

# Love & Light

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APRIL / MAY 2011

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# SALE

*Love & Light April / May 2011 - Special Offer*

**As a thank you for your loyalty, we are offering all of our magazine subscribers a special credit card 'Spring Offer'.**

**The offer will be available Monday to Friday  
15th April until the 16th May 2011 inclusive.**

**Please call 0800 156 0596 and quote "Crystal 04"**

**The cost of a 20 minute credit card reading will be  
£29.95 (usually £38.00).**

**You can use the offer once in any 24hr period,  
calling between 5pm and 11pm.**

**Thanks again, happy calling!**

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## Contact Us

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## Holistic Healing

More and more people are using holistic healing as either a supplementary method or their main technique of health care. Holistic healing uses all aspects of the individual to treat illness. It is a combination of body, mind and spirit. It takes all things into consideration such as the patient's diet, their environment, their lifestyle, social outlets, spiritual health and of course their physical health. All the aspects of their life create the disease or illness, not just an isolated part.



Today, many new research studies indicate that this is true. Claims of a diet of red and purple fruits and vegetables as a cure for colon cancer caught the ears of researchers at Ohio State, primarily because it worked. Today they found the reason, anthocyanins. They isolated the active ingredient in blueberries and grapes and now attempt to duplicate it in a drug for cancer. The holistic doctor, of course, would recommend eating the vegetables and fruit instead.



Many holistic cures are "chicken soup cures". Like chicken soup for a cold, they make you feel better and do no harm for your body. Until recently physicians thought that chicken soup made you feel better because it's one of the many comfort foods, but instead found that there's something in the fat in the broth that actually helps you heal. Other types of non-invasive holistic treatments involve traditional Chinese medicine, herbology, chiropractic, reiki, the healing touch, reflexology, acupuncture, massage therapy, yoga and breathing exercises to name but a few.

Unlike some of the invasive surgery or toxic medication, most won't hurt you. I use the term most because herbology and Chinese medicine, while normally safe, also uses some toxic herbs.

- Foxglove, a plant that Indians used for heart conditions is the plant digitalis purpurea. This plant from herbal remedies of the American Indian gave us the drug Digitalis, a toxic medication if used improperly. Many of the herbs and treatments found in both Chinese medicine and herbology are now getting a second look by scientists and physicians. Herbs contain a vast amount of additional nutrition compared to their weight and some feel that this may be why they work. Like Digitalis, herbs also are the basis for many drugs on the market today.

- The massage therapy, reiki, yoga and even breathing exercises are for the body as well tapping into pent up spiritual issues. Massage therapists tell that they not only stimulate the flow of blood to injured areas, they unlock the stress that's trapped in the tight muscles and allow it to flow out. Stress from anger, disappointment and fear all gathers in the body and if not released causes disease. Studies now prove that stress causes the body to weaken and illness to settle in the body.

- The body is a beautiful instrument that heals itself. The body maintains itself if we work with it, feed it properly, appreciate and exercise it. Yoga and breathing exercises work to improve the circulation of the body and increase the healing oxygen intake. More doctors are recommending yoga classes as a form of maintaining limberness, relieving the pain of arthritis and overcoming other problems such as back pain.



- Creative visualization, once thought as something for people that wore tin foil hats and practiced strange beliefs, now is part of the supplemental treatment for cancer and other diseases. Doctors found that this simple tool increases the speed of recovery and increases the effectiveness of treatment.

- Holistic medicine isn't one theory; it's a combination of different techniques that looks at the whole person using as many as necessary to make them well again, often with no drugs or invasive procedures.

## Is your job keeping you awake at night?



3 out of 10 people living in Britain suffer with sleep problems. Insomnia is defined as:

Lying awake for a long time or waking several times a night.

Waking and not being able to get back to sleep.

Feeling tired, irritable, unrefreshed and unable to concentrate during the day.

Sleep difficulties normally happen at least three times a week and persist for between one and four weeks (short-term insomnia). Long term insomnia is where symptoms persist beyond four weeks. Often the effects impair the person's ability to function during the day properly.

Perhaps not surprisingly one of the top reasons for insomnia is worrying about work and matters related to work such as money. In the current economic climate this problem is more real than ever. People are worried about their performance as they want to stay employed, they are concerned about being made redundant or experiencing a cut back in hours and overtime. Many people experience short term insomnia following holidays or Sunday night as they prepare to go back to work after the weekend – where concerns about work life balance and whether they are in the right job, or is this all there is too life become common thoughts.

The problem is that worrying and a lack of good quality sleep actually make you less able to do your job well. The situation reduces your ability to cope with normal levels of stress and this cycle can eventually lead to depression.

So, what can you do? Well first things first you may want to visit your Doctor to rule out any medical reason as to why you are experiencing sleep problems. Secondly and perhaps more importantly is don't panic. The reality is that most of us can survive on less sleep than we imagine, and often the more we focus on not being able to sleep the worse the problem gets.

Most GP's will advise what they call a good sleep hygiene routine:

Set a fixed bed time and waking up time – avoid sleeping in at the weekend or after a poor nights sleep.

Make sure your bedroom is not too hot or cold, not too bright or noisy.

Avoid the temptation to nap during the day. But do take time to relax in the period preceding your bedtime.

Limit caffeine, nicotine and alcohol within six hours of bed time and take exercise earlier in the day (no later than four hours before bed).

Do not use the bedroom for multiple activities, watching TV, playing video games etc.

Lastly avoid eating late at night and try to not clock watch if you are not sleeping.

Whilst there are herbal remedies and prescription medicines available most pharmacists and Doctors would encourage you to get to the route cause of why you are not sleeping and address that issue and in time your sleep problem should resolve itself.

So if work worries are keeping you up at night try talking to your partner or a friend, the old adage of a problem shared is a problem halved is often true. Just getting your concerns out in to the open can lift a weight off your shoulders. If you have an approachable boss or a friendly HR team then consider having a job chat to discuss your worries.

In simple terms you need enough sleep to make you refreshed and able to function efficiently throughout the next day. For most adults that is between six and nine hours, but many people will function well on less. It is well documented that Margaret Thatcher survived on four sleep a night and she was probably in one of the most stressful jobs in the country.

## 2012 Olympics Run for your Tickets Now!

Olympic 2012 tickets went on sale on Tuesday 15th March 2011. But don't panic there is a 6 week window to decide what tickets you want to apply for.



You can only buy tickets through official means:

Online - London 2012 website:  
<http://www.tickets.london2012.com/>

Paper Application – From any Lloyds TSB Branch

Via a Hospitality Provider  
Thomas Cook, Prestige Ticketing Ltd and Jet Set Sports.

If you live in Northern Ireland you can apply via a public library.

There is no advantage to you submitting your request for tickets on the first day (15th March) as they are not allocated on a first come first served basis. You have until the 26th April to apply and so you can plan your application carefully.

You can download a full schedule of events, dates, locations and prices at:  
[http://www.tickets.london2012.com/olyschedule\\_p1.html](http://www.tickets.london2012.com/olyschedule_p1.html)

Ticket prices start at £20 and go as high as £2,000 (opening ceremony). Children aged 16 or under on 27th July 2012 will pay their age for a ticket at more than 220 lower-demand sessions. Those aged 60 or over on the 27th July 2012 will pay £16. There are no free tickets, so if you are travelling with an infant they will still need a ticket costing £1.

If the event is oversubscribed then the applications will be put into a ballot and chosen at random. This could mean you get all of the tickets you wanted, none of the

tickets you applied for or any number in between. Once it has been decided what tickets you are getting, payment will be taken. This could happen anywhere between Tues 10th May and Fri 10th June 2011. So it is important that you use a payment card that will be valid until those dates. Paper applications can be paid for by cheque or postal order, but those paying online must do so with a Visa card (credit, debit or prepaid).

Many people will be tempted to apply for multiple tickets, selecting the same event but on different nights to ensure that they get to see that sport. However be aware that if you choose to do this you may get all of the tickets and a lump sum will be taken from your account. Some sessions will automatically have a maximum order, for example the opening ceremony will be 4 tickets max per

order. You will also be given the option on ordering of accepting lower or higher price tickets, should your chosen price not be available.

In the event that you do get tickets that you no longer want or can no longer use then a facility will be made for you to sell them on via the London

2012 website. However this will not be up and running until the end of 2011.

Each ticket price also includes VAT and a Travelcard for travel within London zones 1-9.

Swimming, gymnastics, weightlifting, beach volleyball and track cycling are generally highly sought after and tickets are limited due to them being held in smaller venues. The opening and closing ceremonies and athletics finals are also likely to be highly popular.

There are a million football tickets and they are cheap and so will make a good option

for many. Don't forget that there are also many events that are free such as road cycling and marathons.



# Relationships

## A Date with Destiny

There's a perfect soul mate just waiting for you to discover; the only problem is actually tracking them down. How will you know where to go and at what time? A psychic reading can help you discover it. Simply knowing when and where helps you to be fully prepared and ensure that you are at your best when the time comes.

Maybe you simply want reassurance that you won't be alone for the rest of your life. That is also another reason to seek the help of a psychic. You can divert your attention to other matters once you know that it might not occur for a while or prepare yourself for the greatest adventure in life if you know that your "chance meeting" will happen soon.

You don't have to be desperate to have a psychic reading about love. You might simply be curious to see just how accurate they are. Many people simply enjoy the reading and then file the information for a later date. Often they find years later that the reading they received was actually right on target. It makes a great story for their children and grandchildren.

Psychic readers can help you make the right move

- if you think you found the love of your life. They have an insight into the other person and can help you decide whether that first date should be a trip to an amusement park or a romantic dinner in a high quality restaurant. Crucial details that will help you to really make the very best first impression.

- A psychic reading can also help you avoid detrimental relationships. He or she might seem like the perfect person on the surface but hold only years of pain for anyone in a relationship. They might be perfect actors or actresses that can hide their true colours from the average person, but nothing gets past the psychic. They see through the veneer of sweetness or kindness into the blackness of the person's heart. The reading can help you avoid years of pain with this type of person.

- A psychic can help you eliminate the people that aren't perfect matches. If you become involved with one person and meet Mr. Right or Ms. Right, you won't be able to explore all the potential you'd have with them. Of course, you can always end the relationship you're in but that is a sticky mess sometimes.

- Maybe you're a bit on the shy side. If you know that you'll meet the love of your life is at a specific party or place, you'll make the effort to talk other people. The reading simply boosts your confidence and helps you be at your best.

Don't feel alone any more or worry about whether you're dating the wrong person, when you use the services of a psychic, you'll find that all the worry disappears and you can truly enjoy the now without worrying that you'll be alone for the rest of your life. A reading gives you confidence and hope. It helps you to be ready for your date with destiny.



## How to obtain a reading:

### Call:

# 0906 111 4445

For payment on your Telephone Bill.

All 0906 calls cost £1.53/min recorded.  
18+ for entertainment only.

### Call:

# 0800 156 0596

For payment by your Credit Card.

Freephone credit card readings  
£38 for 20 mins.

## Who to choose? Here are some of our readers...

### Luke - Pin 7137

Luke prefers the umbrella term of Clairvoyant or Seer, for what he does – though he feels this in itself is a limiting definition. Luke has experience in Wicca, Taoism and the Spiritualist Church, as well as healing, hypnosis and past life regression. He has also been involved with a variety of pagan and shamanic groups.

"I've always been sensitive and aware of the other world, and how the other world interacts with our everyday world. From as long as I can remember I've been able to sense presences; spirit people and animal spirits. I've always been able to sense the patterns of energy that make up the web of the bigger picture of life and the Spirit that unites it all – and us.

People come for readings for all sorts of reasons – a question about a move, a job, a lost pet, a lost ring, a lost lover, a current lover – but more often than not it is to see that they are on the right path; to see whether it is one of their making or whether it is one they have simply drifted onto.

One of the most important things in life is our relationships. Knowing when to be patient or when to walk away (for something better) are important and life changing decisions. Having a Psychic Reading can often provide help and guidance in decision making and in finding understanding, truth and clarity in connection with our relationships. It can also help a person, if they are lost, to find the right path forward."

Luke prefers for you to tell him nothing, but to allow his Guides to provide information for you. Verification from the Client is always helpful. Ideally, he prefers the Client to come to the reading in a centred and calm way, having focused their thoughts and prepared to engage. Sometimes Luke will use the Tarot as a touchstone, as a means of building a bridge and cutting through the psychic fog.

Luke says "My job ultimately, is to help people follow their bliss".



### Viki - Pin 7122

My name is Viki; my psychic ability is 100% natural.

For many years I have specialised in relationship readings and have built up a reputation as a "no nonsense" reader. I have helped my clients face up to their relationship problems and in many instances have re-united lovers when all seemed lost.

However, a word of caution, I am always blunt and will not "pussy foot" around or build up false hopes where none exist. I will not try to impress you with words that have no meaning – I would prefer to get to the root of the problem straight away. I will not play mind games with my clients or try to guess. My advice to you is to call me, tell me what your problem is and by using my psychic ability we can together try and solve it to your advantage. Why waste time and money playing guessing games?

I am a true professional psychic, grounded and level-headed and I am on your side.

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