

SPIRITED DEBATE



Mitchelton's Julianna Suranyi says being psychic is a tool to help people, not a gift.

FULL STORY BELOW

WELCOME THOMAS

Thomas Eli Simmons was born on July 4 at the North West Private Hospital, weighing 3.43kg. He is the first child of proud parents Alicia and Phil Simmons of Albany Creek.



SIX MONTHS ON

Lord Mayor Graham Quirk said since January's floods, more than 90 per cent of flood damaged parks have now been reopened and repairs have been carried out on 90 per cent of Brisbane's damaged civil infrastructure including footpaths.

Psychic in top spirits

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JULIANNA Suranyi is trying to demystify the spirit world.

The high-profile psychic, who moved her family and business to Mitchelton last month, said she has been communicating with spirit guides since she was two.

But Ms Suranyi has insisted it's not a gift but a tool to help others.

"There is this thought that we are subservient to spirits, that we should just be grateful they talk to us.

"But I think they're just another form of communication. They have information for us, they have intelligence, and we should work together," she said.

"I want to de-mystify this. It's not some God-sent gift. It's a tool and we need to be responsible with it and know how to manage it."

Ms Suranyi said she had used her psychic abilities to help police solve major criminal cases and give families information about missing loved ones.

At 18 she was trained as a profiler by the Australian police.

Ms Suranyi said of the 46 criminal cases she has been involved in - including the death of Diane Brimble on the P&O Cruise and the Singh murders in Bridgeman Downs - only one has been overturned while three others are pending a result.

Since moving to the north-west last month, Ms Suranyi has held regular channelling sessions at her Mitchelton home.

"You can't teach people how to be psychic. You've either got it or you don't," she said. "But I'm passionate about creating programs so people can get in touch with their spirit guides."



HIGH PROFILE: Psychic Julianna Suranyi has used her abilities to help police solve crimes.

Balance in life needed

HEALTHY HEART CHALLENGE



REDUCING stress and bringing back balance in your busy life is the recommendation in Week Eight of the Heart Foundation Healthy Heart Challenge.

The Foundation's healthy living manager Sheree Hughes has these tips:

■ **Diarise friends:** Organise a small group of friends who make you laugh and schedule regular catch-ups.

■ **Breathe:** Sounds ridiculous, right? But how often have you caught yourself holding your breath while you concentrate on a task? Breathe through your nose into the belly five times whenever you catch yourself holding your breath.

➔ **For more information about the Go Red for Women campaign or the Healthy Heart Challenge visit goredforwomen.org.au or call 1300 362 787.**



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A commitment to developing lifelong learners is at the heart of our purpose at Mitchelton State School. Each child is encouraged and supported to discover and fulfil their unique potential within an academic program that aims to develop a broad knowledge base, higher order thinking skills and dispositions that promote intelligent behaviour. Our academic curriculum is complemented by a broad educational offering of cultural, sporting, personal development and service programs.

Enrolments for 2012 are currently being accepted with prospective families encouraged to contact the school for further details.