



*Love &
Light*

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Well Being

The Third Eye

The third eye is considered to be one of the many gateways into the future. Many individuals believe that the third eye is one that can grant numerous powers to a human being. The two physical eyes show us the world we live in. However, the third eye or the mind's eye (as it is often called) can sometimes reveal insight into the future.

The concept of the third eye exists in both eastern and western spiritual lore. Also referred to as the inner eye, the third eye is supposed to be situated in the ajna chakra. It is almost like a gateway to the realm of the super conscious. The inner eye leads us to the higher realms where the mysteries of existence can be solved. When we say that our third eye has been opened, we refer to a state of higher enlightenment that has been reached. Those who have strange and inexplicable experiences like clairvoyance, precognition or any other kind of experience are those who have learnt to see with their inner eye. Those who perfect the art of looking with the third eye are known as seers.

The third eye can be used to its full potential by concentrating on third eye meditation, which is known as Trataka, which can be used to awaken the Agya chakra located between your eyebrows. Third eye meditation means that you concentrate on the point between your eyebrows for a long time.

There are seven chakras in our body. The kundalini, or the energy field, gradually moves upward towards the Sahasrara chakra or the last chakra. Moving the kundalini upwards requires many years of dedicated meditation. Once the energy reaches and unites with the last chakra, you are able to get super consciousness.

Although there is no real proof that the third eye exists, those who actually seek true enlightenment have reportedly felt something between their eyebrows. It serves as a stimulating point for numerous individuals who tread on the path of attaining spiritual wisdom.

It is believed that the third eye is associated with the pineal gland, which French philosopher Descartes defines as the 'seat of the soul'. It is said that the pineal gland is dormant and can be made active through third eye meditation. So meditation comes across as the only way in which you can take a glimpse into the world of the higher consciousness. The third eye is considered to be an organ that is a part of the energy body. You can see different layers or dimensions of the soul after successfully opening the third eye. By soul we mean the memoirs of the light or the energy that lies deep buried within us which may include recollection of the past happening or a foresight to the future.

Therefore, the third eye can very well be considered as the entrance to the dimensionality of time and space. It is believed that many people have experienced amazing incidents by opening their third eye.



Hay Fever Season Is Upon Us



For many people the arrival of sun is a chance to kick back, relax, put on the shorts and get out into the great outdoors. But for others it is the season of streaming noses and itchy eyes as hay fever season arrives. In fact as an allergy it is on the increase; it is thought that 1 in 4 people in the UK suffer compared with 1 in 8 in the 1980's.

Despite the name hay fever, hay is not the route cause of the problem – pollen from birch trees and other tree varieties such as hazel, oak, horse chestnut, sycamore, yew and willow to name are few cause symptoms during March & April. More common is summer hay fever created by grass pollen that peaks in June & July. Weed allergies can also happen in July and spores from moulds are around during August & September.

Pollen counts are usually high on dry, warm sunny days. Pollen is released in the morning and as the air heats up it is carried into the atmosphere. So pollen counts are highest in mid morning and late afternoon. Weather reports usually give pollen counts at this time of year – 50 grains per cubic meter will usually cause symptoms.

In order to find a remedy for your hay fever it helps to work out what type you have – tree / grass or if unlucky both! Some simple solutions are available albeit not always practical:

If the pollen count is unusually high – stay indoors, with the windows and doors closed.

Pollen filters in cars can help – get them changed regularly at service intervals and if your symptoms are really bad consider having them installed at home.

When you venture out, wear sunglasses that wrap around – so as to prevent pollen getting in your eyes. A simple solution for your nose is to line your nostrils with Vaseline or similar which helps to trap the pollen before you inhale it.

Showering when you get back to wash away pollen from your hair and body can help as well as washing clothes and bed linen.

If all of these measures do nothing to prevent or help your symptoms then it may be time for a trip to your GP or pharmacist. Many medicines that were prescription only medicines a few years back are now widely available. These come into several categories – antihistamines; generally taken as a tablet once per day, eye drops and nasal sprays. Many of these medicines need to be taken in advance of symptoms; their effectiveness is increased if allowed to build up.

If however you would prefer to approach a nature problem with a natural remedy then you could try the following:

Spirulina – A super food that may help to reduce the severity of runny noses and itchy eyes associated with hay fever.

Probiotics – Eating probiotic yoghurts may boost immunity and reduce the severity of pollen allergies.

Quercetin – An antioxidant found in apples and red onions may prevent immune cells releasing histamine that causes allergic reactions in the body.



Summer Solstice

Observance of the Solstices dates back several millennia;

there are many sites across the world that have precise solar alignments.

Callanish in Scotland is made up of standing stones where the sun rises and sets at Solstice.

In New Mexico there is Fajada Butte in Chaco Canyon which makes use of directed sunbeams that highlights carvings on the rock walls during equinoxes.

And of course there is the sacred site of Stonehenge in Wiltshire.

This is what English Heritage says about “Stonehenge - The first monument at Stonehenge (of around 3,000 BC) consisted of a circular ditch and bank about 100 meters in diameter), possibly with a ring of 56 wooden posts, the pits for which are now called Aubrey Holes, after the 17th century Wiltshire antiquarian John Aubrey.

Some 4-500 years later the first stones arrived: these were bluestones, transported over 240 km (150 miles) from the Preseli Hills in Pembrokeshire, West Wales. Paired bluestones were erected in an arc to the north east of the centre of the monument. Shortly afterwards this was dismantled, and replaced by an arrangement of stones which included the much larger super-hard ‘sarsen’ stones from the nearby Marlborough Downs.

: The outer circle was composed of 30 sarsen
: uprights with a similar number of lintels:
: this enclosed five sarsen trilithons (pairs of
: uprights with a lintel across each), arranged in
: a horseshoe shape, with the open end towards
: midsummer sunrise.

: Bluestones, which clearly had a special
: significance for the builders, were re-erected
: in a circle between the outer sarsen circle and
: horseshoe, and inside the horseshoe. Some
: bluestones were later removed to leave the final
: setting, the remains of which can be seen today.

: In the landscape immediately around Stonehenge
: there are visible remains of many different
: types of monuments, and many more have been
: detected. Neolithic monuments include long

barrows, and the long rectangular earthwork to the north, the Cursus (so called because it was once thought to resemble a chariot racecourse): together with the henge monuments at Woodhenge and Durrington Walls, contemporary with the middle phases at Stonehenge. The most numerous monuments are the remains of many Bronze Age round barrows, which were built after Stonehenge Stone Circle was complete.”

Summer Solstice is sometimes called Litha or Midsummer; it is a major celestial event which results in the longest day and shortest night of the year. In 2011 in the UK it takes place on Tuesday 21st June. English Heritage are providing managed open access to Stonehenge for the Summer Solstice from the evening of Monday 20th June through to the morning of Tuesday 21st June 2011.

Modern Druids still hold Midsummer rites at Stonehenge; festivities are believed to have taken place at the site from the 13th century. Great spiritual significance is attached to the date; Christians place the feast of John the Baptist (St John’s Eve) two days after Midsummer. Whilst the ceremonial event has largely disappeared in America and Britain it is still widely celebrated

: in many countries such as Italy, Finland and
: Norway; in Latvia it is celebrated as the festival
: of Jani (Janis is Latvian for John), the day is a
: national holiday. They light fires in advance of
: sunset which are kept burning through the night.
: In Finland elaborate Midsummer celebrations
: have taken place for more than 50 years. The
: festivities are known as Juhannus, dramatic
: bonfires are lit, traditional songs are played,
: rowing races are held and locals and visitors alike
: take part in Finnish folk dances.

: Many believe that it is a time to celebrate growth
: and life, but also to recognise the balance needed
: in ones life and the world in general and to
: acknowledge the shifting of seasons, as the sun
: begins to decline again towards winter. The
: weather is often mild and settled at this time of
: year and people take holidays, gather for outdoor
: activities, attend festivals and of course get
: married. There are many rituals associated with
: love and Midsummer. British Folklore says that
: if a young girl picks St John’s Worth and it stays
: fresh until the next morning – then she will soon
: marry. The word Honeymoon actually derived
: from the abundance of Honey available at that
: time of year and it was a delicacy eaten as part of
: mediaeval wedding feasts in Europe.



Career, Finance & Relationships

Career counselling for all ages



Career counsellors work with all ages of people from those just leaving school, to those who want a career change mid life, to those that have found themselves needing a second career following illness or redundancy.

Counsellors assess your abilities, personality and interests to find a career path that suits your skills and aspirations. They can then provide practical coaching on applying for jobs, preparing applications and c.v's to practising for interviews and preparing answers to challenging questions you might receive depending on your circumstances. Along side this they have a great knowledge of qualifications and learning opportunities to support your new direction. Visit www.nextstep.direct.gov.uk to find a counsellor in your area.

6 ways to boost your pension

1. Contact the Department of Work & Pensions and find out your state pension forecast. You can work backwards from this. How much will you need each year to keep you in the life you are accustomed to, what will the state provide, and so what shortfall does that leave you?

2. Consider if paying extra national insurance will benefit you. DWP will tell you if you have years missing and how much it costs to top up.

3. Join your company pension scheme if your



employer contributes to the scheme – as this is effectively free money.

4. Take time to understand your pension; don't necessarily opt for the 'default fund'.

5. Make the most of tax breaks! Even non earners can invest up to £3,600 into a pension and get basic rate tax relief.

6. Consider the benefits in making Additional Voluntary Contributions (AVC) into your company or personal pension. This can reduce your tax bill and boost your retirement pot.

Is your relationship suffering from 'Over Togetherness'?

Do you and your partner snap at each other, fall out of over insignificant things or just bicker in general? Then it may be that you are spending too much time together and you need some natural breaks in your relationships so that you can value the time you do spend together more.



To this end if you have no other interests in your life try to embark on a new hobby or past time that will give you something to do when you spend time apart and also creates interesting things to talk about when you are together.

It is thought that the happiest people are those with at least three close friends outside of their partner. These relationships allow you to gain different perspectives on life and help to keep things fresh and interesting with your own relationship.

When you spend large portions of time with just one person, small niggles can become big issues. To help rein in your emotions try making time just for yourself each day – try meditation, walking or reading whatever you enjoy that relaxes you.

Remember that there are no right or wrongs in relationships – just what works for you. Try and find a balance for time with family, friends and your partner so that you appreciate the precious time you have with everyone.

Remote Viewing

Remote viewing (RV), a form of extrasensory perception (ESP), is a term that was coined by parapsychologists in the 1970s and used to describe the ability to see or gather information using only the mind and none of the senses such as sight.

The practice, which is often called controlled remote viewing (CRV), became popularised two decades later in the 1990s when it became known the U.S. government had spent some twenty million dollars on a program to determine if it could benefit their military.

This program ended after only a few short years with the determination that remote viewing didn't have any substantiated evidence that it could be used in matters of military intelligence. But prior to that, the U.S. had several secret programs in the 1970s and 1980s using RV experts with successful results.

Remote viewing was also tested and studied in Germany, whilst countries like China and the USSR have also intently studied ESP and similar psychic phenomena. In the UK in the early 2000s, the government also conducted experiments involved RV in which brain waves were studied, but the project ended without analysing the results, which were said to be inconclusive.

This unique psychic reading has been used throughout time for solving crimes, finding missing persons, and even for making financial predictions. With remote viewing, the viewer is said to be able to envision or locate an object or person located out of sight.

In theory, RV transcends both space and time, allowing the viewer to "see" things from another country halfway around the world or perhaps even the past as well as the future. One does not have to have any inherent psychic abilities to learn remote viewing as very specific techniques can be learned to master the practice.

Certain components are necessary for a successful remote viewing, first, the subject or remote viewer, a distant target, the subject's perceptions, and confirmation as to whether or not they were successful picking up on the target. RV doesn't involve meditation, or being hypnotised, or having any out of body experiences and no one is yet sure exactly how the phenomenon works, just that it does and that some people have more success than others.

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