



Love & Light

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Sand Readings

If you find yourself on a beach this summer why not try a bit of Sand Reading... The ancient art lends itself to beginners as you just need the ability to day dream, some good quality intuition and the ability to hear when questions are answered.

Native Americans were the pioneers in sand painting. They had dirt floors in their homes, they had access to multi-coloured sand and we able to paint pictures on their floors. A psychic would then interpret these paintings based on the vibration of the painting and by the images. The psychic was as interested in vibrations created as well as the meaning of the painting itself...

In a typical sand reading, the client is told to place their hand on sand in a small box, they are advised to let their mind wander and then gently create a pattern in the sand. If location permits they may be asked to draw in actual sand – perhaps on the beach – allowing for more space and freedom to express their drawings. The psychic then interprets the symbols in the sand based on both the energies of the sand and the client. Sometimes the psychic would draw a circle in the sand and ask the seeker to draw something within those parameters, but whatever the case the drawing would always be done without speaking a word. Once the psychic has interpreted the drawing they tell the seeker about various solutions to his/her problems.

You can however try this process by yourself using your intuitive abilities: Stare at the sand and let your eyes go out of focus like they do in a day-dream. Your minds eye may conjure up images for you to interpret or you can follow the same steps as above and draw unconsciously in the sand. If you prefer a visualisation technique then you do not have to be at a beach – you can use clouds in the sky or a roaring fire. The images you see in these methods are the images that have been sent to you. Take a quick dip into the vast consciousness of the cosmos and understand the truth. Ask your questions and let your mind go, pay attention to the thoughts inside your head and the vibrations emitted by you and your images and you will get the answers to your life's problems and the questions in your heart.



Men, Money & Chocolate...



Are you looking for a good holiday read? Then why not try these two paperbacks by Menna van Praag a freelance writer and Oxford Graduate. A chance conversation with her mother sparked a unique insight into love and life that quickly developed into her first novel Men, Money & Chocolate.

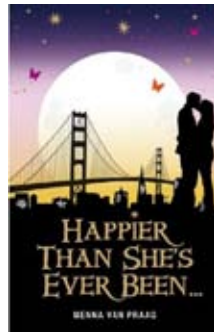
Men, Money and Chocolate is about Maya a firmly stuck thirty-something who takes comfort in her cafe, her food and her unsuccessful relationships. Maya spends her days dreaming of a perfect life, a life filled with love, success and pleasure. She tries to find fulfilment in the pursuit of men and money, and when this doesn't work she looks for comfort in chocolate. But this only leaves her feeling empty and lost. Then Maya meets a mysterious, magical stranger and is set on a spiritual journey to discover what she's been missing all this time...



The book is a sweet and touching fable about love, courage and enlightenment. Men, Money & Chocolate reveals what is possible when you open your heart to life's possibilities. The tale of transformation shows you how to love a man without losing yourself, find work that fulfils you and lose weight without dieting!

The book to some extent mirrors the authors experiences, "it's sort of autobiographical, about my journey from being lost in a world of thoughts and desires...my obsession with men, money and chocolate, to eventually finding my heart and soul... and discovering that true happiness doesn't come from any of those things, but from being the most glorious being you can be".

Then came the second book - Happier Than She's Ever Been about May Fitzgerald who suddenly has everything she's ever wanted. After years of feeling fat and frumpy and looking for love in all the wrong places, she finally has the life and man of her dreams. It all should be so perfect - she had followed her inner voice and it led her to the magical life she had dreamt of. But as her new life as a successful author starts to take off, May's old demons start to creep back to haunt her. Her insecurities begin to kick in and she starts to fall for the praise and glitter of fame. Her behaviour pushes her boyfriend to the edge and looks set to destroy their relationship. Can she turn it all around and prove that it really is possible to have it all? This is a story about making choices and not losing yourself, but most importantly, this is a story about following your dreams!



'A bright, cheerful book full of hidden messages, recommended to anyone who believes in true happiness.' Kindred Spirit Magazine

'I love how Men, Money & Chocolate is so relevant to everyday life. It doesn't seem spiritual and then suddenly there are spiritual messages all over the place. Maya is a real person with real challenges and I really relate to that.' Rosie Nicholls, Nottingham

'My heart sang when I read your words! Your writing style, with wit and humour, is just beautiful as morning sun. Men, Money & Chocolate reminded me of The Alchemist, which I loved and read over and over again!' Karen Hsu, Taiwan

'I loved your book, it made me feel very good and gently reminded me to follow my dreams, to go for what I really wish from my heart. I like the simplicity of it, but it's very rich, it's a treasure. It made me happy and light and opened up a beautiful perspective on how to go about my life. At the moment I'm single, and Men, Money & Chocolate reminded me to find my own fulfilment and not wait for someone to do that for me!'
Katrin Pohorsky, Austria



The History Behind Astrology

The night has been associated with a lady dressed in black velvet and bejeweled with glowing diamonds we know as stars. The shining stars of the night together with other celestial bodies; however have been more than trinkets in the sky. Astrologers have for centuries looked to the heavens for some star or planetary activity that might impact people's lives on earth.

So what is the history behind astrology in the western part of the world? In ancient times the practice of astrology was meant only for royal blood. During this period royalty credibly relied on astrologers and placed them in respected positions in their palaces. When the astrologists brought some bad news though, royalty literally had their heads cut off. In the meantime in 2300 BC, western astrology started in ancient Mesopotamia and found its way to olden Greece. Astrology thrived in this land along with the emergence of the well-known Greek philosophers Socrates, Plato and Aristotle.

One of Aristotle's students, Alexander the Great, went on colonizing different parts of the world and with it distributed the Greek philosophy and way of life. In a span of three hundred years, it was in Egypt that much of Alexander's conquests made its greatest influence. Astrology in particular became the centre of scholarly learning and acceptance by the foremost thinkers of the era. In particular, Ptolemy not only studied the skies but focused on mathematically inclined astronomy, this event marked the beginning of astrology as we know it today - the horoscope and the zodiac signs.

After several hundred years however, western astrologers had gone underground to give way to the powerful beliefs of the Christian Church in the Middle Ages. They practiced astrology with caution as it was declared unorthodox at that time. Fortunately, by the Renaissance period, the revival of the Greek and neo-Platonic thought brought western astrology back to life. Marsilio Ficino was one of the famous alchemists and astrologers of this era. Still, this was cut short during the Age of Enlightenment when a paradigm shift separated the fields of astronomy and astrology apart - considering the former to be a physical science and the latter a mere supernatural art.

The revival of western astrology at the start of the twentieth century was made primarily through the efforts of the awe-inspiring astrologers Sepharial and Alan Leo - the pioneers of the Astrological

Lodge of the Theosophical Society in Britain. From then on, western astrology flourished and became a popular pursuit for almost everybody. The astrological beliefs referring to the Sun Sign Astrology, karma, reincarnation and daily horoscopes became part of group discussions and everyday lingo.

In the 1930s, Paul Clancy published the "American Astrology" magazine and opened up the world of astrology to a wider public. It was the highly respected Dane Rudhyar who first wrote the daily horoscopes under the 12 astrological signs. The horoscope then became a daily habit and widely sought in the newspapers, magazines and other publications. Hence, the history of western astrology may have been full of adversities, but the fact that it has survived through the years speak of a supernatural yet down-to-earth spirituality.

World Cuisine

If you are going on holiday this year you might be able to pick up more than a straw donkey! It is a well known fact that the UK is currently suffering from an obesity epidemic where as other countries seem to have less weight issues and less disease problems. Many people know about the health benefits of a 'Mediterranean diet' but there are other secrets out there:



According to European Commission Eastern Europeans (Latvia, Czech Republic and Poland) have the most enviable waistlines and

their secret is cabbage! In autumn they pick cabbage which is used to fortify them through the winter months, cabbage is high in glutamine which reduces cravings and it contains a host of anti-carcinogenic properties which reduces the occurrences of cancer. Their daily diets also contain fermented dairy products; this is so effective that local physicians sometimes prescribe these items in order to combat high cholesterol.

Scandinavia is where we are now looking for advice on healthy eating; their diet is full of whole grains, fish and greens and is very simple and they have active outdoor lives all year round.



Whilst in India they follow the laws of Ayurveda which is the science of living wisely and well. Three body types are recognised – Pitta, Vata & Kapha and people eat according to their identified type. They also include a whole host of spices in their daily diets that have many health advantages for example – cinnamon for stabilising blood sugar, chilli for metabolism boosting, turmeric for aiding digestion and so on.

If you are visiting Australia you will no doubt have sun & BBQ's on your mind, but in fact two of their most popular food items are avocados – they consume 2.5kg per person per year (compared with 0.5 in the UK) all of which helps to minimise cardiovascular diseases. And beetroot which supports detoxification and increases oxygen intake during exercise. Incidentally 70% of Australians carry out at least one form of exercise per week.



As opposed to spices in India in the Middle East it is all about herbs – parsley and mint feature heavily. Both aid digestion and are rich in vitamin C. Much of their diet contains garlic which is another aid to lowering cholesterol and their diets are packed with ancient grains such as bulgar which contains more proteins and vitamins that in mature wheat grain. Whereas In the Far East it is all about tea – white, black or green. Green tea has a polyphenol called EGCG which can be used to help control weight.



I'm sure we know that diet alone is not the answer and that exercise must play a part, something that each of these regions seems to have grasped already from hiking to surfing, from belly dancing to yoga.



But things are not all bad in the UK, we have a boom in farmers markets selling local grown fruits and vegetables such

as asparagus, raspberries, strawberries, runner beans...many of which are organic and packed full of essential vitamins and minerals and we also have trends in exercise – zumba dancing is taking the country by storm.



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