from that extra bit of organisation. I like buying spice blends from spice shops or in larger bags rather than the small jars available at supermarkets. It's cheaper and easier to measure for cooking in small containers.

At this stage, I also like to check the types of tins I have and categorise them by type (e.g. anchovies, tinned tuna, mixed beans, diced tomatoes, coconut milk, etc). I'll arrange these by type later on, depending on the shelf space I have left after the containers have been sorted. If I have particularly deep shelves, I like to save the tins for the deeper parts of the shelving because of their long shelf life.

For any other categories that don't fit into these containers (e.g. soy sauce, sesame oil bottles, etc), I like to buy, evenly sized wooden boxes to place these in, so they're easy to grab but can also be categorised neatly with a return space to go to in the pantry.

The next step is to use a measuring tape to measure out the size of your shelves, length, width, depth. Take the measuring tape and the measurements to the shops with you so that you can ascertain how many of your preferred styles of containers will fit on your desired shelf at home. I know this is a lot of work, but trust me, it's worth it when you maximise the space you have by actually measuring and the work













Why? Square - it helps maximise your pantry space availability by allowing your containers to tessellate. Clear - so you can view what's inside and instantly know what's running low. Stackable - so you can fit them into almost any space. Anything else is not acceptable because it's simply impractical for a working pantry. Round jars, overly ornamental containers should be avoided. Strangely, containers with these obvious categories are harder to find than you might think, but I've found some very affordable options available at Kmart and IKEA, even Woolworths and Coles.

FFATURE

You don't need to spend a lot of money to make a successfully organised pantry work. Use your guide from Step 1 to figure out how many categories of the container you'll need (large, medium, small or extra-small) and don't forget to factor in the measurements of your pantry during your decision-making process. I find it helpful to visualise exactly what I want the pantry to look like, and that helps guide me. Dan't forget to keep the receipt, in case there are any containers you don't want to keep!

Up next, clean out all the items from your pantry and replace them with the containers on the shelves to configure how you want them exactly to look. You can really have fun with this part!

You can do whatever you like here - place the most used items in your most commonly viewed eyesight, or if you have other items that you rarely use that you want to be in your mind more often, move those to a more common viewpoint if you want to push yourself to be a bit more creative. Otherwise, you can go OTT and organise by smallest to largest, categories (e.g. spices all in one section, rices all in one section) OR completely alphabetical! Whatever you like.

My favourite part follows next - the labelling. You don't need to get a fancy label maker, some cheap label stickers and a pen will do! I like to go completely over-the-top and label the sides and top of the containers, just so I can see from every angle what the container category is, but there is absolutely no need to go over the top like me.

Then fill your containers according to the labels. Sometimes, I like to include a cutout piece of the packet of the best-before date of the product in the container to help me keep track, but this is optional! Alternatively, you could use an extra-label and write the use-by date on the base of the container, although I tend to avoid this depending on the label brand I'm using - some of them over time become very difficult to peel off.

You're now ready to replace your containers in your pantry. Admire away!

Finally, last but not least at all - continue to monitor your new pantry to see how it's working for you. You may discover that you may use an ingredient more or less and you can adjust, grow and perfect it over time. Nothing is ever set in stone!

Most importantly, make sure that you keep it clean and organised. It is very easy for a good pantry to become overwhelmed by additional clutter that you don't need. I encourage you to be mindful about your kitchen purchases, what is in your pantry and why? If it doesn't deserve to be taking up valuable pantry real estate, then remove it, make space for a more organised pantry that will serve your needs better.

So, are you ready to give it a go? All you need now is to take the first step. Enjoy!







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## RODRIGUEZ

Tom Rodriguez first rose to fame after competing on the ABS-CBN reality series Pinoy Big Brother: Double Up. He later signed an exclusive contract with GMA Network. Since then he has appeared in several notable movies and TV shows.

Tom Rodriguez originally got started in showbiz by becoming a housemate in Pinoy Big Brother: Double Up. After he got evicted from the Pinoy Big Brother house, he signed under Star Magic and made his television debut in Precious Hearts Romances Presents: My Cheating Heart. This lead to other projects with ABS CBN such as a small role in an episode of Maalaala Mo Kaya with Angel Locsin, he also played the love interest of Valerie Concepcion in Precious Hearts Romances Presents: Love Me Again, he made his film debut in Here Comes The Bride and later appeared in the film Petrang Kabayo.

In 2011, Rodriguez was cast in the remake film of Temptation Island in 1980 opposite Marian Rivera which catapulted him to superstardom. Rodriguez later appeared in ABS-CBN's hit drama series Angelito: Batang Ama as a regular and in the year 2012, he also appeared in the movie The Reunion and in the hit daytime soap Be Careful with My Heart. He played Jeff Macavinta as the father of Alza Seguerra's character, Cristina Rose's son, Pocholo.

In 2013, Rodriguez left Be Careful with My Heart and signed a three-year exclusive contract with GMA Network. Since then he has appeared in several notable TV shows such as My Destiny, Someone To Watch Over Me, Mulawin versus Ravena, I Heart Davao, The Cure, and Love of My Life. He also appeared in several movies such as So It's You, The Amazing Praybeyt Benjamin, No Boyfriend Since Birth, The Significant Other, and Maledicto. Currently, he's one of the leading protagonists in the drama romance series The World Between Us where he plays Bryan Libradilla.

InLife Australia recently caught up with Tom to discuss his role in World Between Us and here's what went down:

### Can you tell us about your role as Bryan in The World Between Us?

I play Bryan Libradilla, he's the eldest Libradilla sibling. Bryan is really starved for love, he's longing for it. But the ironic part is, the love is there, in fact, it's abundant but he's not seeing it because he's only looking for it in a very shallow, selfish, and one-dimension way. He doesn't see that there's love available there for him. To the point where he feels he's been starved and deprived of love so much that he starts to harbour insecurities to the point where he starts to hurt the people that are there readily available to give him the love. I find Bryan a very ironic and tragic character.



## How is this character like you? Different?

There are some parts of the character I can relate to - like being the eldest in the family. There are 6 of us siblings in my family, I have 2 older sisters but I'm the eldest male so I always carried that type of misplaced sort of pressure, where I have to be the man of the house and I have to be this and that... To the point that when I was going through puberty I was very very strict with my siblings. I love the relationship I have with my siblings now, we're all super cool and very much bonded. But when I was growing up, this was when I was about 12 or 13. I was so strict because I felt I was the man of the house and I had the right to be strict. I can relate to my character in the series as if we both have this possessive type of love. I didn't really try to understand what my siblings were going through at the time, I was just seeing everything from my perspective which caused a lot of friction with my siblings when we were growing up.

## What's the biggest challenge to taking on this role?

I found Bryan's character very challenging because I knew how the audience would perceive him. I wanted him to not just be blood-driven though, I want viewers to understand that the things that he does are coming from a real place - that he's not just an a\*\*hole for the sake of being one. Luckily, the script involves the characters in the plot in a very big way so there's less pressure on the actor. That said, there's still the challenge for me to deliver what's on the script.

## Besides yourself, which actor/s in this series is going to blow people away?

I would say, Jasmine is one because she really goes into detail in relation to her character. It's her little nuances that make a difference - even the way she would move or the way she would run was on point. There was a scene in the series where it was the first day of school and she ran like a little schoolgirl. Since I've seen the script I'm excited to see the other version of Lia and the type of nuances she's going to apply to the character - I love how she just morphs into her character!

Another character I think would blow people away is Alden. I'm betting that people will be surprised by Alden as well. Just like everyone else, I'm excited to see that grey part of his character. Alden has been so excited about this that he's going to blow people away. He's been wanting to do this a very long time.

## What has been the most memorable experience of your career so far?

Well, so far this series! It's the most recent, and things are literally happening as we speak. I'm glad to still have work in this pandemic and I'm grateful for the opportunity.

I find it so powerful to be a part of this industry and this medium. Not only the collaboration of us on the set but also the feedback we get from the viewers.

The World Between Us returns with new episodes on November 15. It also airs abroad via GMA's flagship international channel, GMA Pinoy TV. To subscribe, visit GMA Pinoy TV.





FEATURE

BEAUTY SECRETS: DEBUNKING MYTHS ON SOME NATURAL

## BEAUTY REGIMENS

By Chi de Jesus

A lot of people are riding on the bandwagon of going natural and although we are all for it, I think that we sometimes have to take one step back before diving into a regimen that's endorsed by a lot of people because it's natural. Here are some beauty regimen that has been given the "tried and tested" stamp but may need further scrutiny.

1. Using lemon juice to naturally whiten your skin. This wonderful gift of nature is known for not just being an antioxidant but also has astringent qualifies that can decrease oil on the skin and reduce inflammation. Yes, it's loaded with vitamin C which brightens and may smooth fine lines on your face.

BUT... because of those same acidic qualities, it may be the source of some major side effects like skin irritation, sensitivity to sunlight called 'phytophotodermatitis' which can cause swelling, redness, and blister-like patches on your skin due to exposure to sunlight, 'leukoderma' or more commonly known as 'vitiligo', a skin condition where the skin develops large white spots and sunburn.

Leaving coconut oil on your face the whole day. Due to its rich in lauric acid quality, it has been proven
that coconut oil has very effective zit-fighting powers and it also provides excellent hydrating protection to
your skin during prolonged exposure to the sun.

HOWEVER .... Because it is easily absorbed by the skin, the skin "feels" moisturized resulting in the slowing down of its natural production of sebum that protects the skin from bacteria and transepidermal water loss – the evaporation of your valuable hydration from inside the skin. This leaves your skin more vulnerable to environmental stressors and might leave your skin drier than it was. For naturally oily skin, because coconut oil is 90% saturated fat, there may be a high possibility of your skin getting clogged resulting in comedones or blackheads.

Using honey as a natural mask. This naturally existing element keep germs at bay and lessens inflammation because of its antibacterial and antiseptic qualities.

ALTHOUGH its application on the skin has proven to provide a number of benefits to a lot of people, studies have shown that it may produce an allergic reaction. Also due to its stickiness, it may also be harder to remove from your skin.

4. Using very hot water to wash your face. Though the heat may help the skin to open its pores to release all the dirt and grime that you have accumulated the whole day, high-temperature water strips your skin's moisture and may signal your oil glands that it needs to replace it by creating more oil. This results in acne break-outs. Lukewarm water is always the better way to go and if you feel that you have gently massaged out all the unwanted dirt on your face, you can try a tad cooler amount of water to help close your pores.

There are still a lot of these natural elements that involve "naturally" occurring substances but because they already border the "gross" levels that go beyond propriety, let's just skip it altogether because all these "tried and tested" regimens are definitely NOT absolute.

Remember that more than the process, you have to very well understand the main element involved in the process – your skin. You have to find out first your skin type and condition before launching into a regimen that may suit your skin and don't forget, your lifestyle.

The regimens listed above may have their merits but testing would always be the best initial course of action along with your consultation with your dermatologist.

Source: The Australian Filipina





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FIVE DIET PLANS TO HELP YOU SHED WEIGHT AND IMPROVE

## YOUR OVERALL HEALTH

Even the most stressed of people let their hair down and hang ten during wintertime. So, in the most celebrated and comfortable time of the year, you find yourself relaxing and devouring three times the calories per day you usually consume. And, unknowingly, you make it to three sizes up in just two weeks.

Now, you no longer fit into your favorite jeans, and you are forced to wear sweatpants even if it's Wednesday. Suddenly, wearing a bikini is not an option and the holidays don't seem so appealing anymore.

Well, stop moping around about eating that bowl of chocolate fudge ice cream and the three slices of blueberry cheesecake your sister made you. There's no point in crying over spilled milk, or in your case, empty bottles of milk.

Get you're A-game on and take back your bodyl Here are five easy and effective diet plans to shave off excess weight:

#### Don't skip your breakfast

Just because you've eaten too much for a few weeks, doesn't mean you have to stop eating anything to lose a few pounds. Skipping meals, especially breakfast, will only leave you starving and then wanting to eat more. This will then lead to gaining more weight, which is something that you don't want.

Eat breakfast so you have the energy to do your tasks for the day, And, you won't have the urge to eat a few sugary treats every now and then.

#### Drink more water

You feeling hungry almost every time is sometimes just your body telling you that you are thirsty. Next time you have an impulse to eat a donut, try drowning that impulse with a glass of water.

Moreover, your body is mostly composed of water, and getting hydrated all the time ensures that all the other parts get the necessary amount they need to function properly.

### Eat your greens

Fiber is your friend. You want to inject more fibrous fodders into your meals because it helps you digest food better. Leafy green vegetables are rich in fiber and you have tons of selections from your local gracery and Farmer's Market to choose from.

Aside from fiber, you are dosing up your body with much-needed nutrients, which you can only get from fresh veggies. Taking care of your body doesn't mean just being thin enough for a bikini but also having the body and the energy to do the things you want to do.

## Say goodbye to your bag of chips

Losing weight is already hard enough. There is no need to make it more difficult for yourself. So, throw away your bags and bags of junk food, and anything that isn't necessary for your health.

Make an inventory of what is inside your fridge and kitchen cabinets and take out those that don't fit into your healthy diet.

#### Commit

Yes, make a commitment. It is easy to choose the food that we eat but being consistent about it can be very challenging. An effective diet plan depends mostly on how unswerving and dedicated you are to following it.

Keep sight of your goal and don't let a few donuts take you off the right track. A few bites of pizza once in a while won't hurt, And, of course, don't forget to stay active and exercise. Your dream body is within your reach as long as you stay disciplined and you always put your health first.





# KITKAT CHOCOLATORY (Boutique)

By: Jill Antonio

Chocolate lovers rejoice! Sydney-siders can discover a break like never before, with a premium personalised chocolate experience in the heart of the city.

We were privy to an exclusive private preview of Sydney's first-ever Kit Kat Chocolatory boutique, by Nestlé — where Head Chocolatier Connie Yuen had us feeling like Charlie with a golden ticket.

We donned our aprons, and with VIP access to the kitchen – settled in to "create our break": a personalised 8-finger KitKat of our own making. The experience saw us picking from four premium chocolate flavours (milk, dark, white, or Ruby), and then up to three gourmet ingredients from an endless array. For my handcrafted creation, I went with "Ruby" chocolate — a must-try flavour owned and pioneered by Nestlé KitKat — plus rose petals, salted caramel crispearls, and crushed honeycomb. Connie gave us an amazing inside peek at the process for Chocolatiers.

When the KitKat Chocolatory opens in Sydney, 'Create Your Break' will offer guests the chance to design their own eight-finger KitKat by ordering from a schmick self-serve screen. Create Your Break offers up to 30,000 possible combinations, with a choice of premium chocolates, and custom package designs and labels. Guests can either watch chocolatiers create their bar, or return to collect it in under 2 hours.

Meanwhile, there's plenty at the KitKat Chocolatory to keep you entertained. Next, we moved on to the 'KitKat Tasting Table', to explore a carefully crafted selection of plated KitKat desserts offering the latest trends in chocolate, yet inspired by the history of the brand.

As if that wasn't enough to excite our senses – we also sampled specially crafted desserts aboard the (highly instagrammable) 'KitKat Chocolate Train'. Move over sushi train! Think luscious KitKat selections with fillings like Yuzu Ganache, Peanut Butter & Raspberry, and Wasabi Crème to choose from. These can be selected by guests as they pass by.

The KitKat Chocolatory is the perfect place to pick up a quick and nifty gift. The boutique offers an exclusive 'Mix Your Break' range. Twelve individually wrapped creations, such as Cotton Candy, Guava, Churros, Sake, and Matcha give guests the chance to select from a whole variety of delicious flavours. If the little bites are not your bag, the Special Editions collection reimagines favourites from Australia, Brazil, and Japan.

KitKat Chocolatory is in Japan and Malaysia and more recently the UK, Canada, and Brazil. For more information, visit the KitKat Australia Website (www.kitkat.com.au),

Location: KitKat Chocolatory Mid City Sydney (Shop 54, 197-211 Pitt Street Sydney, NSW 2000)

Photo Credit: Red Havas

## AWAKENING TO THE REAL

When even 'less mainstream' content is iltered through such a distorted prism, and every human act or accomplishment requires a tick of approval, where can we possibly ind any clarity of perspective?

It seems everyone these days is 'getting woke'. Social media personalities come to mind like David Wolfe and Jay Shetty - here you can witness a very general exploration of 'mindfulness' on Facebook. Which is fairly ironic, since Zuckerberg's weapon of mass distraction exists as possibly one of the least cerebral mediums that the modern world has to offer

We are told to drink green juices, to practice yin yoga. We are presented with organic cofton merchandise, and we can waste a few idle moments watching videos on the signs of what is a healthy relationship. Which all equates to some potentially helpful advice. However, just like the hashtag 'blessed', there's a bit of a superficial feel to the overall picture. After all, digital content is commercial in its orientation - always underpinned by the prevailing flavour of the moment.

That takes us to the question: If a tree falls down in the forest and no one is there to hear it, does it really happen?

That is, do we need an audience to make something real, meaningful and authentic? Can we achieve success without it having to be validated by a group of people, or by society at large? Beyond this, what does being at peace within ourselves really look like?



"Just like the universe in and around us, we are perfectly paradoxical. No bandwagon, no predominant expectation, nor- or any form of outwardly driven phenomenon can give us our power. It is already within."

We all recognise that social media is a tool, it is almost a 'who drones wins' game of crafting attention, engagement and a mass following to be garnered and used for any given agenda - whether to fuel ego, or for a more enterprising purpose. The landscape can be one dominated by influence marketing, get-rich-quick-schemes and instagram models. Whilst the platforms all undoubtedly have their applications, the game is still basically about who makes the best moves on the chessboard of popularity.

When even 'less mainstream' content is filtered through such a distorted prism, and every human act or accomplishment requires a tick of approval, where can we possibly find any clarity of perspective? We are always showing the idealised side of ourselves and our lives. There is an overwhelming need to display our finest moments and to sidestep our worst.

Where is the reality? Just like that tree in the forest, living in the world of social media means we can't even fathom stepping outside the frame to understand the bigger picture.

One perspective to examine is that of Nicole Armit, Holographic Kinetics (HK) practitioner (and holistic qualified chef) of "The Mind Foodie', She says "...it all starts with us. Our perceptions and reactions, the world inside our own selves - the ongoing journey, Learning how powerful we can be when we tune in the observation of what is in our hearts and in our spirits. Find what helps you do that, without giving away your own power."

Her approach - in accordance with the central tenets of the HK as a modality as espoused by founder Stephen Richards - is to access an internal mechanism as the sovereign guide to renewed choice and intent. This refers to "Spirit", an essence that is neither New Age or religious but, exists purely in its own right, belonging fundamentally to each and every individual on this planet. HK is comprised of the ancient Aboriginal knowledge of the laws or 'Lore' and the understanding that all things in nature are alive.

Empowerment is seen as the ability to change and manifest new cycles and patterns in an individual right down to their core, on a fractal level and on multiple timelines. It is based on the principle that there is an internal invisible world that exists alongside the external. The zero point of these worlds is always the observer.

This means empowerment is the acknowledgement that we are the creator of our universe. This is how we answer the question of the tree falling in the forest: we are the arbiter of our own reality.

This viewpoint is echoed by Nigel Reading, a prominent architect and TEDx speaker responsible for the 'Asynsis Paradigm' that examines fractal geometries as embedded in complex systems and living beings alike. He states that "...we need to look at both the animate and inanimate, at the dynamical and space-time, not just the frozen and static."

Just like the universe in and around us, we are perfectly paradoxical, No bandwagon, no predominant expectation, nor- or any form of outwardly driven phenomenon can give us our power. It is already within,

Despite a conditioned inclination to do the opposite, it is about not shying away from our darker moments, our deepest wounds and perceived failings. Rather, it is about embracing and redefining them in the present. The process is dynamic. It is transcendental, Most importantly, empowerment is a vital force that is diametric to any extraneous viewpoint. In plain speak, it just is,

Trying to 'get woke'? Maybe just try getting real.



Australians love real estate. Whether its visiting display homes, reading the property section of the paper or online, talking with friends, or dreaming of your future home...we simply love property. The great Australian dream still exists, however, it's changing shape. More and more people are coming to understand a new way of thinking – not just buying a home to live in, but using property to get ahead in life. The typical first homeowner will now consider buying an investment home instead of a home to live in, rent it out and then either move in (when weekly expenses are less than rent), leverage to eventually buy their own home, or rent in their desired area.

That's right, invest in property to achieve your future financial goals! Buy in strategic locations. Leverage bank finance. Rental income pays down your mortgage. Then you're left with an asset(s) that delivers a passive income stream to sustain you well into the future.

With every investment, there are inherent risks and rewards, particularly when borrowing funds, or off-plan purchases. It's important to do your homework and consult independent legal and financial advice before making any property purchase or investment.

When it comes to the rewards, there's certainly plenty! The PIA B&R model (Buy and Rent) has been tried and tested amongst our investors for well over a decade, so we're sharing the secrets of our clients' success. We've compiled the top 5 reasons why you'd invest in off-plan property, particularly in the Sydney market.

### 1. It's actually easier than you think

You've done your suburb research, you know your budget, and you understand the negative gearing benefits...what's stopping you?

Getting your finances sorted is the key step, so you know your borrowing capacity. Now you just need to find the right property.

Once your finance is in order, you'll need to do your due diligence (arrange bank valuation and undertake your property inspections), so there's very little risk that you'd find yourself with a property that you've overpaid for or doesn't meet your expectations.

#### 2. You use 'other people's' money to pay off your off-plan investment

This is where the B&R model really pays off. Despite the initial deposit (ie you leverage current home equity or savings), you borrow funds from a financial institution. Interest rates are currently the lowest we've seen in over 50 years, meaning lower repayments, so now is definitely the right time to take advantage.

Tenants pay down your mortgage through weekly rent. For positively geared properties, rental income exceeds your borrowings. For negatively geared properties, your rental income will be slightly less than borrowings. All whilst you sit back and watch your investment grow. You can then use the equity in this property, from capital growth, to fund your next investment.

Which leads me to the next great reason to investing in property. The ATO will allow you to claim a range of tax-deductible expenses through your investment property, including depreciation. The newer a property, the greater the depreciation levels. This serves to reduce your tax bill and improve your cash flow. Talk to your financial advisor or tax accountant about how you can reduce your tax bill through property.

## 3. Property can offer greater predictability and certainty as an investment

Your investment choices are endless, and you should always discuss your circumstances and future financial goals with a financial advisor. Bricks and mortar (houses) are generally long term investments and no matter what happens, you'll still have a disposable asset at the end. Property is more predictable than other investment options, and the market cycles follow a fairly consistent trajectory – particularly in high demand Eastern states such as Sydney where property growth has been steadily growing over the past 50+ years.

Given the current levels of demand for housing and rental accommodation, property with strong cash flow can weather you through uncertain times because it meets the basic need for housing. Rising population and drops in average household size mean that people will always need a place to live, even during difficult times.

## 4. Property can lead you to greater financial security and wealth

Will you have enough super to retire on? How stable are my

super investments? Will your current employer contributions be enough to live out the retirement you've planned? Will there be an aged pension when you retire? What can I do to retire comfortably? All questions to ask yourself in considering your future financial goals.

PROPERTY

A balanced approach to your retirement and investment is a solid strategy. Property can lead to great wealth - we're forever reading about property moguls and how simple it is to get started and make millions. Where property is concerned, capital growth can lead to great asset value, and rental income leads to a passive income stream once your investment is paid down.

#### 5. You control the destiny of your portfolio

You control where you buy, how many properties you buy, and when to sell, And to a certain degree, how much you can achieve for rental return.

Unlike other investment types, property affords you many options in terms of growing the value, size, and income for your property. Whilst market forces and economic conditions play a role in influencing property values and demand for properties, you are still the captain of your own ship – steering your portfolio in the direction of your future financial goals and life circumstances. Buying an off-the-plan investment property can be an exciting and beneficial venture in your journey to financial freedom.

Information for this article has been sourced from the Property Investors Alliance









## EQUAL IMAGE SALON

Equal Image Salon Balmain is a welcoming salon located in the heart of Balmain. We are a small Boutique Salon that's able to offer the ultimate one on one experience. Equal Image Salon specialises in the latest trends from colouring, precision cutting, and various balayage techniques.

Customer satisfaction is our priority. When you visit Equal Image Salon Balmain, your visit will be greeted with a smile and with a consultation in which we'll discuss the condition of your hair, scalp, preference style, and colour.

Products we carry: La Biosthetique & Olaplex

Services Offered: Cut & Ladies Cut + Wash + Blowdry & Men's Cut + Wash + Blowdry & Kids Cut & Blow Dry & Colour & Regrowth & Foil / Highlights & Balayage / Ombre & Keratine & Permanent Straightening & Treatment and many more!

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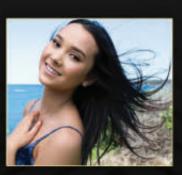
# SALUBRE

• NETWORK •

Salubre Entertainment Network is an entertainment company that empowers young people to bring awareness to the less fortunate. Salubre Entertainment Network not only celebrates the beauty of each of its beauty queens, but it also empowers them to help others in need. Established by Maryrose Salubre of Salubre Models International, our projects and publications aim to raise funds for a variety of worthy causes, chief of which is to help Bunga National High School (BNH) in Leyte, the Philippines rebuild.











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