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Soul & Spirit

Your No. 1 spiritual life coach magazine

April 2023



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How to call on the magic
of Mother Earth

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- ★ Your crystal cleansing guide
- ★ Easy manifesting rituals for spring
- ★ Understand your soul mission

Aura styling

The new spiritual
trend you have to try

★ **Feel-good
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★
*to visit this
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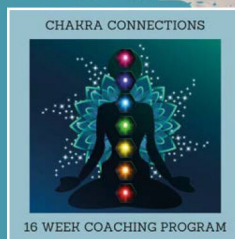
It's time to align and shine

Energy Alignment Healing

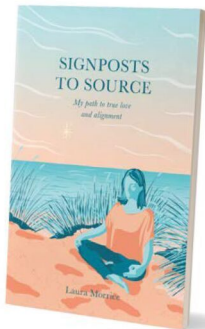
My signature Energy Alignment healing sessions comprise of Reiki, two types of crystal healing and vibrational sound therapy. The combination of these has the power to get to the roots of any resistance, blockages and limiting beliefs/behaviours, so that they can be released. This creates the space needed for a persons true state of being and potential to be realised.

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How does a person go from rock bottom drug addiction and toxic relationships to a life of love, fulfilment and spiritual alignment? Is it even possible? Read this amazing story of transformation now.

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Welcome

EMBRACE NATURE IN ALL ITS GLORY THIS SPRING

Spring is well and truly here, and this month we're celebrating by calling on Mother Earth to help us on our spiritual journey. We've dedicated our seasonal dossier this month to the wild magic of nature and animals and inside you'll find all sorts of insightful pieces to rekindle your inner fire. Take our quiz on page 32 to find your spirit animal, and follow the expert rituals over on page 20 to reconnect with the five spiritual elements and make way for inner harmony and clean slates. We've also got tips on how to cleanse your crystals using the power of Mother Nature on page 35, as well as a guide to living in tune with the moon's energies on page 30.

Elsewhere in the magazine we've got all your favourite columnists – including Chrissie Astell who explains how to call upon Archangel Uriel on page 48 and Sally Morgan who shares her tips on how to heighten our psychic experiences with the great outdoors. And, don't miss your horoscopes from your favourite astrologer Rusell Grant either, kicking off on page 73, with your real-life astro-dilemmas answered on page 80.

Unleash your wild side and tap into the timeless wisdom of nature with your brand new Wild Spirit Oracle deck – we put our heart and soul into this one! Follow Yolandi Boshoff's guide to using them over on page 12, and do let us know how you get on.

Love and light,

The Soul & Spirit team





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Soul & Spirit

Your No.1 spiritual life coach magazine

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WHERE
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BREATHE...

make a cuppa, take a break, exhale...

Strengthen your bond with Mother Earth

Manifesting expert Trish Mckinnley (trishmckinnley.com) reveals four ways to nurture your link with nature this spring and boost your sense of spirituality

Connecting to nature and wildlife has a powerful effect on our physical, spiritual and emotional wellbeing. Here are four fun ways to deepen our connection.

1 Take photos of your favourite outdoor plant. Snap photos weekly, documenting its changes and cycles. Allow this to inspire you whenever you're needing to overcome a challenge or be reminded of your own growth and transformation – celebrate it!

2 Go outdoors and connect with your local wildlife – notice the animals that reveal themselves. Keep track of their intuitive messages. For example, birds bring flight and ability to see different perspectives; foxes and other mammals bring grounding energies and reveal new paths; spiders represent creativity and fertility. Thank them by providing animal-safe offerings and by ridding the area of any litter.

3 Connect with fairies. As guardians of nature, the fae will assist you in your outdoor desires. Set your intention and say, 'fairies of nature, flowers, and trees, I humbly ask you share your wisdom and joy, if you please?'. Be open, patient and loving. You'll usually sense fairies intuitively first, so be hyper-observant of your senses.

4 Create a sacred space outdoors. Grow herbs or flowers. Learn about the benefits of the natural 'weeds' and consider using them in your everyday magic. Bless this space during the sunshine, rain and every moon cycle. If possible, add crystals, wind chimes, statues and water features. Spark your creativity by jotting notes, sketching inspiration and capturing the magic when outdoors.

MOON UPDATE FULL PINK MOON In Libra, 6th April, 5.34 GMT

Okay, it's officially spring when the full pink moon arrives – major lunar shifts are in the air! Whilst not actually pink itself, the April moon gets its name from the North American wildflower *phlox subutula*, or, moss pink as it's known – a vibrant early bloomer. And, much like the season it sees in, the full pink moon symbolises transformation and renewal. Work with the potent lunar energies to put your dreams into action; attend that social group, apply for that new job and let your intuition to guide you.

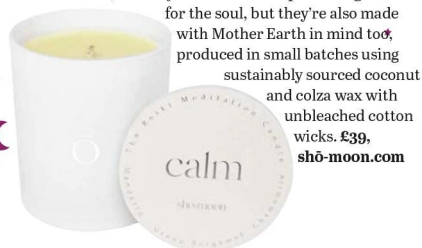


Feature your candle biz here!
email isabella.noullon@ethomson.co.uk with the info and we'll be in touch.

Candle of the month

Go on a guided journey with this reiki-infused treat

Transform your pamper night into a ritual of soul-nourishing care with The Calm Meditation Candle from Shō-moon. As you unwind with the aromatic blend of mandarin, green bergamot, lavender and chamomile essential oils, you'll also be invited to embark on an exclusive 20-minute reiki-infused meditation. Simply scan the QR code located under the lid using the camera on your smart phone and get ready to sink into a soothing, sensory experience – designed for both the regular and beginner meditator. And, not only are Shō-moon's products great



for the soul, but they're also made with Mother Earth in mind too, produced in small batches using sustainably sourced coconut and colza wax with unbleached cotton wicks. £39, shō-moon.com

A few of our **FAVOURITE** things

Our top stories to put a spring in your step this April



Crystal of the month

TREE AGATE

This peaceful heart chakra-nurturing crystal helps us to stay grounded and flexible in times of transition and adversity



Our pick of the bunch

Daisy

In Norse mythology, this April birth flower represents the Goddess of love, symbolising joy, creation and new beginnings



KEEP THE PEACE THIS MERCURY RETROGRADE!

Just journal it out and curb those doubts!

When? – April 21st – 14th May

Let's be real – the term 'retrograde' has acquired quite the bad rep amongst us spiritually inclined, conjuring up images of chaos to outages, brawls to traffic jams. But stay calm! Here's how to survive this planet's second retrograde of 2023.

As Mercury is the ruling planet of communication, you may notice an increase in disagreements, miscommunications and day-to-day irks within your interpersonal relationships. These occurrences can of course, amplify hidden feelings and insecurities we've been holding onto – and oh so

regretful impulsivity! Therefore, this retrograde, welcome the opportunity to invite more patience and presence into your relationships. Here, try this: Set a reminder each evening during this transit to journal your thoughts and feelings. Open up to whatever it is that you're experiencing, whether that's anger, upset, jealousy – just sit with it for a moment. Allow the emotion to take up the space that it demands. Then, observe any tension you feel in your body and see if you can help it soften. By creating space for our feelings in this way, we gain clarity over the fog of hot-headed impulsivity and insecurities and help keep the peace – give it a go.





HAVE A HAPPY EOSTRE!

Honour the earth with this nifty Easter craft

From Easter bunnies to chocolate eggs, some of the most enjoyable parts of this spring holiday have their roots in pagan origins. In fact, the name 'Easter' itself is derived from the name of the pagan goddess of fertility and spring, Eostre. As the story is told, one special day, Goddess Eostre rescued an injured bird from the cold of winter. The poor thing's wings were frozen, rendering it unable to fly. With

her magic, Eostre transformed the helpless bird into a healthy rabbit, whom (strangely!) kept its ability to lay eggs – interesting, right? In turn, the symbol of this goddess is the hare, and in ancient pagan traditions, the sacred month of April, or, Eostremonth as it was known, was a time for prayer and celebration – the promise of renewal, crop bounty and fertility for the summer months ahead.

So, this Easter, in honour of both Eostre's legacy and World Earth Month, try this fun DIY bird feeder craft that the whole family can enjoy. Start by cutting an apple in half, and with a table spoon, scoop out a chunk of its core. Then, in a small dish add a spoon or two of bird-safe seeds and mix that with an equal part of peanut butter or coconut oil. Dollop this mixture into the centre of the apple and leave it to set if needed. Finally, push a nail into the top and create a hanging loop with a little string – then, pop it outside and wait for the entourage! Oh, and don't forget to snap a pic of your creation and tag @soulandspiritmag on Instagram!

Go on a family retreat And try yoga in the alps!

Dreaming of being anywhere but the office chair? Oh, what a vibe! This summer swap that FOMO for this rejuvenating yoga retreat in the gorgeous Alpine village of Morzine – oh, and bring the kids along too, (guilt free!) as the Just Breathe Family Yoga Retreat is the ultimate tranquil escape that's designed for parents and kids alike. Relax, have

fun, deepen your bonds, and create cherished memories in a child-safe environment. Across eight soul-boosting days, you'll dabble in yoga, meditations, sound baths, and take some you-time whilst the tots are enjoying their organised activities. Laura and the experts in Just Breathe's team bring the added layers of escapism, delicious wholesome meals, wellness and fun to ensure everyone's visit is one of bliss. Visit soultosolewellbeing.ie to book your family's place today.



PODCAST OF THE MONTH

Unwind with Poppy

Tired of being a stress head? We feel you! That's why today, for one hour, we're hitting pause on our cramped to-do lists, and pressing play on this food-for-thought podcast – want to join? Hosted by Poppy Jamie, author of best-selling title *Happy Not Perfect*, *Unwind with Poppy* is there for when you want to untangle from the dramas of the everyday and step back from the mental chatter. It's packed full of soul-boosting content including interviews with thought pioneers, mental health professionals, writers, influencers and change-makers to spark your motivation. So, press play, run a bath, take a walk and replenish those much-needed spoons. Check it out on **Spotify** or **Apple Podcasts**.



App of the month

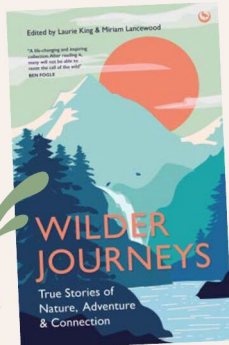
Say hi to SOUL

We introduce to you, SOUL, the UK's first app designed to connect you with your authentic, highest self. Curated by renowned psychic medium Fenn Pullinger, the newly launched SOUL is bursting with exclusive content including workshops, meditations, interviews and courses that promise to elevate your spiritual journey and alignment with the Universe. Designed with the beginner in mind, SOUL provides accessible resources at just the right pace. And, with regular new moon rituals, angel guides and interviews with top spiritual experts, you'll be kept motivated and inspired. Subscriptions start from £19.99 a month. Available to download via the **App Store** or **Google Play**.



ARMCHAIR READS

Our top picks of the best books to lose yourself in this April

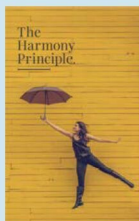


Wilder Journeys,
by Laurie King and Miriam Lancewood
Follow the call of the wild with environmental writer Laurie King and bestselling author Miriam Lancewood as they present a collection of international real-life stories and poems from adventurers, nature lovers and nomads. Driven by their dissatisfaction with their environments, the writers featured here (everyone from *Strictly* winner Hamza Yassin's to British paralympian Karen Drake!) have chosen to break free from the shackles of modern society and go on extreme journeys to re-connect to the essence of their animal nature. With beautiful illustrations, a foreword from explorer Belinda Kirk and contributions from leading poets like Lemn Sissay, *Wilder Journeys: True Stories of Nature, Adventure & Connection* will inspire you to get out of your comfort zone and connected to your wild

animal soul. Publishing on 14th March. Pre-order from Amazon, £14.99

The Harmony Principle, by Claire Dabreo

The Harmony Principle teaches us how to transform any aspect of our life with greater ease in this series from acupuncturist Claire Dabreo. Bringing the five elements to life in a unique way, each work book is released season-by-season, accompanied by a wealth of online support materials including yoga and meditation practices, seasonal nutrition, live community calls, weekly inspirational emails and more. Expect to feel balanced, more connected and inspired to create a life that's right for you. **From £33 for a season,** theharmonyprinciple.com



Activate your RAS, by Sian Hill

Knowing that you can change your life is one thing but knowing how to is something else entirely. Understand the mechanics behind creating your desired reality and how to do it every time, with help from this book by Sian Hill. Filled with real-life examples, practical tips and exercises, you'll learn how the mind works and how to change your internal perspective to transform your external experience. It's the starting point for anyone who wants to begin making positive changes in their life. **Amazon, £12.99**



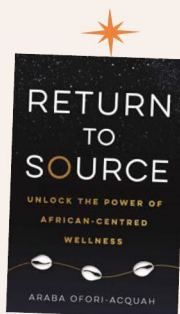
Tarot of Tales, by Melinda Lee Holm

Discover a new approach to tarot with this folk-tale inspired deluxe boxed book-and-card set from tarot expert Melinda Lee Holm and lavishly illustrated by Rohan Daniel Eason. The 78 cards provide richly detailed illustrated scenes that allow you to step inside your own personal storybook, one that changes to bring you the wisdom you need when you need it. Tarot is a language: let it tell you your story. **CICO Books, £29.99,** amazon.co.uk

Email joy.palmer@dcthompson.co.uk to advertise your book here

Return to Source, By Araba Ofori-Acquah

Awaking Africans are realising that there is a responsibility to self, loved ones, ancestors and descendants to do the work of healing and maintain the changes by making wellness a priority. *Return to Source: Unlock the Power of African-Centred Wellness* is an empowering call to come home to a new way of looking after yourself – a new way that is, in fact, the old way – living in accordance with African traditions. This transformational read will guide you as you rediscover your power, healing and alignment through your return to Source. **Amazon, £14.99**



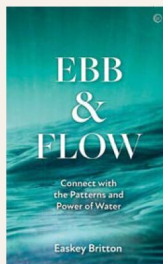
Wiccan Teas & Brews

Join bestselling author Cerridwen Greenleaf and her years of spellcraft and experience to discover your own mug of magic. In this book, you will learn how to brew up teas, digestives, tisanes, tonics, tinctures and many other enchanting concoctions that can be created right at home. Discover how to nurture through nature with nourishing recipes, essences and infusions and create celebratory brews for sabbats and everyday rituals. **CICO Books, £9.99, amazon.co.uk**



Ebb & Flow, by Easkey Britton

Ebb & Flow: Connect with the Patterns & Power of Water guides us in restoring a more intimate and sacred connection with the planet's seas, rivers and lakes. It shows us how to live with the flow and a more sensuous understanding of nature. From the insights of water protectors around the world and Dr Easkey Britton's own learnings as a marine scientist and surfer, you'll learn the crucial role water plays in the health of humans and the world itself, water-inspired strategies to restore calm, reduce stress and soothe worry and practices to forge a new relationship with water and how to create a culture of reciprocity and care with the environment. Publishing on 11th April. Pre order from **Amazon, £12.99.**

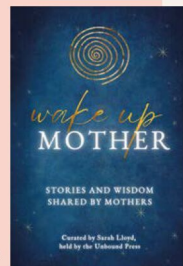


Wake Up Mother, curated by Sarah Lloyd

Wake Up Mother is nourishing medicine for the mother inside of you. You have a vast, untapped, fertile field of mother energy, regardless of what or how you choose to mother, and it's just waiting to be honoured. This inspiring new book is a collaboration of 14 powerful women sharing their different perspectives on the journey to mother.

Wake Up Mother aims to shine a light on the wounds and the shadows of the mother, in turn celebrating all that is birthed in the cosmic womb of creation – the future generations, the businesses, the space and communities we hold, the ideas, products and services we create and the great Mother Earth we reside on. Our coming together is an honouring of the way of the circle and the weaving of creation and all that is mother. We are a movement who want to support other mothers as they wake up to the possibility of change.

"With no instruction manual on being a mother, all we have is the opportunity to learn from the shared, diverse experiences of our own sisters, and the sisters that came before us," says curator Sarah Lloyd. "*Wake Up Mother* is a gathering, a space-holding and a sharing of strong, feminine energy in book form. The women who felt called to be a part of this project weave together tales of their interesting, emotional and triumphant rites of passage through pain and towards healing, to help you shine a light on the unseen mother that you are." **Amazon, £13.99**



The CLEAR Method, by Carolyn Creel

The CLEAR Method is here to shake up the way we have lived our lives for years. With a cost of living crisis, cleanfluencers taking over the world with their many products and overwhelming habits, and climate change breathing down our necks, we have never needed a voice of down-to-earth reason more, to take stock of all the stuff and clutter we have accumulated (and don't always need) in a way that is good for the environment.

Written by Carolyn Creel, co-founder of a multi-million pound commercial cleaning company, *The CLEAR Method* aims to help you simply and ease-fully declutter the physical (and emotional) clutter of life. It teaches you her tried and tested methods to clear, let go, energise, act and receive in all areas of life! This book is for anyone looking to get clarity in their life amidst the chaos. Whilst it is primarily a book about space clearing and decluttering, The CLEAR Method is for, and can be used by, anyone. **Available from 23rd March. £13.99, Waterstones and amazon.co.uk**



Email joy.palmer@dcthomson.co.uk to advertise your book here

How to use your

Wild Spirit DECK

Our guest editor
Yolandi Boshoff
unboxes this issue's
bonus card deck



Hello everyone! My name is Yolandi, and I am a spiritual coach and teacher, an author, dragon priestess, starseed and gridkeeper. So what does this all mean? Well, it means I have a deep connection to the earth and the cosmos and my main aim is to teach my clients how to reconnect to all the beautiful energies out there that guide us back to the deep remembering of who we are.

Worth
£15

Collect
and
keep!

Nature is the key to connecting with the now

Nature and sacred spaces help us to get back into the now, to reconnect with our bodies and be able to feel and experience the energy within ourselves. When you go for a walk in the forest and you start to look around, you might notice the trees, the flowers, and the small birds flitting about. Nature has a way of bringing us back to this now moment. We become still and we start noticing our surroundings. We use our senses to do all this, so becoming more present makes us connect to our bodies and this helps us to experience more of the energies of Mother Earth. Sacred sites, for instance, are a beautiful culmination of earth energies in one space. When we then step into the moment, sit down, and take some time to feel and listen, we start to experience some pretty interesting movements and feelings within ourselves. And all this leads us back to connecting with Mother Earth, and in some instances the cosmos. And our consciousness starts to expand, our minds open and we allow all the magic to flow back in.

WHY I LOVE THE POWER OF NATURE

In our busy lives, we often go onto autopilot – we get up, connect to our phones, drink our coffee, go to work, come back home, eat, watch TV and go to sleep. But in this routine that we create, there is no time for connection, feeling peace or joy. If you start making time to go for a 10-minute walk, leave your phone in your pocket, and look at the flowers blooming, the sun shining, the clouds and the trees, you come back

into the present moment. We remember to breathe and stop thinking or planning. And if you find yourself near trees, mountains, water or the ocean, the act of breathing here also helps us to take in negative ions which in turn helps your nervous system to become more balanced and increases your serotonin levels, which alleviates depression and relieves stress.

For me, the spiritual benefits of connecting with nature regularly are that I have a much deeper sense of connection with everything and everyone around me. It helps to enhance my levels of gratitude for all that I have and events and things that I perceive as big problems are often solved because of the clear and calm mind that nature provides me with. It changes my perspective on life and enhances my mood and my overall feeling of wellbeing.

THIS CARD DECK FEELS MEANINGFUL

When I first unboxed these cards, the messages on each card felt meaningful and the visual images made my traveller's heart want to go there. It felt like this would be a great deck for someone who is going through a process of deep unravelling and looking to find a connection to their own inner wisdom again.

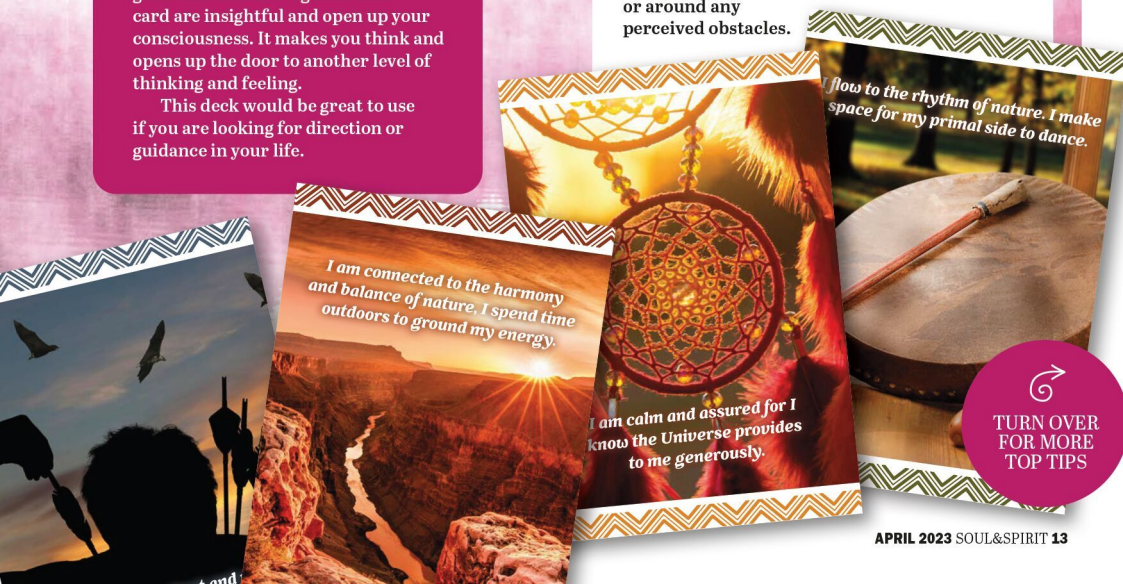
The deck reminded me that card decks are magical extensions of our wisdom. For me, it is a tool that my Higher Self uses to talk to me and guide me. The messages on each card are insightful and open up your consciousness. It makes you think and opens up the door to another level of thinking and feeling.

This deck would be great to use if you are looking for direction or guidance in your life.

Use the wisdom of nature

This card deck is a useful tool to open up a deep conversation with yourself. Using the wisdom and guidance of nature will help you connect to your Higher Self and through getting still you can listen for the answers that you hold within. My advice is get still, sit with the question that you asked, and take some time to listen.

It is definitely one that helps you look at the bigger picture in life, getting perspective and higher guidance. The answers that you get from this deck will open up possibilities and allow you to change direction to a more aligned way of being. It showcases all the beautiful things that the spirit of nature teaches us. She shows us that if we allow ourselves to listen, feel and experience life to the full we can move through or around any perceived obstacles.



TURN OVER
FOR MORE
TOP TIPS

USING YOUR CARD DECK

This deck is a great companion for answering questions. If you are going through anything big in your life or looking for guidance this will be a great deck to use.

Find a quiet space, and give yourself a few minutes of downtime. Close your eyes and take three deep breaths

in and out. Allow your body to soften and relax and imagine pulling all of your energy back into your physical body. Call in your Higher Self, guides and ancestors to assist you with clarity.

Now pick up the deck and shuffle the cards, and choose one of the types of reading below.

One Card Guidance Reading

Ask a question that you need to be answered. This can be anything that you need guidance on.

Choose one card, and read the message on the card. Also, pay attention to the graphic on the card and see how it makes you feel or if there is anything that it reminds you of. The messages are important but in conjunction with the images they open up our minds to receiving more clear guidance. Ask yourself if this card makes sense for the current situation and if you still require more clarity, take another card.

Medicine Wheel Reading

Choose a situation that you would like to explore and get some guidance on. Be clear on your intention for this reading. Read out the questions below and then draw a card. Start by placing one card in the centre. This is the central theme for your reading. This is a message from Spirit for you.

Place the second card in the northern position – What do I need to let go of?

Place the third card in the easterly position – What can I learn from this current situation?

Place the fourth card in a southerly position – What new beginning can I allow?

Place the fifth card in a westerly position – How can I ground this learning into my life at the moment?

Golden Path Reading

Choose a situation that you need guidance on how to move forward with. Be clear on the situation.

This reading involves five cards placed in a straight line – as you read out the questions shown below, choose a card and place it down.

Card one – What is the energy playing out in my present situation?

Card two – What am I not seeing clearly about my present situation?

Card three – What help is available to me?

Card four – What action can I take right now?

Card five – What does the future hold?

USING CRYSTALS ALONGSIDE YOUR DECK

I like to use crystals to charge my deck – so if I am looking for clarity I will, for instance, use a clear quartz crystal and place it on the deck. Or I might place rose quartz on my deck if I require guidance around relationships or love. I would use an orange-coloured crystal like citrine or carnelian to charge my deck with creative energy if I am stuck on a creative project or need some inspiration to move forward. So whatever it is that you need right now, find a crystal that can help and use it alongside your deck.

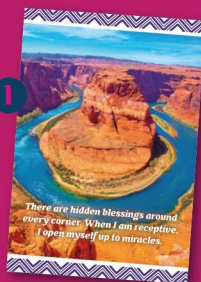


I flow to the rhythm of nature. I make space for my primal side to dance.

My favourite Cards

There are hidden blessings around every corner. When I am receptive, I open myself up to miracles

I love the scenery on this card. It reminds me of everything that is possible. We often forget that we are surrounded by miracles and if we open ourselves up it can show itself to us around every corner.



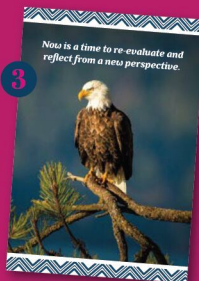
I feel empowered by my spiritual practice. When I go inward, I nourish my soul

Devotion to our spiritual practice is so important, and this just reminded me of how much power the ritual of going inwards holds for each of us. Nourishing our souls is a vital part of our experience here on this earth.



Now is a time to re-evaluate and reflect from a new perspective

I loved this card as it came up for me a couple of times whilst doing readings using the deck. It reminded and inspired me to move to a higher perspective and see my situation from a different vantage point. I also love the picture of the eagle. I so often see them flying in the sky and this is another sign that we always need to look at the world with fresh eyes.



THE KEY MESSAGE

If there is just one message that you take with you after using this deck, I'd suggest that it would be: Mother Nature reminds us of simplicity. There is immense power in simplicity and a lot of the clarity that we seek in our daily lives is found in simple solutions. She teaches us to be in the moment, to look for a higher perspective and to embrace the bigger picture. She is always looking at the bigger picture and how to create balance in her environment. That way everything thrives. So open your mind to a higher perspective and deeper meaning when using this deck.

Yolandi Boshoff

Yolandi Boshoff is a spiritual coach and teacher, an author, dragon priestess, starseed and gridkeeper. Find out more at divinesoul.me

Journeys with Jill and friends

Transformative Retreat at Tofte Manor

- FIREPIT RITUAL AND CEREMONIAL CACAO
- GUIDED LABYRINTH EXPERIENCE
- PAST LIVES WORKSHOP
- CRYSTAL GUIDED MEDITATIONS
- GONG BATH
- ASTROLOGY WORKSHOP

Booking information

Friday 28th April to Sunday 30th April 2023.

Your investment is £650 for a double occupancy room or £765 for a single occupancy room. This includes all activities, meals and accommodation.

MORE EVENTS

One day workshop Astrology for Manifestation

Saturday 25th March 2023, The Lee, Bucks HP16 9NA £80.

Transformational Retreat in Portugal

Friday 6th October to Tuesday 10th October 2023, Price TBC.

Visit www.jillchristiaens.com or email jillceline@gmail.com

If you have any questions, you can email me or call/message [07909140828](tel:07909140828)



RACHEL JACKSON
Mindset + Manifestation Coach



I have courses, meditations available and one-on-one coaching packages.

RJ



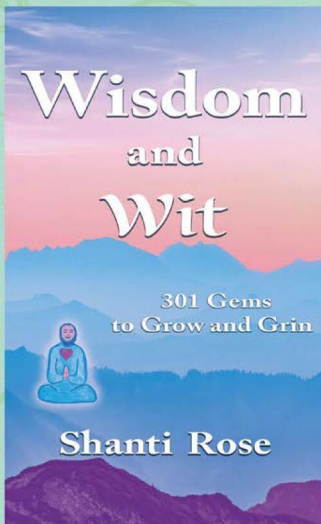
Manifesting Straight Talk Podcast



@rachelmanifestingstraighttalk



www.manifestingstraighttalk.com



*Do you ever feel like you're going through a car wash in a convertible?
Ah, here comes wisdom to save the day.*

Wisdom and Wit is a thought-inviting read that goes right to the heart of your life like a straight arrow. The book offers amazing insight into those annoying, needling situations, which sometimes need a bit of wit to transcend.



Shanti Rose is a visionary, writer, and artist. Through her insightful wisdom, she has helped countless souls to heal their hurts and navigate uncertainties.

Now through her books, Shanti invites you to discover the answers you need to solve the mysteries of your life and grow beyond your fondest expectations.



Shanti Rose



Connect with Shanti at Shantiday.com



Paperback and ebook available at Amazon worldwide.
Ebook also available at Apple and other fine ebook distributors.



Embrace nature's power

Mother Nature has plenty of wisdom to share with us if we allow ourselves to be guided by her power. This month, to celebrate the coming of spring and our deep connection with the natural world around us, our seasonal dossier is celebrating the magic and wild spirit of the earth. Turn over to find out more about how to harness lunar energy, discover your spirit animal, use nature in your manifesting work and much much more. Enjoy!

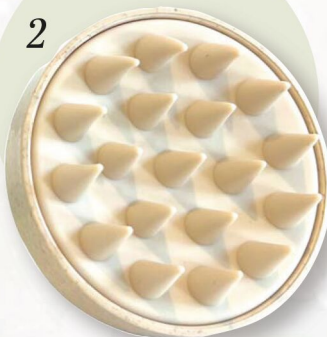


Welcome nature in

Find your centre with these grounding, earth-inspired picks for spring



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4



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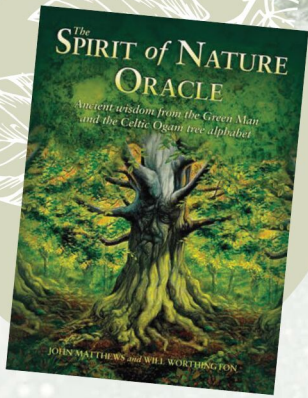


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1 Reese recycled polyester wrap dress, £150, [moonsoon.co.uk](https://www.moonsoon.co.uk) 2 Scalp massager shampoo brush, £11.95, [curlslengths.com](https://www.curlslengths.com)
3 Labradorite silver drop pendant, £20, [suziek.co.uk](https://www.suziek.co.uk) 4 Recycled sari braid bird house, £20, [nationaltrust.org.uk](https://www.nationaltrust.org.uk) 5 Classic raffia shoulder bag £38, [accessorize.co.uk](https://www.accessorize.co.uk) 6 Sun mug, £4.25, [habitat.co.uk](https://www.habitat.co.uk) 7 Recycled glass olive vase, £10, [dunelm.com](https://www.dunelm.com) 8 The Spirit of Nature Oracle deck, £24.99, [freyascauldrdon.com](https://www.freyascauldrdon.com) 9 Natural woven cushion, £10, [bmstores.co.uk](https://www.bmstores.co.uk) 10 Natural level sandals, £75, [dunelondon.com](https://www.dunelondon.com) 11 Rattan Easter wreath, £12, [hobbycraft.co.uk](https://www.hobbycraft.co.uk) 12 Cream crochet longline vest, 26.99, [tkmxx.com](https://www.tkmxx.com) 13 Mother Earth Gaia resin statue, £31.99, Nemesis Now, [amazon.co.uk](https://www.amazon.co.uk) 14 Jade crystal gua sha tool, £12.95, [thecrystalbuddha.co.uk](https://www.thecrystalbuddha.co.uk)
15 Natural bamboo bath tray, £10, [matalan.co.uk](https://www.matalan.co.uk)

Mother Nature's Magic

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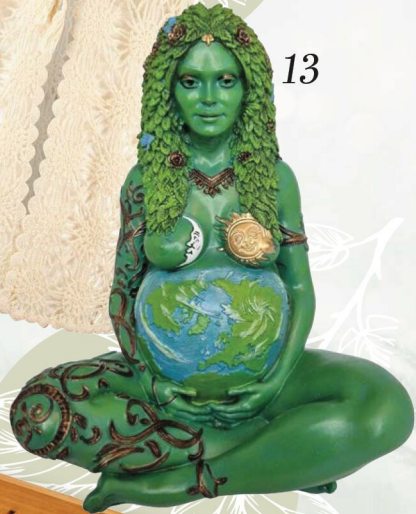
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INVOKE *the* ELEMENTS

Rekindle harmony and vigour with the help of these elemental rituals from our spiritual experts

We humans are complex, spiritual beings with complex spiritual needs. And, with our busy modern living, we can often feel like something is missing. As we head into spring, now is the perfect time to rekindle our connection with the five spiritual elements to bring back balance.

EARTH

Reap your manifestations with this planting ritual from elemental expert Karen Kay

1 At the new moon, take a seed and hold it in your hands in a prayer position. Think of a heartfelt wish you would like to manifest.

2 In your mind or out loud say: "Oh little seed, filled with all the love and light of the universe. I imbue in you my love that you may grow big and strong, and that your time on earth will be healthy and long."

3 Place the seed in the ground, in an area where it will have the freedom and space to grow unhindered.

4 Call in the fairies to protect and nurture the seed as it gestates deep within the soil. Say: "Fairies of the earth, I call on you, to protect this seed, hear my wish, it's already true."

5 Gently cover the seed with your hands over the soil. Visualise love and light beaming into the ground where the seed is.

6 Then, call upon the fairies once again by saying out loud or in your mind: "Please keep watch over this seed as it grows. I leave this seed under your tender care, I am grateful to you, for the love you share."

7 Return to check on the seed each new and full moon, and as it grows, so too will your heartfelt wish.

For more, follow Karen on Instagram @karenkayfairy or visit her website: karenkay.co.uk

WATER

Wash away bad habits with these witchy water spells from High Priestess Silja

Water is the feminine element, ruled over by the Moon Goddess who influences the tides. It is usually called on and placed in the west and represented by a bowl of water during rituals. However, it can also be represented with a blue candle on the altar by a chalice. Ultimately, in magick, water can be used to clear away the bad – energies, habits and circumstances. Try these simple spells:

1 Go to the sea or a fast-moving river and throw a pebble with a drawing or carving that represents a habit you wish to break – this could be a cigarette for smoking for example.

2 After a stressful day, take a shower and visualise the negativity going down the drain.

3 For situations and people you wish to cut ties with, write down the name of the person or situation on a piece of paper. Then, put this piece of paper in a cup of water and in the freezer to literally 'freeze them out' of your life!

4 For divination, put a few drops of dark ink into the water of your cauldron and interpret the swirls it makes. Alternatively, place a lit candle behind a clear, full glass of water and interpret the flickering shapes and lights that you see through it.

For more witchy tips, follow Silja on Facebook @siljasgreenwiccan

FIRE

Unleash your fiery passion with help from ceremonialist and magick maker Amanda

For this ritual you will need a pen and paper, a timer and one candle and fireproof bowl.

1 To begin, sit quietly, ground yourself and meditate on your candle whilst visualising a golden dome of protection surrounding you.

2 When you're ready, chant: "Powers of fire, help me transmute darkness into light. Through you I release un-serving energy and allow passion and desire to re-ignite."

3 Set your timer now for five minutes and write down all that you wish to release, then place the paper over the candle flame and into the fire proof bowl. Be present as it burns and turns to ash – take as long as you need.

4 When ready, gaze upon your candle flame, asking the fire to purify you and your surroundings. Notice the empty space that has now been created within you from this release. Acknowledge yourself for showing up.

5 Once you feel complete with the ritual, speak the following to close: "Energies of passion and bright flame, thank you for your powers of transmutation. I give thanks to Mother Earth for grounding me and the light for protecting me. I draw in my power and return to the hearth of my heart. So it is."

Follow Amanda on social media
[@goddessliberation](#) and visit [templeofthefeminineflame.com](#) for more information.

AIR

Clear away the cobwebs with ceremonialist and energy healer Violet Skies

This practice invokes the element of air to support you in blowing away what no longer serves so you can flow with the winds of change, bringing newness into your life. It's the perfect time to utilise this with the energy of spring approaching.

1 Start by lighting your favourite incense to support you in welcoming air into the space. Next gently close the eyes, taking a deep breath in through the nose. Connect with the element of air as it fills your lungs, visualising new beginnings entering your body as a bright, purifying light.

2 Next, exhale through your mouth using the out breath to blow away anything that might be holding you back – things you no longer wish to take forward in your life.

3 In time with your breathing say these words in your mind: "I take this breath bringing the element of air in, welcoming divine light to fill me within. Into my life I invite new beginnings to flow, and with the out breath I let negativity go. Any blockages holding me back I release, from this moment forward I manifest with ease."

4 Continue this until you feel complete. Gently open your eyes and say out loud: "And so it is, it is done!"

Follow Violet on Instagram [@iam.violetskies](#) and visit [templeofthefeminineflame.com](#) for more.

"When connecting with Spirit, it is important to make your intention clear in your mind"

SPIRIT

Open your mind's eye with psychic medium and spiritual teacher Fenn Pullinger

When connecting with Spirit, it is important to make your intention clear in your mind as well as raise your vibration to a higher frequency, which can be done by listening to music or meditating. Spirit exists on a higher vibration to us, and in order to communicate, we have to connect to that and tune in. Always ground and protect yourself beforehand and ensure you close the channel afterwards.

1 To start the ritual, find a quiet space where you will not be disturbed and ensure that you are comfortable. You can put on some gentle meditation and light a candle to create the right ambience. Hold a clear quartz crystal – this will help you to connect.

2 Close your eyes and start to create a safe space in your mind. You can be creative with this, perhaps it's a room, or an outdoor space. Whatever feels right and comfortable for you.

3 Now invite your spirit guides in to bring in a pure spirit and just feel their energy. Still your mind and allow any messages to flow in, trust what you see/hear/feel. Feel free to jot down the messages you received so you can look back on and build on them.

For more spiritual insight, follow Fenn [@fennspiritualteacher](#) and visit [fennpsychicmedium.co.uk](#). Check out her new app Soul Infinity too.



“Nature helped me manifest my soul mate”

Hannah Ross, owner of the Goddess Tarot Society, tells us how she used the power of the Northern Lights to find her dream loved one...

My passion for travelling the world was the catalyst that connected me deeply to the magic of nature. Through this connection, I was intuitively guided to manifest my soulmate with the power of the Northern Lights.

In 2018, I unknowingly boarded my craziest spiritual rollercoaster yet, and the portal to this was the energy of various geographical sites and natural phenomena. It began in September, in the presence of Mount Everest during a three-week Base Camp hike in Nepal, and it grew most intense as I experienced wild, back-to-back synchronicities during my yoga teacher training in Bali. However, the grand finale of the trip was connecting to the magic of Lapland and the mesmerising dancing light show of the Aurora Borealis, otherwise known as the Northern Lights.



Mother Nature's Magic



detail. This list was packed with quirky gems that would make up my perfect partner. This list was very important. Logically, I became clear on what I wanted (and I could say no to anything that wasn't that). Spiritually, it was the first physical action in the manifestation process – plus, words are spells, and I was communicating to the universe what I wished to attract. I set up an altar space in my room where

into the moment, I felt blessings being showered down from the sky.

My time to leave Lapland came abruptly after Christmas. After coming home, I released all expectations because my manifestation hadn't worked out – or so I thought. It was to my surprise, therefore, that a couple of months (and a handful of bad dates) later I met a man with whom I had an instant connection. So much so that after our first date I added sparkle emojis beside his name on my phone because I intuitively knew he was the outcome of my manifestation.

Earlier that year, I read Lisa Lister book's *Witch* which introduced me to the possibility of manifesting my soulmate. At the time, it felt far-fetched and unbelievable, but there was a whisper in my soul, a knowingness, that I could do the same for myself. I wasn't sure if I was going crazy in believing I could manifest a romantic partner, but I thought: what is there to lose by trying? In prayer, I asked the universe to send me guidance, and later that year while working in Lapland hope came to me in the form of the Northern Lights.

It's not only the magic of Christmas that makes Lapland a powerhouse for manifestation. Being in the arctic circle in the depth of winter means you also get to experience polar nights, during which the sun doesn't rise from around mid-December until the start of January. Like many natural phenomena, the combination of these forces is hard to explain and more something to experience, but the feeling of being in the depth of the coldest darkest winter felt like I was in the void of the universe – where everything and nothing is created. The search for the Northern Lights within the void brought hope of connection to an infinite higher power where any wish was possible.

The Northern Lights were stubborn and refused to come out and play for weeks following my arrival in Lapland. While waiting for their appearance, I was intuitively guided to create a list of the type of partner I was trying to manifest. Taking up a full page in my journal, I spared no



I placed my manifestation list, along with my tarot cards, crystals, and some important trinkets I like to travel with. I also meditated regularly to express my commitment.

After much patience, not long after midnight one night, I was woken by a friend because the lights were finally out! I knew as I looked up to the sky that the universe was there to co-create with me. It's like the feeling you get stargazing, spotting a rainbow, or admiring the most fantastic sunset – but heightened beyond compare. In that moment, seeing the Aurora Borealis, everything made sense. I had a deep trust in the universe, myself, and that my manifestation had been heard. When I stopped to really tune

As I got to know this man and re-read my manifestation letter to the Northern Lights, I realised that he checked off absolutely everything on my big, long list. I shared this with him only to learn that, in his own way, he had manifested me too! We moved in together months after meeting each other, got engaged one year after I made my wish to the Northern Lights, and it all came to a magical full circle when we were invited back to work in Lapland – back where it all began, with an opportunity to express my gratitude to the magic and spirit of the Northern Lights.



Turn over for ideas on how you could manifest using nature



Manifest your dreams

Use nature to help you achieve what you want in life with these different ideas

Bring out the bay leaves

Bay leaf manifestation is certainly having a moment, with over 23.9 billion views on TikTok for that simple phrase. So how can you do it? Interflora has partnered with manifestation expert Jennifer Sanchez to share the following exercise:

1 Get clear on the thing you want. You may want to journal to get the desired outcome in your mind, or you could use a vision board, or meditation with visualisation.

2 From your vision board, journal, or meditation session, write some clear points – either one word or a mantra – using a sharpie directly onto a dried bay leaf. Write in the present tense, for example ‘I am rich’.

3 Hold onto the bay leaf, close your eyes and imagine yourself at the desired point. Give yourself at least two minutes to visualise the end goal.

4 Remember, focus equals feel, so once your whole body is focused on that final belief it will start to feel good. Once that good feeling is spread, burn the bay leaf carefully and safely using tongs.

5 Pop the bay leaf on a fireproof dish and while it burns get excited about your manifestation. Say: “Thank you universe” and celebrate as if it has happened.

6 Now you need to return your ashes to the earth. Do this in whichever way feels best for you, either plant them, throw them to the wind, or release them into a body of water. Trust that they are getting to work for you. I like to picture them as seeds that bloom when the exact season of my life is right.

Tap into the moon's energies

The moon's powerful force can help you amplify your intentions, and your manifesting energies can be most potent during a full moon. Create your own ritual and use this to reflect, express gratitude and form a clear idea of what is you want in your life. You can also try the 369 method. This involves doing the following, every day up until the full moon and after the new moon:

- 1** *Write your desire or affirmation down three times every morning as you wake*
Write it again six times during the day

Write it again nine times in the evening before you go to sleep

Charge your water

We all know that water is a powerful part of nature, and you can harness these energies to help with your manifestations. There are many ways to do this and hundreds of different water rituals to try, but one of our favourites is intentionally charging your drinking water. To do this, fill a water vessel (ideally made of glass or other natural material) with pure drinking water. Take a moment to ground yourself, and then visualise and project your desires into the water. You can then place specific crystals or herbs in there, or place the water in moonlight or sunlight. Once it has had time to rest and absorb the energies, it's ready to drink.

REWILD yourself

Tap into your spirituality and embrace all that nature has to give by getting outdoors

Have you ever noticed how a romp through some leafy woods can lift your spirits? Or how a walk along the beach can leave you feeling fresh and new again? Living close to nature and spending time outside has been proven to have significant wellbeing benefits and it can also help us tap into our inner power, bolster our spirituality and listen to our intuition. So, why not immerse yourself in one of these soul-soothing outdoor pursuits?

Earthing

If you've ever wondered why taking off your shoes and stretching your toes amongst some soft grass feels so good, earthing could be an explanation. Earthing is the simple process of walking barefoot on soil, grass or sand in order to allow electrons to move freely between your body and the earth.

"Mother Earth is a bit like a big battery with a subtle electric charge, and everything in the whole world is grounded to her," explains Yolandi Boshoff, soul coach and business mentor (divinesoul.me). "She has an infinite supply of electrons and these are constantly recharged by the sun, lightning and the orbit of the earth."

The idea is that this electrical charge helps to rid our bodies of inflammation-causing free radicals. The trouble is, we don't spend much time barefoot on the land anymore, so we are missing out on this process.

The benefits speak for themselves. "You will feel more grounded and centred, able to focus on the tasks at hand and tackle problems with more clarity and calm," adds Yolandi.

TRY IT: Yolandi recommends trying to earth yourself for at least 30 to 40 minutes a day. If you are unable to get outside to a patch of grass, sand or soil with your bare feet you can try earthing sleep mats, foot mats, wristbands and more.





Star gazing

Anyone who's spent time gazing at the night sky will know that stargazing can leave you pretty awestruck and it can also help you take a moment to pause and tap back into your inner self.

"Stargazing acts as a profound act of meditation, soothing anxiety at the deepest level," says author and keen stargazer Jane Alexander. "Everyone's experience is different, but for me it puts my problems in perspective – it's about connecting with something way bigger than me. We're all living on this tiny green and blue spinning globe in an infinite vastness – our divisions are insane when we look at it from the perspective of the wider universe. It focuses on how earth is our home – our beautiful home, but also reminds us that we are literally made from stardust so the whole universe is our wider home."

So what do you need to get started? According to Jane, just your eyes and a clear night sky. "You don't necessarily need to know anything about astronomy, but if you start to star gaze regularly you may notice familiar constellations and become intrigued to discover more."

Sadly, few of us can now truly stargaze from our back gardens because of light pollution. So, for a true stargazing experience we need to head away from civilisation on a cloud-free night.

TRY IT: Jane recommends *Vitality Retreat* (vitality-retreat.com) up in the far north of Scotland, where you may even catch a glimpse of the Northern Lights.

Wild swimming

Wild swimming is simply the term used to describe swimming in an outdoor natural body of water. Take a dip in the sea, a lake or a river and you're wild swimming. It sounds chilly, especially in the UK, but swimming



in cold water actually gives you a natural high, activating your feel good hormones, endorphins. According to Laura Bell, founder of The Zest Life Retreats (thezestlife.co.uk), the colder you get, the bigger the high. "It improves your circulation and immune system, and also helps to alleviate stress," she says. "Overall, it can be an exhilarating experience, where you'll feel refreshed and rejuvenated." If you'd like to give it a try, head for somewhere that has easy access to the water and is safe. Care must always be taken when entering open bodies of water. It's safer to go with someone and, of course, don't enter deep water unless you can swim.

TRY IT: *With more than seven years experience of running wild swimming and yoga retreats in some of Wales most stunning locations, The Zest Life (thezestlife.co.uk) in North Wales will take care of and deliver everything you need for a luxury wild swimming retreat experience.*

Foraging

Foraging is the identification and gathering of edible and medicinal plants and fungi. However, according to author, forager and forest bathing practitioner Adele Nozadar, it is so much more than that. "We learn about so many other things – nature, history, medicines," says Adele. "It's not about the having, but the getting. Paying close observation to the plants and wild things around us puts us directly in touch with our ancestors – we learn that there's nothing new under the sun, which is quite a liberating thought. We can also end up with lovely ingredients to use in our meals."

So, where to begin? "Given that when people historically had to forage to survive, they wouldn't have gone very far," advises Adele. "You don't have to live in the countryside to go foraging. Start from home. Cities, where there have been hundreds, if not thousands, of different nationalities passing through, are better places for foraging than empty rural landscapes. People are very useful vehicles for seeds to disperse themselves."

In the UK, you can find nuts, seeds, fruits, vegetables and more, but you should always seek permission before you forage on private land, and only take from areas that are plentiful, so as not to deprive local wildlife.

TRY IT: *Read Adele's books: Hedgerow Handbook, Foraging with kids and The Garden Forager (£12.99 each) for inspiration before you get foraging. To buy these, or for more information, visit breconbeaconsforaging.com*



Forest bathing

Forest bathing, or *shinrin-yoku*, combines mindfulness techniques with the therapeutic energy of the forest to create a wellbeing experience that can leave you feeling calm and refreshed. It's so popular in Japan, it's now one of the cornerstones of Japanese healthcare. "Studies have shown that forest bathing actually reduces stress levels," says Gerry O'Brien, forest therapy guide at Forest Holidays (forestholidays.co.uk), "which is not only good for your mental health but leads to improvements in your physical health too, including a boost to your immune system."

At Forest Holidays, a typical forest bathing experience lasts for three hours and includes a guided walk, with invitations to

open your senses to the world around you. "These walks follow a standard sequence," adds Gerry. "They begin with guided sensory attention and embodiment activities that establish contact with the present moment and place. Next come a series of connective invitations, often improvised in the moment and adapted to the needs of participants. These may be followed by wander time and/or a sit spot. The walks end with a ceremony of sharing tea made from foraged local plants. You won't walk far but you will appreciate the forest in a more meaningful way than ever before."

TRY IT: *Head to your local forest and immerse yourself in nature, or book a guided experience.*



“EGYPT'S SACRED SITES unlocked my power”

Celebrating nature's amazing energy – and often with ancient holy shrines set up to honour this – sacred sites really are special. Here, Yolandi Boshoff reveals more about her transformational experience in Egypt...

I so often speak to people and they tell me that they have a great pull to a sacred site or place in the world. I really understand this and it's one of the reasons why my obsession with sacred site exploration began.

Every sacred site has a frequency, like a radio signal that is transmitted and when your signal matches that frequency, you feel the pull. Sacred sites are a culmination of electromagnetic frequencies emitted by the earth and if you mix this in with the energies created by the water streams underground, it makes for very powerful vortexes of energy. The ancient ancestors were able to 'read' these places and would honour the energies by erecting structures of stone or even temples. These sites are portal ways to expand our consciousness and our connection to the earth and the cosmos.

My pull to Egypt

In 2016, I cut out a picture of the head of Nefertiti and added it to my vision board, at the time not knowing that the call to visit Egypt would hit me hard and I would be booked on a retreat early in 2017. Obviously, my soul already knew, hence my need to add this picture to my future vision.

As we sat down to do our opening ceremony meditation at this retreat an

image of a lion's head flashed into my awareness. I did not know what it meant, but as I entered the first temple of our trip, I was surrounded by statues of a lion-headed goddess named Sekhmet. I had never heard of her before and did not even think about a connection between Egypt and lions.

A few days into our trip we visited the ancient temple of Karnak in Luxor, one of the biggest temples in this region and dating back to around 2000 BC. This temple was extended over a period of 2,000 years and more than 30 Pharaohs added buildings to this sacred place. It is also well known for the hypostyle hall, famous for the enormous columns used to tall time.

Stepping out of the shadows

During our visit, we also had the privilege of visiting a small temple called the Temple of Ptah, which once housed a statue of Ptah, the creator-god and his wife, Sekhmet. The statue of Sekhmet is still there today.

As we walked into the space, I felt extremely emotional and found myself sitting on the floor crying. I realised that the feeling in this sacred place totally overwhelmed me, and I cried for all the times my fear overwhelmed me, for all the times I was too scared to be myself and to shine my light out in the world.





Deep inside I heard a voice ask me if I was ready to step back into the light of myself. And that day I chose to step up and out of the shadows. It was one of the most profound days of my life and set the stage for me to embrace the work that I do today. In that holy shrine, I gave myself permission to be me.

Find the key

These sacred places hold the keys to activate and unlock parts of you. I believe the frequencies the sites omit interact with your unique frequency and open up whatever it is that you need at this point in your life.

Fast forward five years, and the call came back. Egypt wanted me back and there was more to explore and experience again. At first, I was a little baffled as I did not understand why my soul was asking to go back, but me being me, I knew I had to answer the call.

Over the past five years, a lot has changed for me. I have deepened my spiritual calling, worked with thousands of amazing clients, written a book, started various podcasts and radio shows and

kept my promise to Sekhmet to step back into my light. I wasn't sure what else Egypt could show me, but I was ready to open my heart to all of it.

As I stepped into the sacred space with Sekhmet again, I felt the overwhelm. I went to kneel in front of her to pay my respect and to thank her for my previous awakening, but as soon as I knelt, I heard this voice inside of me fiercely telling to stand up straight and look her in the eyes. Deep inside of me, the remembering of the power of my sovereign energy started stirring. She reminded me that this path that I have walked over the last five years, was me leading me. Every decision made, every choice I took, was all mine. And that going forward I have to remember that the world is open to me and my powerful choices. No one other than you is in charge of this life.

I walked out of there shaken to my core, but with the deep reminder of my own power and ability once again confirmed.

And again, Egypt opened me up even further to the magic of this life...



Yolandi Boshoff

Yolandi Boshoff is a spiritual coach and teacher, an author, dragon priestess, starseed and gridkeeper. Find out more at divinesoul.me



HARNESS *the* MOON'S POWER

Author and earth wisdom
keeper **Sonraya Grace** reveals
how we can live more in tune
with lunar energy

When you look up into the dark night and see the moon in her full glory, it is hard not to feel her magic. More than just beautiful, she has a powerful influence on all of nature and our own daily lives.

The moon governs the eternal waters of life, our streams, rivers, lakes and our expansive oceans and their tidal flows. Given that our physical bodies are also made up of a huge proportion of water, many believe she also has an incredible influence on our lives. I feel our inner waters are affected by her continual waxing and waning, impacting how we feel, physically, emotionally and spiritually. Our bodily fluids, our blood and women's menstrual cycle, ebb and flow to her rhythm. The energy of the moon represents the feminine, the yin aspect of our being, whilst the sun represents the yang, masculine aspect of our nature.

How can we benefit from the moon cycles?

I believe living in tune with the moon brings us into greater flow and alignment with the natural forces of the Universe, supporting our wellbeing.

She offers a powerful way to connect with our inner flows, our emotions, feelings and intuition which are heightened especially around the full moon. Each month she helps us let go and release energies from the past cycle that no longer serve us. We can harness the powerful energies of the new moon to plant seeds for new intentions, helping to energise our wishes and dreams.

“Living in tune with the moon brings us into greater flow and alignment with the natural forces of the Universe”

Women can also map out their own inner cycles of menstruation and discover when they bleed and ovulate in accordance with the moon cycles, helping them to know when is best to rest and when they are more fertile and creative.

During the new moon (the dark phase of the moon)

At the new moon we have the sun and the moon rising together in the east, the direction of sunrise and new beginnings. The sun is behind the moon so from where we are on earth, she appears invisible or dark.

This dark fertile phase is potent for planting the seeds of new dreams and wishes. In the days leading up to the new moon we are invited to face our shadow, our fears and to let them go – thereby creating space for the new.

In the window of the new moon (the days before, during and after are the most potent), there is the space for reset and for setting powerful new intentions for the next cycle.

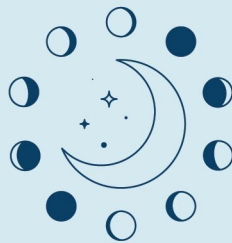
During the full moon

This is when the moon has completed her waxing phase and is full. In April she is known as the pink full moon named after the pink phlox that grows in abundance in early spring. Full moon is when the tides are full and that can also mean we are more sensitive to our emotions, our feelings are heightened, especially if we are menstruating at this time. We are more deeply psychic and intuitive and it's a great time for creative projects and feeling into what you want. Equally, it is a great time for completing things and noticing cycles coming to fruition, as we can feel the build up of energy and then a release. Forgiving and letting go of the past are themes to be encouraged at this time of the moon's cycle.

NOW TRY SOMETHING NEW A full moon fire ritual

You can draw on the power of the elements to help you let go – use the alchemical qualities of fire to burn away the old and rise as the phoenix. Do this ritual ideally in the window of the full moon (either the day before, day of or day after).

- 1 Find a fireproof container.
- 2 Using a piece of paper that you can easily burn, write down any negative thoughts, emotions and situations that you have been struggling with. Write the words: 'I choose to let go of....' when doing this.
- 3 On a separate piece of paper write what you wish for instead. For example: 'I choose to open to love, joy, vibrant health and positive blessings'. Be clear what you want to receive that is for the highest good.
- 4 Light your fire and with focused intention let each piece of paper burn. For increased power read out your intentions.
- 5 Bury the ashes in the earth asking Mother Earth to transmute and support the new. Feel lighter as you let go of any heavy energy.



Sonraya Grace

*Sonraya Grace is a rebirth doula, intuitive channel and earth wisdom keeper. Her aim is to support you to align with your truth and express your Divine radiance. For a deeper dive into the moon cycles, and how to live in deep communion with Mother Nature, discover Sonraya's book *Mother Earth is Calling You – Winter Wisdom* (Amazon, £15.99), with free access to guided meditations to support your journey. Find out more at sonrayagrace.com, [facebook.com/SonrayaGrace](https://www.facebook.com/SonrayaGrace) and [instagram.com/sarayasonraya](https://www.instagram.com/sarayasonraya)*

What's your spirit animal?

Take our quiz, created by author Deborah Durbin, and find out!

Animal guides play an important part in many aspects of spiritualism, particularly shamanism. Known as power animals or 'totems', shaman practitioners believe that animal guides offer us insight, knowledge and guidance throughout our lives. They act like a guardian spirit and offer us solutions and guidance.

Most commonly found in Native American history, a shaman will practise for years to connect to animal spirit guides, and some spend a lifetime dedicating themselves to being able to connect to the spirits of animals. Animal spirit guides are not limited to what we think of as animals – reptiles, birds, insects, amphibians and even creatures from mythology can all act as spirit guides too.

We often feel a connection to a particular animal from a young age and this is an indication that this is one of your animal spirit guides – you can have many and you may feel in tune with a different animal throughout different periods of your life. Now take our quiz to see what your animal spirit might be!

The quiz

Answer the below questions and make a note of how many As, Bs, Cs and Ds you choose.

1 What do you like to do on a day off?

- A I do nothing but lie on the sofa, eating popcorn and watching Netflix
- B I like to go outdoor swimming in a cold lake
- C I do crosswords and quizzes
- D I like to go exploring new places. The more remote, the better!

2 Where would you choose to go on holiday?

- A An all-inclusive resort somewhere warm
- B A place where I could go kayaking and scuba-diving
- C A city break where there's lots of activity
- D A spontaneous hiking holiday in the middle of nowhere

3 What would your ideal job be?

- A A carer
- B A charity fundraiser
- C A barrister
- D An entrepreneur

4 Where would you love to live?

- A In a wisteria-covered cottage
- B Anywhere by the sea
- C In a bustling city
- D Nowhere permanent

5 If you had £1,000 spare, what would you do with it?

- A I'd redecorate my home
- B I'd buy a hot tub for my garden
- C I'd go shopping!
- D I'd invest it

6 What do you think is your best personality trait?

- A I'm caring, loving and protective to my friends and family
- B I'm good at solving problems
- C I'm good at fighting for justice
- D I'm good with people from all walks of life

7 What defines fun for you?

- A Having my family round for lunch
- B A coffee and a catch-up with my best friends
- C Helping out at a homeless shelter
- D Taking flying lessons

8 If you had one wish granted for a better world, what would it be?

- A That there be no more wars
- B That climate change become a thing of the past
- C That there be no poverty
- D That there be no discrimination

SEE WHAT YOUR ANSWERS MEAN ON THE NEXT PAGE!

“Animal guides act like a guardian spirit and offer us solutions and guidance”

The results

If you got mostly As...

Your spirit animal is THE BEAR: Like this magnificent animal, you are kind, caring and will do anything to protect your loved ones. You take pleasure in the simple things in life and love nothing more than to relax. You are very down-to-earth and have a take-me-or-leave-me attitude, which attracts people to you. You love the warmth of the sun and would hibernate in the winter if you could. Just don't let your laid-back attitude prevent you from chasing all your dreams. You are empathic and sensitive to other people's problems and are the person people will turn to, not to sort their problems out, but to offer them comfort. Your style will be comfort over fashion.

If you got mostly Bs...

Your spirit animal is THE DOLPHIN: You are passionate about living life to the full and you love action. You will always be found doing something. You get bored easily, so it's important that you have things going on in your daily life. You are passionate about environmental issues and you love picking up rubbish on a beach or helping out at an animal rescue centre. You much prefer animals to humans and don't understand how people could hurt them. Your style will be casual and easy-to-wear.

If you got mostly Cs...

Your spirit animal is THE FOX: You are an inquisitive person who loves nothing better than a mystery. You are not afraid to ask questions and demand answers and rarely does anyone pull the wool over your eyes. You are confident and assertive, although this can sometimes come across as being abrupt. You will find that other people will seek you out for your good advice. You hate injustice of any kind and will be the first person to step up and make your voice known. Your style will be smart and business-like.

If you got mostly Ds...

Your spirit animal is THE EAGLE: You are a free spirit who doesn't like being told what to do. You are one of life's explorers and hate being tied down to any one place, person or job. The eagle is a highly intelligent animal: you pick up new things easily and absorb information like a sponge. You're a force to be reckoned with if someone upsets you! In time others will learn not to try and clip your wings. Your style will be a mixture of smart-casual mixed with a little bohemian.

"If your spirit animal is the fox, you are not afraid to ask questions and demand answers"



Deborah Durbin

is journalist and author of 16 books. She lives in the southwest of England and is mum to three grown-up daughters, seven dogs and a rabbit!

Nature's cleansing

energy

Looking for a way to boost the power of your crystals and rejuvenate their energy? Nature has the answer, says expert **Molly Bean-Harding**

I always say that you should cleanse your crystals when you feel called to. The process of cleansing removes old stagnant energy of the past and replaces it with a powerful life-force for your practices in the future.

One way we can do this is through nature. As Nooshin Razani (an American researcher who is passionate about the power of nature) says: "Nature has the power to heal because it is where we are from, it is where we belong and it belongs to us as an essential part of our health and our survival."

We can cleanse our crystals using nature in a few ways – with the soil, under running water, using moonlight and with one of my favourites: our breath.

Using the soil method will bring an earthy energy to your crystals, taking that connection right down into your lower chakras, but also working with the

rest too. Just plant your crystal into the ground like you would a bulb and cover with soil. You may leave it for as long as you wish but I say a few days is normally enough. Smokey quartz, carnelian and garnet would work best with this method.

2 Running water will move smoothly and lightly through the crystal creating a strong connection with the crown. Just place your crystal under a running stream or even just your tap for a couple of minutes to receive the flow. Quartz, moonstone and amethyst would be good choices for this method.

3 Moonlight brings all things mystical, enlightening and transforming.

To tap into this power, place your crystals that are water-safe outdoors. I normally use a big tray that I go round my house with, placing each one in, and then I pop the tray outdoors. The water-unsafe crystals can be placed on any windowsill

where it will catch moonlight. I leave them for a couple of days here. Labradorite, chrysocola and malachite will love bathing in moonlight.

4 Connecting to nature is very powerful and we can cleanse our crystals using our own connected breath. Go outside, and breathe in and out steadily, listening to the birds and the sway of the trees. Once you feel you are plugged in, hold your crystal up to your mouth and breathe in for a count of five and out for a count of five onto your crystal, with the intention of clearing and cleansing for your highest good. Do this five or six times. Crystals such as flower agate, moss agate and tiger's eye will take well to this.

Choose whichever method you feel drawn to the most, go with that and you will feel a difference when working with your crystals once they have had their cleanse.



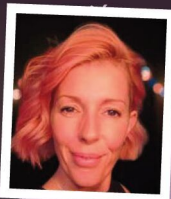
Molly
Bean-Harding



Founder of online crystal shop and wellness page *The Crystal Sky*, Molly Bean-Harding is a holistic healing and crystal expert, covering all aspects of spiritual growth and deep inner transformation. Find out more at thecrystalsky.co.uk

Tap into the magic of nature

Some of our favourite experts provide advice on how to get back in tune with nature and use its energy to benefit your life...



FIND YOUR HARMONY

Laura Morrice, an energy healer, spiritual life coach and best selling author, says the key to living a spiritually-fulfilled life is being in balance with nature

So many problems that people face today are because we've lost so much of our connection to nature. Even during the last two generations, there has been a drastic decline in how much time kids spend outdoors, and that's just kids!

Our modern way of living has accelerated so fast; we aren't designed to *not* be in flow with our natural environment. On the contrary, we are meant to live in harmony with it. It's no secret that when you get your hands dirty (with soil), it releases microbes that can stimulate serotonin - our happy hormone. Walking in nature reduces stress levels; walking barefoot naturally

grounds your energies by harmonising them with mother earth; the list goes on.

Our recent ancestors still lived in harmony with the environment and seasons. They understood the importance of being in the flow of nature and its positive effect on our overall wellbeing. Nature is not something we should alienate ourselves from because we are part of it.

While modern cities can make it hard to escape the concrete jungle, there are still things we can do. We can start by stripping away the layers of false human conditioning to reveal who we really are under that manufactured surface. Your higher self remembers who you are and will help you navigate your way. But first, you've got to show up and commit to change before the universe can support you. Find your unique energy alignment with my 1:1 or group coaching programmes.

Find out more by emailing [Laura on laura@lauramorricer.com](mailto:Laura@lauramorricer.com) or visit her Facebook page: [facebook.com/lauramorricenergyhealer](https://www.facebook.com/lauramorricenergyhealer)



USE SPRINGTIME ENERGY TO CLEAR

Spiritual declutterer **Carolyn Creel**, founder of the CLEAR method, believes the magic of spring provides the perfect opportunity to help clear your mind and home

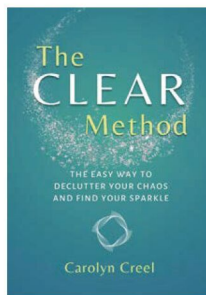
I like to say a clear home is the sign of a clear mind. But it's not just about decluttering things. It's about decluttering every area of life slowly and with support - my new book *The CLEAR Method* or my CLEAR method sessions are a great place to get started.

I believe our home is an extension of self. When your home and environment are cluttered and stuck, you are cluttered and stuck. The clearer your energy field and home, the more receptive you become. I

mean, doesn't it feel amazing at this time of year when you can finally open all the windows and let the new fresh air in?

It's not just our spaces that need clearing, getting out in nature daily is a great way to clear the mind; and I like to really notice everything, if my dogs allow. One ritual I love to do in spring is cloud watching. I love watching clouds and the shapes that appear in the sky and being able to predict where they are going next. It's such a beautiful and joyous way to take time out with family or on your own.

Find out more by visiting carolyncreel.com





LISTEN TO MOTHER NATURE

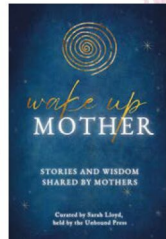
Looking for a new book to add to your collection? *Wake Up Mother* is a celebration of Mother Earth and our own individual journeys to become a mother

Wake Up Mother is nourishing medicine for the mother inside of you. You have a vast, untapped, fertile field of mother energy, regardless of what or how you choose to mother, and it's just waiting to be honoured. This inspiring new book is a collaboration of 14 powerful women sharing their different perspectives on the journey to mother.

Wake Up Mother aims to shine a light on the wounds and the shadows of the mother, in turn celebrating all that is birthed in the cosmic womb of creation – the future generations, the businesses, the space and communities we

hold, the ideas, products and services we create and the great Mother Earth we reside on. Our coming together is an honouring of the way of the circle and the weaving of creation and all that is mother. We are a movement, who want to support other mothers as they wake up to the possibility of change.

"With no instruction manual on being a mother, all we have is the opportunity to learn from the shared, diverse experiences of our own sisters, and the sisters that came before us," says curator Sarah Lloyd. "*Wake Up Mother* is a gathering, a space-holding and a sharing of strong, feminine energy in book form. The women who felt called to be a part of this project weave together tales of their interesting, emotional and triumphant rites of passage through pain and towards healing, to help you shine a light on the unseen mother that you are." Find out more at wakeupmother.com



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HAVE YOU BEEN CHECKED FOR ... ENTITIES OR NEGATIVITY

Do you feel like life is more difficult than it needs to be? Are you having nothing but bad luck? Do you feel you have entities attached to you or maybe someone is sending you negativity? Why not get checked out?



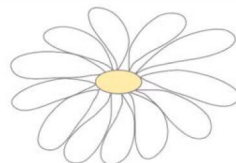
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PSYCHIC GUIDANCE

In this section, our beloved team of *Soul&Spirit* gurus answer your divine dilemmas and help give support and guidance with your own psychic journey

THIS MONTH'S READING



Wonder what April will bring for you? We asked psychic and clairvoyant Wendy Dove (wendydove.co.uk) to pull a tarot card and tell us what it means...

"Seven of Wands sends a clear message to not allow yourself to compromise your thoughts and opinions to make others more comfortable or to avoid an argument. Speaking your truth will keep your foundations stable, and show those around you that you are strong in your convictions," she says.

"So, what does it mean for you? Everything may come to a head at the end of March - there may have been some issues with family

matters or certain individuals causing you concern in your career. Most issues will now be resolved or diluted and you will move into a somewhat more stable situation, especially at home. You have a good and solid position that others may envy, so stay alert, and steer clear of idol gossip. Your self-confidence can win the day in career prospects, however, you'll find yourself jostling with others to reach a goal. As far as love goes, it would be wise not to get into any conflicts, and it is better to resolve an issue with a romantic gesture rather than trying to win. To conclude, believe in yourself, stay alert to those who want to tread on your toes, and have patience where your home life is concerned."

★ YOUR GURUS ★



Eleanor Grace



Daisy Foss



Rachel Jackson



Trish McKimley



Maureen Rolls



Laura Morrice



Karen Kay



Chrissie Astell

TURN OVER TO SEE OUR EXPERTS IN ACTION

YOUR Cosmic connections

Our team of angel gurus, spiritual coaches and crystal healers address your life dilemmas

Missed opportunities

Q “I recently lost my dad, and there’s so much I wish I could have said to him before I died. How can I let him know what I’m thinking?”



Laura Morrice,
energy healer,
spiritual life
coach and author
([facebook.com/
lauramorriceenergyhealer](https://www.facebook.com/lauramorriceenergyhealer)), says:

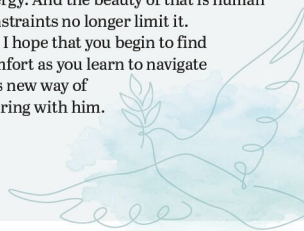
A “First of all, I would like to say how sorry I am. I also lost my dad recently, so I understand the mix of emotions you’re going through.

Your dad has only gone in the physical sense. His energy is not only all around you, it’s also within you. Part of his energy went into your make-up; that connection will never break!

He knows and, more importantly, feels you and all the things you want to communicate to him. When you want to speak with him, talk out loud. If it helps, you can do this while holding a photo of him, or even light a candle, or do it while out in nature.

I know this is not the same as having his physical presence, but the connection isn’t any less. Your relationship with him has changed from physical to non-physical energy. And the beauty of that is human constraints no longer limit it.

I hope that you begin to find comfort as you learn to navigate this new way of sharing with him.



Connect deeply

Q “Why is it that some people are gifted naturally with more psychic abilities than others? I really want to realise my own inner power, but can’t seem to get anywhere!”



Wendy Dove, who has worked as a psychic for over 45 years ([wendydove.co.uk](https://www.wendydove.co.uk)), says:

A “I truly believe that we all have psychic abilities and they are most likely connected to our primal senses that have existed since ancient times. However, as we have evolved, we have lost them, and so it is important to make an in-depth connection with your inner self and connect with ancestral energy. Meditation may help you with this, and also thinking



about how you handled a difficult situation, and how your senses helped you cope. I know many people with strong psychic abilities have had difficulties in their lives, and it’s almost as if the primal senses kicked in to help, and in doing so, opened a door. Of course, there are many books available and places such as spiritualist churches that can lead you to like-minded people. There is a lot of help and guidance out there, but it has to start with yourself, and meditation can help in many ways, as clearing your mind of the everyday clutter can help you connect and discover your long-lost abilities once more.”

SOUL CLINIC WITH 3 EXCLUSIVE EXPERTS

Welcome to our spiritual life makeover slot, where help is on hand to everyone.

Every month, we talk to three experts from different spiritual fields to assist a reader on a dilemma in their life. Are you in need? Email us at soulandspiritmagazine@aceville.co.uk and we'll talk to the experts for you.

Q I love my friend but I can't help but feel energetically drained after I spend time with her. What can I do to help protect myself while still being there for her?



From the ANGEL HEALER
Daisy Foss, a merlin, angel healer and spiritual coach, says:

A Energetic draining is considered an unconscious act and occurs when someone is afraid or anxious. Invite the archangels to shield you in their light and to ground you and your friend.

Before you meet anyone who depletes your life force, prepare yourself. Take a big deep breath; with a tap anywhere on your body, intend to anchor yourself. This will strengthen the resilient, energised, safe feeling you normally have. Act as if you are putting on an imaginary etheric magnificent blue and gold cape of protection from Archangel Michael. Feel the hood over your head and the cape right down to the floor and swish and sway.

It's important to feel this movement as it creates a vortex of light bubble from the tip of your toes to the top of your head. Imagine you

are swathed in a ball of love and light, a safe and secure place to be.

From this space of love you can always be there for your friend, fully protected by the angels.



From the SPIRITUAL LIFESTYLE EXPERT
Trish McKinley, a spiritual lifestyle expert, manifesting expert and goddess coach
(trishmckinley.com), says:

A Whether it's a friend or energy vampire draining you, here are ways to protect yourself:

- 1 Envision yourself surrounded by a white screen. Intentionally programme the screen: "I call upon the Divine light to surround me with protection. I ask this screen be programmed to shield me from all negativity while transforming any low vibrations into love, light and positivity. So mote it be."
- 2 Wear white. White deflects and protects against negative energy.
- 3 Carry crystals. Black tourmaline transmutes negative energy and repels low vibration. Malachite protects against negative energies. Citrine promotes positive energies and maintains good vibes.
- 4 Invite fairies to help you maintain joy and stay positive. Say: "Dear fairies, please protect my good vibes. Thank you for sharing your joy and laughter."

5 Send your friend angels to help them. Say: "Dear angels, please wrap your wings around them with love bringing them peace, joy and positivity." After every encounter, release any negative energies by taking a powerful cleansing breath completely releasing with a forceful exhale.



From the MANIFESTING COACH
Rachel Jackson, manifesting coach, podcast host and author
(manifestingstraighttalk.com), says:

A This is always tricky but there can be a couple of things happening.

First of all, you may be acting as an enabler for them. In this scenario they offload and pass the problem energetically onto you. You are left trying to fix things for them and they don't feel responsible anymore.

You may find yourself giving the same advice over again. It helps to ask them some questions, such as 'what can you do to make yourself feel better?' and 'is there a different way you could look at this?'. This may feel strange, but it stops you taking the energy on yourself.

Secondly, it may be that their thinking is no longer in alignment with your own. With this scenario it's about protecting your energy. Imagine a circle of mirrors around you pointing outwards so everything reflects back to them. You can also imagine yourself in a golden sphere of light. Once you have seen them, imagine a channel of golden energy coming down from the heavens and washing over you, releasing anything that is not yours.

Our Q&A advice is never intended to replace professional guidance from medical experts.

Get involved!



Have a question? Send an email to: soulandspiritmagazine@aceville.co.uk with the guru you'd like to answer your query, and we'll get it answered!

BE GUIDED BY THE *fae*



Elemental expert **Karen Kay** uncovers the connection between animals and the fae, and reveals how we can receive their guidance

Yes, animals can not only be signs from Spirit but also messengers of the fae. When you think about it, it makes total sense... After all, fairies are guardians of the land, and animals inhabit the land, so there's already an inherent connection there. So, let's take that one step, or a hop, skip and a jump more and explore this further!

Unveil the magic around you

Have you ever seen an animal, a bird or insect perhaps, behaving in an unusual manner? Chances are, it could be a fairy messenger – fairies are known for their magical abilities of shape-shifting. This alliance is strong, because fairies and animals have an interest in the land. They love Mother Earth and they need her for their survival, so it makes total sense that a symbiotic relationship would evolve. Next time you're out in nature, become extra aware of your surroundings. Keep a look-out for any unusual or distinct behaviour from the wildlife around you. Unusual activity doesn't necessarily mean that an animal is a fairy though – the ones that are will make it very apparent to you! Fairies that have shape-shifted into animals will always have a magical aura about them, it's pure instinct and you will literally feel it in your gut. The only person who can truly know if an animal is from Spirit or the fae is you! If you see any unusual animal activity,

notice how it makes you feel, that first fairy-flash if you like!

Hot down your encounters

The next time you notice something out-of-the-norm, be sure to write about it in your journal. Write down the circumstances, the weather, how you were feeling, and what happened. Remember to add the date too. Refer back to your notes and see if any patterns emerge. Were the circumstances similar? Was it sunny, rainy stormy? As I often say, there really is no rhyme nor reason with the fae! Everything is inside out, back to front, upside down, betwixt and between with them! So please don't try to make sense of it if it does not occur naturally, for that is the way of the fae! Just journal and all will be revealed over a longer period of time.

Create a fairy door

Being outdoors will facilitate a closer connection to the fairies, but you can also do this inside as well. Sitting next to a houseplant will have a similar effect if you are not able to get outside and placing a fairy door inside your home is a clear sign that the fae are welcome. However, I always warn against this until you have established a trustworthy connection with the fae first, for they are also known to be mischievous and you could soon find things going astray! So, ideally, place any fairy doors outside your home, in a garden if you have one.



“Fairies that have shape-shifted into animals will always have a magical aura about them”

NOW DEEPEN YOUR CONNECTION

Try this calming nature meditation for guidance from the fae

1 To begin, find a quiet space outside in nature where you won't be disturbed. The wilder the better, but make sure to always stay safe and to keep away from any steep drops.

2 Then, close your eyes and tune in to your the energy of your surroundings. Ask your spirit guides (if you know them), your ancestors, angels and the fairies for protection.

3 Then, imagine a golden cloak of protection being placed over your shoulders. Know that this magical golden cloak will keep you safe and protected at all times, only allowing the energy of love to filter through.

4 Next, call upon the fairies! This can be done either out loud or in your mind if you prefer. Chant, “fairies of nature, I feel your presence, please give me a sign that you are near, and let me hear you loud and clear!”

5 Now, become aware of any sounds or sights that occur around you. If you do perceive something, be sure to acknowledge this by thanking the fairies who are nearby. Be in this meditative state-of-mind for as long as feels right – enjoy the sense of peace that this brings.

6 To close the communication, say thank you to the fairies before opening your eyes. Be patient, and receptive to any messages, visions or ideas that might manifest over the coming days or weeks, and remember to jot everything down in your journal – you might choose to have one specifically for this practice.

7 Finally, remember to have fun! Know that you can repeat this meditation at any time and repeat each step as you wish.

Karen Kay

is the author of *Oracle of the Fairies* and *Messages from the Mermaids*, both published by Hay House.

Karen works with fairies, mermaids, unicorns and angels and hosts the Award Winning 3 Wishes Fairy Festival in Cornwall and Faery Events in Glastonbury. Visit karenkay.co.uk and Instagram or Facebook @karenkayfairyy, or @karenkayfairyyofficial on TikTok.



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MY SPIRIT ROOM with

Eleanor Grace

In the first part of her new column series, **Eleanor Grace** talks about how to connect to loved ones



During early spring time, I am always aware that Mother's Day can have a big impact on people who might have lost someone they were close to.

At this time of year, I am mindful of Hayley who wanted to connect with her grandmother who had recently passed over and also repair her relationship with her own mum who she had fallen out with over a silly argument. Hayley followed this visualisation, so let's see what happened to her – and you can try it yourself too if you want to connect to a loved one.

Create a psychic visualisation

This is the first step to gaining the required quiet mind to achieve a psychic connection with Spirit. So choose a quiet time when you can meditate without any distractions. Light a candle and concentrate on the flame. After a few sessions you will see the candle flame in your mind's eye, commonly referred to as your third eye. Opening this chakra creates focus and restores clarity.

Hayley couldn't do this at first but persevered over a few days and then her eureka moment happened. She could see a tiny light which suddenly expanded like an exploding star.

Imagine a peaceful scene

Now imagine somewhere calm and still. You could try looking at a seascape, a night sky full of stars or a park with a glorious fountain and lots of fresh flowers. Importantly, you are the only one present in your scene. Try to notice the colours, the aroma or a gentle breeze. Your psychic senses are being stimulated!

Hayley chose the seascape and looked towards the horizon where she noticed the sunrise.

Find your pathway

You are now ready to create a pathway to

your spirit guides. Think about your loved one passed over and imagine a bubble in the sky with their face placed inside. Whisper their name and remember the love shared.

Hayley burst into tears at this point as she felt so emotional when she said her Grandma's name. Hayley decided to end this session and try again another time, but she saw a bird flying towards her bubble in the sky. Was this a sign, she thought?

Enter the spirit room

Now it is time to invite Spirit into your space. Ask your loved one to join you in your private scene and sit next to you. Look for any movement and keep your mind concentrated. You may sense changes in the atmosphere around you, but you are protected with the candle flame and you know that you are perfectly safe. Speak to your spirit guide, say how you feel and know that you are not being crazy! Ask a question and ask for a signpost to be sent to you.

Hayley felt Grandma Alice touch her hand. Hayley couldn't see her Grandma but she sort of knew that she was there. Hayley couldn't hear her either but she heard her Mum's name, Linda. Hayley nodded to herself. She knew her Grandma was here, right next to her.

Hayley asked about her mum and about her boyfriend, but nothing happened. Then another light began to shine next to where she thought Grandma Alice was

sitting. Hayley began to get a little uneasy, but soon settled her mind when she felt her Grandma's touch again.

Wait for a sign

Finish your psychic visualisation by gently opening your eyes, blowing out the candle and whispering your thanks to Spirit for joining you.

Practise your visualisations and over time you will see and feel more and more connections with your loved ones and spirit guides. Signs are often given within a short time frame of about a week or two. Look for coincidences, unusual meetings, finding things that are lost or mending broken relationships.

What happened to Hayley?

Hayley's mum, Linda, visited Hayley at university out of the blue. She had found an old photograph album and inside were some beautiful photographs of Grandma Alice.

Hayley was thrilled, emotional and overcome at making up with her mum. They both said sorry. Hayley also showed her mum the engagement ring that her boyfriend had proposed with. Linda said: "Oh Hayley, it is just like the one Grandma Alice had. A single diamond." Hayley was quite sure that Grandma Alice had sent her some signs.

Eleanor Grace

is an established celebrity psychic medium. Eleanor shares her knowledge and skills in her *Psychic Destiny USA* live TV show, broadcast every Tuesday, *Psychic Live UK*, every Monday, and *Psychic School* on Facebook, Instagram and gracedestiny.com




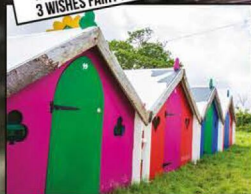
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Maureen Rolls
**Animal
 Magic**



*Phantom's human
 friend Stacey says:*

I want to send my love to Maureen. This message was so touching and has helped ease the pain surrounding Phantom's death. To pick up on things Maureen said, my grandmother died a few years before we had Phantom and she loved cats - I feel it was her energy that was picked up. Also with the bauble, Phantom always loved playing with bottle tops on the floor and making noise with them. I can definitely see him making the noise with the bauble. When he was really young, he also climbed in the Christmas tree! He was such a chaotic cat. Thank you so much for this, it was very emotional.

Maureen delivers a healing message
 from passed kitty Phantom

When I tuned into Phantom's energy, he wanted you to know that he was killed instantly and that there was no pain. He said that there is no blame, and that you did nothing wrong - the event was a result of him being panicked and a driver who was distracted by their mobile phone. Phantom was in the wrong place at the wrong time, and he is sorry for the hurt this caused.

When he crossed over, his natural spirit family were there to greet him, as well as an elderly lady from your spirit family - this felt like a grandmother figure.

He is safe and fine, and he wants you to know that he adored and loved you and the family. His life may have been short but he learnt a lot from you. He also said that this experience should not stop you giving a home to another cat, nor should it prevent you from allowing this pet to have the freedom that cats require - there is no blame for freedom, we all need it to grow and learn.

And yes, he comes to visit you all, so listen for his signs. At this point in the reading, he showed me him hitting his paw on what looked like a Christmas bauble and I could hear a tinkling sound. I feel that he did this last Christmas? Keep listening, he will let you know when he is around you. I then gave him your love and he left.



PLEASE HELP MY PET!

Do you have a confused canine who barks at odd things or a cat who needs her heart healing? Has your pet passed and you'd like to communicate with them? Email soulandspiritmagazine@aceville.co.uk for angelic assistance.

Maureen Rolls

For more info on Maureen's work go to angelandanimalcommunication.co.uk.

Purchase Maureen's new book
*Welcome To My World of Animal Communication
 and Healing* (£8.99/£12.99, Hay House)



Transform with **LOVE & LIGHT**

Angel expert Chrissie Astell explains how we can connect with higher beings of light and discover our soul mission

April is truly my favourite month of the year. The buds on the trees are bursting with fragrance and promise, and of course, Easter is around the corner, promising re-birth, opportunity and renewal. I love the beauty of nature throughout the year, and living in the countryside of rural England I find myself in endless awe and gratitude to our Mother Earth for this wondrous creation that we live on.

Commune with nature spirits

For me it's not difficult to imagine our ancestors communicating with nature spirits among the trees and I feel so happy that for so many of us, this ability is being re-kindled. I certainly connect with the angelic energies of the fields and woodlands and love to communicate with them telepathically as I quietly stroll through the woods with my dog. I speak to the trees and send them gratitude for their majestic beauty and for their role in

“Working with the energy of angels can be truly life changing”

oxygenating the air. And sometimes, I see a sudden light shudder, or a tingle on my scalp – these are signs from the tree spirits responding with their energy vibration!

Get to know the hierarchy

There is a natural hierarchy within the angelic realms, and it begins with the nature spirits of the flora and fauna. These spirits are also known as nature devas – the wilder energies of fire and water. They are the lively elementals which we learnt as children to call fairies, sprites and elves. I believe these elementals really do exist as energy forms and work together in the natural world. And, it is just as important for us to develop our communication with these spirits as it is to commune with our guardian and arch angels.

At the top of this natural hierarchy is the cherubim and seraphim, serving the highest vibrational energies of the pure love and light of God. One of these higher angelic beings is Archangel Uriel, the angel of the planet earth, or gaia herself. Being the angel of the element of earth, this powerful being encourages us to ground our spirituality by embracing the natural world. By learning to work with this strong, nurturing energy we can learn to become even more nurturing ourselves – taking more responsibility for the care of our home environment and for our planet.

Call upon Archangel Uriel

Archangel Uriel's energy is hugely supportive, magnificently strong and gives us 'spiritual stamina'. This beneficent celestial being works within the realm of the 'angels of peace', bringing inner harmony to spiritual life and calling us to serve as a catalyst or channel of world peace in any which way we can. You may not feel like a 'world server' yet, but you can certainly call upon Archangel Uriel if you are feeling out of balance or if you feel the need of some stability and strength during a difficult life situation.

To tune into Uriel's energy, simply take a few moments to centre yourself by breathing deeply, calling his name three times, closing your eyes momentarily and visualising deep purple, ruby red and gold lights around you – these are the colours of Uriel. Ask for his light, his strength and inner peace to fill your mind, body and soul. Breathe the peace down through your body imagining every cell becoming saturated with this calm, strong and peaceful energy. After all, how better to radiate our light and 'walk our talk' than by developing a strong sense of inner peace, no matter the external circumstance we may be facing?

NOW TRY SOMETHING NEW

Gain guidance from above

Spring is a great time to reflect upon our spirituality, reviewing our beliefs and practises and gently discarding that which no longer serves us. This powerful meditation purifies the top chakras, specifically the heart, throat, third eye and crown chakras, strengthening our communication with higher beings of light.

1 To begin, remove distractions, light a candle and take some slow, deep breaths. Then, envision a white lotus flower opening gently above your head, revealing a radiant beam of white light.

2 Envision a shining orb containing all the colours of the spectrum emerging from this light beam. Invite this vibrant ball of loving energy to cleanse and purify your crown, letting go and dissolving all thoughts or memories which may contain the unwanted energy of others.

3 Now extend this clarifying orb of light to your third eye – feel the warmth from its pure, loving energy. Take your time and repeat this step for your throat chakra before visualising the light reach your heart.

4 Now your top chakras are open and cleansed, ask the guardian angel to bless you with a message. This may be in the form of an emotion, a sensation, a word or picture in your mind, or a fragrance or sound.

5 When you're ready, call upon Archangel Uriel and ask that he reveal how you can best serve as a channel of peace. Sit for as long as you wish in this wonderful energy before thanking the angels for their assistance. Envision the shining orb ascend back to its source, closing the thread of light which is always with you.

6 Finally, breathing steadily and consciously, make yourself aware now of your own familiar surroundings, closing your crown, brow, throat and heart, in your mind's eye. Finish the practice by stepping into a protective bubble of imaginary light.

Christie Astell

is an award-winning inspirational author, healer and angel expert, who leads life-changing courses and retreats all over the world.

Find out more at angellight.co.uk





Spiritual Living

Your everyday guide to leading an authentic spiritual life

Spring forward

It's amazing how the onset of spring can make us feel uplifted and empowered, and to celebrate this, we have a whole host of brilliant features in our Spiritual Living section to help you embrace the joyful nature of this season. There's advice on how to dress in alignment with your aura, ways to incorporate reiki into your meditation, tips on cleansing your space and much more.

Spring is also a great time for reflection and looking forward, and so we've also asked Gillian McMichael, a transformational coach and author of *Coming Home: A Guide to Being Your True Self*, to share her advice on how to gain more clarity about your thoughts and feelings.

"Sit in front of a mirror and set a timer for 30 minutes," she advises. "Take some time to connect to your breath. Place both feet on the ground and rest both hands on your lap, so you settle into yourself. When you have done two minutes of breathing, open your eyes and take a good look at the reflection in front of you. Who do you see? Take time to look at your face, your features, your eyes, nose, hair and lips. Notice who is looking back at you without being critical of yourself or finding fault. Look to truly see who you are. Every couple of minutes, ask yourself, 'Who am I?'"

"Ask yourself the question 12 times, each time writing down the answer you get. Keep asking until you get to your core. I encourage you to peel away any protective layers you have wrapped around you. Stand in the mirror and take a good, long look. Write down all the labels you and others have given you; keep asking yourself, 'Who am I?', and see what emerges."

It's a deep and insightful exercise, and we hope it helps you uncover your inner truth.



INCLUDES
YOUR MOON
AND STAR
SCOPES

QUOTE ★
TO LIVE BY ★

“When you do something noble and beautiful and nobody noticed, do not be sad. For the sun every morning is a beautiful spectacle and yet most of the audience still sleeps”

John Lennon





KARMA COACH

TAP INTO

Divine oneness

Fall in love with Mother Earth and reignite your life lust with Karma Coach Nikki's top tips for harmony and vigour

What do you see in the mirror? Often, we just check that we're good to go, but if you take a deeper look, you'll realise that you're gazing at a reflection of the universe.

Almost 100 percent of the elements in our body were made in the stars. Mother Earth and the human body share a similar electromagnetic frequency, too; our arteries and veins reflect her rivers and streams, and we share an almost identical concentration of water – around 70 percent. Essentially, our connection to the planet is literally bone deep. We have crystals in our inner ears, our eyes and our bones. And, the trace minerals in the soil are absorbed by our body to provide essential nourishment for our physical processes and functions.

Allow harmony to flow

It's essential to maintain this profound cellular connection if we want to be well, with balanced, grounded emotions and plenty of life-force energy. People who

spend a lot of time outdoors are often noticeably more vibrant and present than those who sit in front of a screen for much of the day, divorced from their source of vitality.

We often invite people to come indoors 'out of the elements' but if we spend too much time away from the wind, sun, earth and rain, we quickly become depleted. Eastern medical systems stress the importance of keeping these elements flowing round our bodies to maintain inner harmony. Modern life frequently disconnects us from nature so it's important to redress the balance as often as we can.

Time spent around animals, plants, rivers and trees plugs us back into life. These life forms reflect their origins with greater purity and simplicity than we do – they haven't lost connection with the natural rhythms of growth and decay, contraction and expansion. When you remind yourself where you come from, you strengthen the roots that allow you to grow and flourish.

NOW TRY SOMETHING NEW Spark your soul with nature

Make a habit of these soul-nourishing practices to reconnect to Source energy.

1 Observe the sun rise and set

Nature creates masterpieces of breath-taking light and colour at the start and end of each day – stopping to appreciate them is food for the soul. Whatever's going on, it reminds you that 'this too shall pass'. Whether it's something 'good' or 'bad', be present with it.

2 Create a seasonal altar

Once a week add something to your altar that reminds you of the season. Anchor those energies in your space and it will help you stay in tune with the reflective time of winter, the potential of spring, the expansion of summer and the abundance, discernment and letting go of the autumn months.

3 Be aware of the lunar cycle

Look at the moon before bed and notice the phase it's in. It has a significant impact on us

3 ESSENCES FOR CONNECTING WITH NATURE

● Boji stone

This is the perfect essence to deepen your connection with nature and animals. It's an excellent ally for anyone working with plant medicine or energetic animal work and communication, such as equine therapy. It strengthens your ability to communicate telepathically with other living things and channel their messages and wisdom. Boji stone helps balance your masculine and feminine energy and draws out the subconscious old patterns that no longer serve you, so you can make different choices that take you in a new, positive direction.



● Mountain ash

This essence can help us appreciate the divinity of all life. It can deepen all types of love through promoting greater appreciation for the planet and other species. It can help us be more tolerant of other people's choices that differ from ours, and support us in finding ways to share the planet more peacefully. This essence makes it easier to reach a compromise in long-running feuds. It helps us see life from a higher, wiser perspective and allows us to celebrate our differences.



● Borage

Borage boosts courage, eases sorrow and brings back enthusiasm for life. It helps you feel confident in your own guidance. It helps transmute discouragement and brings a feeling of "togetherness" with family, friends and community. It can give you a closer bond with pets and animals, as well as plants, and encourages appreciation and respect for other's needs.



You'll find these essences within different blends at: spiritoftransformation.com
With acknowledgement to: The Gurudas Essence Books, Crystal Herbs, Morningstar Essences and Pegasus Products

AFFIRMATION OF THE MONTH:

"I'm part of nature and an expression of the Divine, as are the trees, plants and animals. Every day I wake with appreciation for the beauty of this planet and all its life forms."

as its magnetic energy waxes and wanes. It doesn't just cause external bodies of water to ebb and flow – it impacts growth too. Ancient wisdom always knew when to plant according to the moon's phases, when best to set out on a journey, start a project, celebrate an event or bring closure to an endeavour. You too can use its energies to help you manifest what you desire. And, the more you attune to it, the easier that will be.

4 Look up to the sky

Every hour, simply look up at the sky with awareness. Set an alert if you need to. For just a moment, take in the clouds, the colours, the birds, the insects, the sun or the moon. It will take you from the state of contraction to expansion, from tension to relaxation.

5 Feed the birds and critters

Get a bird feeder or put food out for wildlife. This will create a relationship between you and the living beings around you. Plant flowers and herbs – even if it's only in a window box. It builds a sense of connection through the heart to nourish life around you and gives you a

sense that you make a difference in the world. Remember to double check what food is safe for the birds and animals before feeding.

6 Take an intentional walk

Focus on a question you'd like guidance on before going for a walk. Notice what happens – if you witness a bird hovering, for example, a squirrel's acrobatics, see a sign post, an unusual flower or a rainbow, or get lost and receive unexpected help finding your way. Every detail is heightened when you walk with intention. Nature is reflecting to you all that you need to see around your question.

Nikki Wyatt



uses vibrational medicine to release patterns causing problems with relationships, work, money and health. For your free soul flower reading, bespoke essences and personal guidance, visit spiritoftransformation.com

CLEAR. *the air*

Spring is the perfect time to clear your energy and space, says energy healer and alchemist **Sarah Lloyd**



In my last column, I talked about the power of community and the circles of women that surround us. I am blessed to find myself in, and surrounded by, many communities of magical and knowledgeable women and this is what I lean into when I find myself encountering the inevitable bumps in the path of life.

Something that I would love to share with you now are two pieces of advice that I, as a woman and a mother, struggled with at first but now better understand. Firstly, the importance of asking for help; and secondly, the importance of ensuring your energy field is as clear as possible. If you are mother of children reading this, you will know that if you are cranky and miserable, invariably your kids and partner will be too. This is why it is so important to cleanse and clear your energy and spaces daily.

Seeking support

I mentioned asking for help, too. Well, I am lucky enough to know and work with many spiritual healers and guides, all of which have shared wisdom, knowledge and influenced the way I have navigated life these past few years. And, one spiritual guide in particular helped me very recently to get clarity on where I wanted to go next in life.

I was finding it hard to pinpoint exactly where I wanted to get to and couldn't see the woods for the trees. Carolyn Creel is a client of mine, but I very quickly realised that she was also sent to me for a reason.

I felt the prod in the back that I needed to ask Carolyn to read for me. It turns out that prod was actually my grandmother, telling me to get on with it! She showed me that while it was great I was clearing my energy field through my regular reiki practice; I needed to do more. My physical environment needed tending to as well.

Spring clean

Carolyn asked me during my session if there was a room in the house that felt wrong and needed decluttering. You see, our homes are like energetic sponges – they hold onto memories, happenings and past trauma just like us. What Carolyn shared with me is energy in the home can be cleansed and cleared so the occupant becomes more open to receiving goodness in their life.

I hadn't put two and two together, but when I delved deeper, I realised it was our living space that was bugging me. My lounge hadn't been touched since we moved in seven years prior. And two years ago my husband started working from our kitchen table and hadn't ever really left it.

After that seed was planted, I began dreaming about a new clear space; a place to show off my singing bowls and crystals. I even picked up a beautiful pair of blue velvet curtains featuring one of my spirit animals, the kingfisher – a powerful symbol of abundance, freedom, adventure and balance.

I knew then I really needed that kingfisher energy in my home.

Gaining clarity

In order to bring in the new energy, it meant I needed to clear. So I followed Carolyn's CLEAR Method.

Out went the old battered furniture, which was recycled and sold on. Toys were rehomed and redistributed. New furniture and carpets ordered, and of course the kingfisher curtains sat ready to be hung when the space was redecorated, cleaned and clear.

Reimagining our lounge led to my husband creating his own workspace off the kitchen table, which has worked so much better.

And it's not just the physical spaces that have been impacted; it has been so much deeper than that. The simple act of reimagining our living space led to us as a couple working through some inner child wounds and it also extended to gaining more clarity in managing my energy in my day-to-day life and as a parent.

I am immensely grateful for following my intuition and booking my sessions with Carolyn. Sometimes we just need another perspective or someone to help guide you back to the path.

And as we now welcome in the spring equinox; and the glorious season of spring, it is undoubtedly time to move on to another room in the home. Time to declutter the spaces; and welcome in new fresh energy and new beginnings. If you are interested in learning more about Carolyn's work visit carolyncreel.com

Sarah Lloyd

A conscious mother to two girls, Sarah is passionate about giving people a voice. Through her own brand of magic-based, conscious PR, she has supported many women in sharing their stories. An intuitive, angel communicator and reiki energy master herself, her mission is to teach and guide others. Visit sindigosoulpr.com or sarahlloyd.co

NOW TRY SOMETHING NEW

In with the new

1 Introduce a daily practice to stay on top of mess and clutter

Be gentle and conscious, and if you have children, make it fun. Getting into the habit of clearing your physical space can be joyous especially if you make like Mary Poppins and turn it into a game.

2 Change the air

Something as simple as a deep clean which involves throwing open the windows can bring back sparkle and re-energise a space.

3 Release attachment to things

One comment that Carolyn has shared with me on more than one occasion, and which rang in my ears when I decluttered, was: "You can't take it with you". We love to hold on to things. Even if they no longer serve us. My sofa was 12 years old. It wasn't broken, but it was a relic of another time, another version of me. Being ok with letting it go, and investing in the new green one I coveted was a big but necessary step. If you need next level support, call in Archangel Michael to help you to cut ties to things that you are finding hard to let go of.

4 Plant sunflower seeds in pots on your windowsill

This is one ritual I love. The symbol of new beginnings and hope, and nurturing the seeds through springtime is deeply satisfying. It also teaches us how to take conscious action each day and celebrate the abundance and beauty the flower brings.





Energise your meditation

Want to take your meditation sessions up another level? Reiki master **Georgina Hemsley** explains how to incorporate the idea of reiki into your mindful moments



If you're looking for a new way to approach your meditation practice, reiki could be just what you've been searching for.

So, first things first, what exactly is reiki? Reiki, originating in Japan and discovered by Miko Usui in the 1900s, is a form of energy healing. It is now practised all over the world as a healing and self-development practice.

The term reiki relates to the idea of universal life force energy and has a soul purpose to heal and balance all that it comes into contact with. As energy is all around us, and is what flows too and through us, we can activate reiki to heal our own energy on a physical, mental, emotional and spiritual level. It works by connecting with our energy centres, also known as our chakras or meridians, as well as our surrounding energy. We can even harness its energy to heal our home, pets, plants, objects and situations and use it as a tool to support our manifestations and goals.

Reiki is believed to have many incredible benefits for our whole wellbeing. Like a warm hug for the soul, it always gives us exactly what we need in the moment. Working with our body's natural ability to heal itself, it gives us a boost of vital energy. Feeling stressed or anxious and experiencing racing thoughts, emotional pain and illness can cause energy blockages within our system, causing us to feel out of balance and low energy. Reiki clears these blockages to restore the body's natural energy flow, raising your vibration and creating a calm and balanced state.

A tool in meditation

Reiki is a meditative practice and you can activate reiki to support your energy system

during meditation. Reiki can enhance and deepen your meditation practice, especially if you are seeking clarity or oneness. It is especially useful when meditating for the purpose of self-healing, and can support your energy system to do this.

It's always good to remember that when meditating with reiki, and working with reiki as a whole, it is all about intention. Intention is powerful, and stating a clear intention is all that is needed for reiki to support us. Similar to manifesting.

To practice reiki and provide reiki healing to others, you need to go through a learning process and complete a course taught by a qualified reiki master. However, even if you're just starting out on your reiki journey, there are elements of the practice that can be implemented into your daily meditation practice. I believe there are two specific areas that everyone can tune into for manifesting. One is to learn how to connect with reiki energy and the second is to set intentions and evolve your self-care practice. Try the exercise on the right and see how you get on.

Georgina Hemsley

Georgina has been practising reiki for over 11 years. A qualified therapist, Georgina owned her own salon for three years specialising in massage, reiki and facial treatments and on organic, natural skincare. Georgina co-founded Hemsley Organics in 2020 with her business entrepreneur husband, Joe. For more, visit hemsleyorganics.com

NOW TRY SOMETHING NEW

Meditate with reiki

This meditation technique will help you to get used to sensing your own energy channels and create a deeper inward connection. If you're completely new to reiki you may not notice anything at first, and it may take a few sessions to settle in.

Prepare: Sit or lie comfortably, in a relaxing and calm space. Light a candle or play your favourite relaxing playlist. Keep your spine straight, rest both palms facing upwards and place your tongue on the roof of your mouth to help the energy circulate and increase energy flow.

Set an intention: Decide on your intention for your self-healing meditation and think about what you would like to receive. For example, it may be to de-stress or a more general intention like have a productive week. It can change each time. State this clearly in your mind or aloud.

Breathe: Close your eyes and begin to breathe deeply and slowly. Start to pay attention to breathing deep into your belly. Invite the reiki energy in with each inhale and send it down to the belly space with each exhale. Use each breath to deepen the connection.

Visualise: Once you feel comfortable with your breathwork, centre your awareness in your belly and visualise a healing white light coming from this space.

Focus on the energy: Imagine the healing white light is flooding throughout your body – all the way up to the head, and all the way down to the tips of the toes. See it connecting with the whole body.

Focus on your intention: As the reiki healing flows and connects, simply sit or lie in this state for as long as you wish and remind yourself of your intention, asking the reiki to deliver it to you. If you're new to meditation, you might want to start with just a couple of minutes.

Release: Once you feel ready to release, start to focus on your breathing again, using this as your anchor to ground and become present within your surroundings. Bring gentle movement to the body before opening your eyes. To end your practice give thanks to the reiki energy and yourself for your time and commitment.



Why you should try

Aura styling

You've probably heard of the idea of 'having your colours done' to identify the exact colours and shades that complement and enhance your natural skin tone, and hair or eye colour, but have you ever considered dressing to align with your aura colour? Aura styling is the latest development in clothing colour psychology, and it's revolutionary.

What is an aura?

We all have an aura; it's a natural energy field that you transmit out around your body and head. It's sometimes referred to as a biofield, and it contains an energetic imprint of who you are; your personality and characteristics. It's made up of many layers of energy, a bit like the rings of a tree, and each layer can store imprints and memories of things that have happened to you. Special photography can help you capture the colours in your aura, and the area of the body they relate to – but you can also train your eye to see these for yourself.

Reveal your energy field

Before you begin, start by taking a few moments to ground and centre yourself. Take a couple of deep breaths and feel your feet connecting to the floor. It can help to visualise roots extending down from the soles of your feet.

The easiest way to see other people's auras is with a plain white background behind them. Allow your vision to soften, and gaze three to four inches away from their head – you will see their energetic outline. Observe what colours you notice. At first it might be blurred or faint but with practise it will get clearer.

To see your own aura, stand in front of a mirror in a well-lit room. Close your eyes for a few moments and when you open

This new spiritual trend can help raise your vibration, amplify your mood and bring you into balance. Spiritual expert TJ Higgs explains all you need to know...

them, look at one specific spot, such as the middle of your forehead or the tip of your nose. Keep your gaze soft and unfocused, and you'll again see an energetic outline that follows the contours of your head. You might also see flashes of colour popping around you.

Whilst the aura itself can extend up to two meters from the body, it's often easiest to see the inner layers nearest to the body. Just like a mood ring, your energy colours tend to change depending on your emotional state. However, your true nature doesn't change, and these inner layers are the intrinsic colours that most strongly show up in your aura.

Why the location matters

The location of the colours within your aura can also provide an indication of where they came from and how you can balance them. The right-hand side of our energy field, for example, is where we energetically hold influences from our past – this might be emotional trauma, personal beliefs, or relationship issues with parents or previous partners, or, great love and compassion.

Our left-hand side, however, is the energy that you're inviting into your broader life right now. It represents current relationships, personal fulfilment, career, or your financial situation.

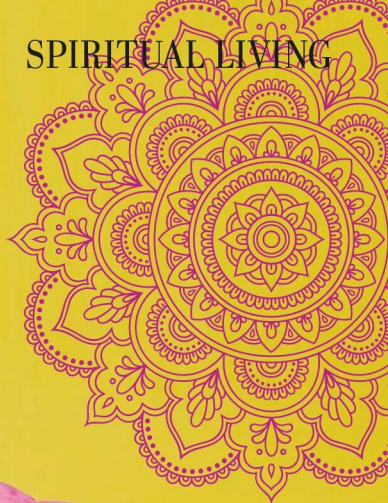
The other key area of importance is above the head which reflects your current emotional state. It is the part that most commonly fluctuates depending on how you are feeling each day.



Discover your spiritual colours

Colour psychology has shown that changing the colours we wear can influence our mood. When we feel more positive about ourselves, it raises our vibration, naturally aligning the energy of our aura, and bringing us into balance. By discovering what your core aura colours are, you can either choose to surround yourself with complementary colours that will enhance the natural characteristics of your aura, or you can make a conscious choice to boost other elements. This can be done by choosing colours that will enhance or bring out other parts of your character.

So, if your natural aura colours are blue and yellow, you might be calm, self-aware, and quietly confident, but if you want to feel more personal drive, creativity and passion, you might add more red and orange to your wardrobe. If you want to further develop your spiritual connection and intuitive gifts, try adding indigo accents such as a scarf, or a lapis lazulite necklace. For someone who is naturally energetic, you might want to add more blue to feel calmer or green to feel more grounded.



TJ Higgs

is one of the UK'S leading psychic mediums with more than 20 years' experience in the world of the spiritual and has worked alongside such names as Derek Acorah and Colin Fry. She especially enjoys working with auras, colours and angels. For more visit tjhiggs.com

↻
**Turn over
 for another
 expert's advice
 on working
 with colour**

Pick your colour

Spiritual adviser **Fiongal Greenlaw-Meek** reveals more about how to work with different colours

Take a look at the panel on the right, and discover more about what each colour means in your aura.

Once you have a sense of what each colour could represent, you can start using them in your everyday life to manifest what you want and improve your overall wellbeing. You can use these colours in one of two ways.

If you want more of a particular quality, you would start bringing more of that chosen hue into your everyday – be that in what you wear, the way you decorate your home or whether you choose to carry a small object or talisman of your selected colour. For

example, if you decide you want to develop your intuition, which is carried in the vibration of indigo and violet, you might start introducing pieces into your wardrobe that reflects this.

If you want less of a particular attribute, you would surround yourself with the complementary colour of what it is you need to balance. If you're unsure what the complementary colour is of another, look it up on a colour wheel and find the colour opposite it. For instance, if you're feeling frustrated or angry, which is associated with red, green will be the perfect antidote for balancing those feelings.

YOUR SPIRITUAL COLOUR WHEEL

Below is a list of some auric colours and their meanings. Bear in mind the significance of each will vary from person to person so follow your intuition as to what they mean for you:

Red: Pertains to circulation, the physical body and the heart. In its higher aspect, it's an indicator of a healthy ego, stability and being strong-willed. In its lowest aspect, red energy can give way to anger, unforgiving, worry or nervousness.

Orange: Points to the reproductive organs and feelings. It is the colour of vigour, vitality and enthusiasm. In its higher aspect, orange energy shows creativity, confidence and healthy relationships. In its lowest aspect, it can give way to stress and addictions.

Yellow: Represents life energy – qi or prāna. The colour of optimism, awakening, inspiration and intelligence. Its lower aspects can speak of an inflated ego and over-confidence.

Green: Connects to the emotional heart and lungs. It's the colour of nature, representing growth, balance, healing, and depicting love for all sentient beings and Mother Earth. Those with colour aura need to ensure that they're not giving too much or are too influenced by the needs and demands of others.

Blue: Pertains to the throat and the thyroid, therefore indicative of communicators. It is also a cool, calm and collected energy. Writers, public speakers and linguists will often have a lot of blue in their auric field.

Indigo: Pertains to the third eye and is a colour of deep feelings, intuition and sensitivity.

Violet/Lavender: Relating to the crown, pineal gland and the nervous systems. It is the most sensitive colour in the aura. People with a lot of violet in their auras are usually highly artistic, psychic, intuitive, visionary and magical.

Top tip: Find objects for each colour. Lay them out in front of you, close your eyes and select one intuitively. The colour that you've picked is likely either a quality that you want more of (you'll feel a positive inner response), or, an energy that you need to balance (pay attention to any feelings of resistance or discomfort).



**Fiongal
Greenlaw-Meek**

is a tarot master, psychic artist, spiritual adviser and founder of The Wellness Foundry. For services, visit wellnessfoundry.co.uk

HEAL WITH *animal love*



Dr David Hamilton reveals the soul-nurturing science behind animal bonds and how they can boost our wellbeing



Scientific research suggests that your chance of a heart attack is reduced if you own a dog. You'd be forgiven for assuming that this effect is due to the exercise you get from taking the dog for a walk – that's a natural assumption that most people make – but actually, that is only part of the reason.

Indeed, studies have also found that the risk of heart attacks are also lower in people who have cats or rabbits as part of their family too. The lowered risk is much the same across each type of animal – and we're not usually in the habit of taking rabbits or cats for a walk! In large, part this health benefit is actually due to the bond you share.

Reap the happy hormone

In some research, volunteers were asked to interact warmly, playfully and lovingly

with a dog for half an hour. During this time, participants had their levels of oxytocin measured. This is the bonding hormone – the kindness hormone, cuddle chemical, love drug. During that half hour, levels of oxytocin increased at a rate of approximately 10 percent per minute. Now, this isn't 10 percent in total, which would be impressive enough. Their oxytocin levels increased by 10 percent *per minute* throughout the half hour period.

Importantly, oxytocin does more than help us to connect. It's well known for its role in reproduction and breast feeding. But even more impressive is that it's also cardioprotective – it protects the heart and boosts wellbeing by reducing stress levels.

Although this particular study was done with dogs, it really relates to all animals. It's the contact itself that produces this effect, irrespective of the type of animal. So, remember this: playing with an animal is good for your heart. Loving an animal is good for your heart. Playing with an animal is good for your heart. Being kind to an animal is good for your *soul*.

'Oxytocin does more than help us to connect: it's also cardioprotective – it protects the heart'

NOW TRY SOMETHING NEW

Feed your soul with kindness

1 Over the next week, be kind as often as you can. If you have an animal in your family, make an extra effort to show it lots of loving contact. If you don't have an animal in your family, but you are an animal lover, stop and say hello to as many dogs as you can while you're out and about. You might even take some treats in your bag with you to offer – if the human is okay with that! Stroke as many cats as you can on your commutes too.

2 If you're not usually too comfortable with animals, practise your kindness with people. The effect is more or less the same as it is with animals. It's the connection that's good for the heart, which can be produced from simple moments of kind behaviour.

3 If you really want to help an animal, why not drop by an animal shelter and see if there's an animal in need of a forever home that you could adopt? Or, offer some time for volunteering at an animal charity?

4 And lastly, do these acts of kindness not because kindness is good for your heart, but because being compassionate is the right thing to do. The fact that it is good for your heart is simply a side effect of kindness.


Dr. David Hamilton

is a Scottish author with a PhD in organic chemistry, who tours the UK giving speeches on the mind-body connection. Go to drdavidhamilton.com





Holidays for the *Soul*

Planning your next adventure? Look no further than our wanderlust-worthy round-up, filled with holistic holiday hotspots and spiritual festival recommendations

WORDS: **KAYLEIGH RATTLE**



Walk the Camino de Santiago, Portugal

Known as 'The Portuguese Way', the Camino de Santiago pilgrimage dates back to the 9th century. Featuring a network of smaller routes, it typically starts in either Porto or Lisbon, and extends up the Portuguese coast to Spain's Santiago de Compostela. It's a well-heeled route that travels approximately 630km from Lisbon and roughly 280km from Porto, depending if you choose to take the coastal

route or the more hilly trek. It also provides the perfect opportunity to explore some lesser-known areas of Portugal and Spain.

Where to stay: Look out for Portuguese albergues along the way – dedicated hostels for pilgrims – while if you fancy a bit of luxury at the end of your epic hike, book yourself into a Spanish paradores, a selection of charming Spanish hotels set within impressive historic buildings.

Go fairy spotting in the Isle of Skye

Steeped in folklore, this scenic island in the Inner Hebrides, off the west coast of Scotland, is well worth a visit, particularly if you're interested in Scottish mythology. According to legend, this pretty island, which is characterised by its dramatic cliffs, spectacular coast and blankets of purple heather, is home to all manner of mystical creatures such as fairies. Don't miss The Fairy Glen, to the north of Skye, a range of picturesque rolling hills and rocky outcrops which the fee spirits are thought to love. You'll also want to see Skye's Fairy Pools, a series of waterfalls which, according to Scottish legend, a shapeshifting spirit likes to bathe in.

Where to stay: Isle of Skye is perfect for hikers. To get the island's full experience from sunrise to sunset, stay at one of Skye's many campsites. But you can also pitch up where you like as wild camping is legal in Scotland.

“Follow your heart to discover some of the most magical places on earth”

Explore the sacred sites of Somerset and Wiltshire

Home to the ancient stone circles of Avebury and Stonehenge, and the Glastonbury Tor, this picturesque part of the UK is steeped in legend and history. Stonehenge and Glastonbury are just over an hour from one another, which makes it ideal for a road trip pilgrimage of sorts. In Glastonbury, you'll also want to visit the Chalice Well – it's thought the spring of eternal youth resides here – and at the foot of the Tor, you'll find the Sacred White Springs, which are ideal for dipping tired feet in.

Where to stay: Glastonbury has a great selection of hotels and guest houses as well as a lovely selection of spas – dreamy.



Take to the waters in Budapest

If you're a water sign, or simply fancy some watery wellness, this spa-filled Hungarian capital is the place to visit. Boasting nine medicinal baths and 123 naturally-occurring thermal springs all in varying shapes and sizes, this historic city is an ideal place to switch off and relax. Fill your days with steam rooms, saunas, ice-cold plunge pools and massage rooms, as well as the mineral-rich waters themselves. The Széchenyi Baths – the largest spa complex in Europe – is a must-visit, particularly as there are 18 pools to unwind in.

Where to stay: We recommend VernoHouse (vernohouse.com), an immaculately-presented wellness-focused hotel with its own spa, sauna and Turkish bath.



Switch off in Ubud, Bali

There's a reason why Elizabeth Gilbert travels to Ubud in *Eat, Pray, Love*. Ubud is an enchanting Balinese town surrounded by luscious rice paddies and rainforests, and is a haven for arts, crafts and wellness. Temples and shrines abound, as do opportunities to practise yoga and meditation or to eat nourishing, vegan and vegetarian food. Head to Ubud in May and you'll be able to attend the Bali Spirit Festival (balispiritfestival.com) (4-7th May 2023), which promises yoga, music, dancing and healing.

Where to stay: For an authentic Balinese experience, stay in a Balinese guest house – they typically feature terraces and gardens and include bed and breakfast, all for a very reasonable price.





WELLNESS WEEKENDS

Why not give your mind, body and spirit a holiday by attending one of these inspiring festivals?

The Big Retreat Festival

Where: Pembrokeshire

When: 1st-4th June 2023

What: From gong baths to cacao ceremonies, ice baths to ecstatic dance, The Big Retreat Festival has more than 300 carefully-curated experiences and workshops on offer. There are also plenty of activities that make the most of the festival's beautiful surroundings, including woodland foraging and gardening sessions. thebigretreatfestival.com

Glastonbury

Where: Pilton, Somerset

When: 21-25 June 2023

What: Now in its 51st year, Glastonbury festival is unparalleled, especially when it comes to spiritual activities and entertainment. The iconic Healing Field is the place to find tarot readers, psychics and homeopaths, and you can have a go at anything from laughter yoga to Tai Chi. Glastonburyfestivals.co.uk

Soul Circus

Where: Elmore, Gloucestershire

When: 17-20 August 2023

What: Set in the rural Cotswolds countryside, Soul Circus combines music, yoga and holistic therapies. Think rolling hills, yoga tipis, nutritious food and dynamic DJ sets. Expect a wide range of yoga classes, including sunrise and aerial sessions. soulcircus.yoga

Fearne Cotton's Happy Place Festival

Where: Locations across the UK

When: Summer 2023

What: Billed as a creative space for self-love and happiness, this wellbeing-focused festival is curated by broadcaster and author Fearne Cotton and features craft workshops, a massage sanctuary, yoga classes and a meditation and mindfulness tipi. Happyplaceofficial.co.uk

Wilderness Festival

Where: Oxfordshire

When: 3rd-6th August 2023

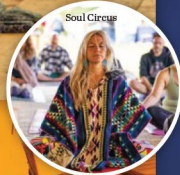
What: This boutique festival celebrates music, the arts, food and wellbeing in a verdant Oxfordshire park. Whether it's cosmic crafting or SUP yoga you fancy, you won't be short of wellness activities to take part in. The food is next-level too; be sure to try Social Pantry, which hosts vegan and vegetarian banquets with sustainability at its core. wildernessfestival.com



Happy Place



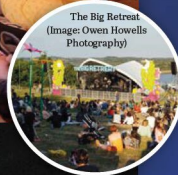
Wilderness Festival (Image: Jenna Foxton)



Soul Circus



Happy Place



The Big Retreat (Image: Owen Howells Photography)



Wilderness Festival (Image: Giles Smith)



Wilderness Festival (Image: Andrew Whitton)

ROS REVIEWS...

Discover the spiritual side of **MORZINE**

What happened when **Rosalind Moody** discovered a soulful awakening within the sun-soaked Alps

In lockdown I would have this ritual: every so often in meditation, my mind would wander and taken me to a place I called Paradise Valley. It was full of alpine scenery, floral meadows, babbling brooks, stunning lake views and friendly fellow hikers. Last summer, I realised I'd manifested the place into existence when I stepped foot in French ski resort Morzine.

Nestled in the Haute-Savoie region of the Alps, just over the border from Switzerland, it's somewhere I had never had on my list, despite friends mentioning it in relation to ski holidays. I'm not much of a skier and summer is my favourite season, but the stars aligned when I was invited along to stay at luxury chalet Chilly Powder to explore what summer in the real Paradise Valley would be like.

Off a friend and I flew to Geneva and a short bus transfer later, we arrived at rustic chalet

Chilly Powder, built in traditional stone and wood. Situated a 10-minute drive uphill from town, near to the Avoriaz cable car, I was told it gets the best snow on the first night by a fellow guest, who brings her family here each winter and summer. I can see why; this chalet is a home away from home for international visitors. Hosted by managers Nick and Cosmin, owned by English expat family Paul and Francesca and assisted by friendly seasonaires, it was my retreat for the week.

In the heart of nature, Morzine is home to the Nature & Plants fair in July and truly represents all the values of bien être. Being 1000m above sea level meant no day was too hot for activities (although I certainly felt the cold while becoming iceman Wim Hof in the freezing cold waterfall pools up at the Cascade de Nyon).





I'm told the Christmas Day lunches and fancy dress parties each New Year at Chilly Powder are always a hit, and with plans to expand its wellness offering with gym and pool facilities, I can't imagine having this luxury, relaxing experience elsewhere. It even has its own traditional Mongolian tent in its grounds, offering all manner of spa services from local therapists. On my first night, I found it the perfect place to drink French wine and star gaze, as it's set off the beaten path with very little noise or light pollution. This is the main reason I'm here of course, to have a wellness experience, and while patrons are spoilt for choice for

activities, from canyoning and white water rafting to inflatable courses on lakes to even going to Lindarets, a village overrun by tourist-friendly goats, I was here for the holistic ones.

A noticeboard in town showed me a plethora of yoga classes, both on dry land and not, and I met Alessio, a reiki master and reflexologist (@naturewellbeing on Instagram) who owned bar restaurant La Ferme in Lindarets. The best hot chocolate with Chantilly cream I've ever had and a spiritual chat with a new connection, made for a promising first day.

Another day a butterfly guided my

walk around Chilly Powder's beautiful gardens, where they have hosted weddings, and I heard bees buzz at a healing frequency around me. That afternoon I was to do my first paraglide, organised for me by the team at Chilly Powder, and what kite was I given but a black and yellow one. Totally weightless, learning how the wind was keeping myself and the parapente instructor perfectly held in mid-air, I felt like a bird flying across the valley.

The number one mountain biking destination in the world, as well as a stop off on the Tour De France and the home of motorbiking rally Harley Days, Morzine is a truly exciting place. Easily accessed with free buses around the 12 resorts of the Portes du Soleil, Chilly Powder is also a participating partner of the Multipass, costing from just €2.50 a day, which allows the holder entry on the cable cars, chair lifts and city pools, plus much more. One activity the team had recommended was the luge, which is best described as Mario Kart down a mountain, which was a highlight and best done in a group.

I spent yet another beautiful day at Lake Montriond, the third largest lake in the area, for wild swimming, stand-up paddle boarding, picnicking and saying bonjour to the locals' dogs. A roast dinner at a pub later – yes, really, this place has that much of an English influence – and my biggest problem that day was how I would manage the five-course dinner that night, which is served six nights out of seven. With a vast cheese board set out each night, along



with board games, laughs, more wine and cuddles with Paul and Francesca's dogs, plus the comfort of my bedroom just a few doors away from the living room, it really did feel like a ready-made family for a single like me.

This is the bit that separates Chilly Powder from the rest. Manager Nick, who has lived here 11 years, tells me why: "We watch kids and dogs grow up as part of our extended family. People often book their next stay before they leave their current one." He even meets up with guests back in the UK too. I find the hospitality extends even past that when I discover Ukrainian refugees are given jobs at the chalet, and one night each week, the guests are treated to a delicious dinner menu that celebrates their culture.

Super Morzine. For families, little hikers can learn about Gaspard the Fox in his natural environment in woodlands, plus youngsters would love the Royaume des Marmots, an annual celebration of the adorable little marmot creatures found here.

My room, the honeymoon suite, had wedding photos hung across the walls, and I really did absorb the romance of the chalet, built and sustained upon Paul and Francesca's love for the place. As I

waited for the bus back to Geneva, Paul told us how he came out here on a world backpacking trip in the 90s and never got any further. I vow to return to Chilly Powder one day with my own family and help them discover the magic of the mountains – and take advantage of the brilliant creche and childcare facilities too...

And the idea behind the name, you ask? "Like pure fresh snow".



My favourite day occurred up on the Point De Nyon and lookout point Pas D'Aigle, when I was hit with a 360° view that stretched for miles and miles, with Lac Lemman in Geneva shining on the north side and snow-tipped Mont Blanc looking south. Totally on a high from the view in front of me, the beauty of the land in the summer sun rendered even me speechless.

There's also an endless amount of trails elsewhere; I completed the Morzinetto on my last day but there are trails to Pleney, Valley de la Manche, Lac Mines D'Or, Col de Cou and Col du Fornet, as well as the popular

Chilly Powder

operates year-round, offering active summer holidays for individuals, groups and families. Summer prices start from £595 per week based on two adults sharing a standard bedroom, or £1,660 for two adults and two children sharing a standard family bedroom. Prices are based on a half-board basis with wine included in the evening meals. Self-catered chalets and winter ski holidays are also available. Contact Chilly Powder on info@chillypowder.com or 020 7289 6958 or visit chillypowder.com

AT HOME WITH *Sally Morgan*

It's a walk in the park! Psychic Sally explains how spending time in the great outdoors can awaken our sixth sense



When we are feeling lost, or when we need to find ourselves, nature can help us reconnect with our inner Divine.

Have you ever heard of the phrase, 'to blow the cobwebs away'? I always say this when I go on a nice long walk outdoors – it's a feeling of, well, blowing away the stagnant dust and energy!

Awaken your senses

When we connect with nature, we are spiritually in tune to the shared oneness of life. And so, spending time in the natural world not only inspires our creativity and perks us up, but also offers us one of the greatest means to grow our psychic senses. Too often though, with our busy modern lifestyles, we're disconnected from nature, particularly during times of cold and wet weather when we'd rather stay indoors! But, believe me when I say, it's actually when the wind is bracing and the rain is pouring that's one of the best times to get outside! Feeling the wind blowing through our hair and hearing the crashing of waves shows us how alive our surroundings really are and in turn, makes us feel alive inside.

Tune into Divine flow

Nature tends to our spiritual health in many ways. Firstly, just being in the great outdoors provides us with visual recognition of the changing seasons. This helps us become more spiritually aware of how each month brings new sights and feelings which allows us to get in sync with the Divine's natural rhythm.

And when we really pay attention, we witness how conscious the nature around us actually is. While out walking, for example, don't be afraid to hug a tree and sense the energy that's passing through the trunk, giving life to so many creatures. Try to look at foliage, plants and insects

“When we connect with nature, we are spiritually in tune to the shared oneness of life”

through your spiritual lens too and you'll notice how we are all connected through our senses and our life sustaining energy.

Now try something new Witness your intuition blossom and grow

Nature can heighten our psychic experience in so many ways, particularly by aiding us in meditation, which in turn can help us on our journey to our spiritual awakening. I'd like to share with you one of my favourite mindful nature exercises for opening up psychic intuition.

1 Sit in your garden, a park or an open space. If possible, remove your footwear and place your feet firmly on the ground.

2 Quieten your mind by closing your eyes and take a few slow, deep breaths in and out. You can place your hands on your rib cage to help you adjust your breathing to a comfortable pace that's right for you.

3 As you do this, you will become more aware of your inner being, as well as the space that you're in – this is your soul energy, and it's where you can tap into your psychic senses. As you sink deeper, the ground's energy may be more intensely felt beneath your feet. Allow the feeling of oneness to overtake your senses.

4 With regular practise of this exercise, you may begin to see images appear in your mind's eye. This is your intuition and psychic awareness blossoming! I would suggest that you journal these images and thoughts whilst in this state as it is always fun and interesting to look back over your notes to see what you have visualised. This habit often provides insight and validation into your progress too. Give it a go and have some fun with this outdoor meditation and if you keep at it, you'll witness your intuition blossom and grow.

Sally Morgan

is a world-renowned psychic medium. Find out more about her psychic retreats and subscribe to exclusive newsletters at sallymorgan.tv. Download Sally's podcast *Voices with Sally Morgan* for free at itunes.com and spotify.com

The witch

DEBRIEF



High Priestess Silja shares her witchy Easter rituals for fruition and abundance

A WITCHY APRIL

While the 'witchy Easter', named after the Goddess Ostara happened at the spring equinox last month, there is nothing wrong with celebrating the more mainstream Easter as well! So many facets of Easter are pagan and witchy in origin – there's the Easter bunny as a symbol of fertility, painted eggs for happiness (and fertility again), the act of bringing green grass or leaves inside for abundance, and even eating chocolate to honour the earth goddess!

Manifest money with the moon

Both the new and full moon fall on Thursdays this month. Thursday is the day of the God Thor and is ruled by Jupiter, and this means it's a good time to do magic for abundance and money. The new moon on the 6th would be a great time to perform a ritual to ease financial woes, to look for a new job and re-negotiate a mortgage or salary. A simple tip to help any money magic is to place a few oak leaves on your altar or with your financial documents.

Gain clarity from Mother Earth

Go for a walk without your mobile or headphones. Consider a problem or question that you've been pondering for a while and ask Mother Nature for guidance. Be open to any messages you receive – it could be that your eyes are drawn to an orange autumn leaf still stuck to a tree, indicating that justice won't come until autumn (or that the answer you seek can be found in an event that transpired in the autumn months). Or,

perhaps you hear an owl, a bird of wisdom. This would indicate your decision is wise and just. Perhaps you see bunnies frolicking in the field – this is a sign that you should adopt a more frivolous approach.

Give this Easter craft a go

Make cute egg candles for your Easter altar and fertilise your manifestations. Start by carefully cracking an egg, removing the top third of the shell. Melt some wax and pour it into the egg with a wick in place – a string will do. Secure the egg candle in a cup, or stick it to a flat surface with a little extra

wax. You can decorate the candles with fresh foliage from your garden or local woods. You may also want to use coloured wax – try green for money, pink for romantic love, white for purity and peace, and so on.

Witchy Quick tip

Give a friend some daffodils or yellow tulips to strengthen the friendship. If you are looking for new friends, look for them where those flowers grow this month.

Witchy Agony Aunt

Q Dear Silja, my daughter of 19 has always been independent but recently she's become more distant. She's met a boy, a lovely lad, but she's at his house most nights. I feel I'm losing her. **Jenny, Wiggan**

A I can understand how both of you feel. These things are complex. You're doing the right thing by keeping communications open and not trying to split them up – that would backfire! Can you perhaps try and include the young man more? For example, invite him to watch a new film at your home. Here's a spell which will help with the relationship between your daughter and the family.

Write her a long letter on blue paper (blue for healing and wisdom). Write about how you were so happy when she was born, how you love her now, how you don't mind the young man but feel that she's abandoning her family. Cry or rant if you want, that's ok – it's important to let your negative emotions out. Add a photo of the two of you happy together and seal it all in a white envelope (white for positive energy). Address it with a yellow pen (yellow for friendship) but don't mail it – keep it somewhere safe until the relationship is mended and on stable ground.

Have a question for Silja?

You can contact her at witchsilja@gmail.com

Due to time constraints, we cannot promise that every question you send in can be answered in print

Silja

is a Celtic Wiccan High Priestess.
For more information,
check out her Facebook page at
[facebook.com/siljasgreenwiccan](https://www.facebook.com/siljasgreenwiccan)

The MOON & YOU



Yasmin Boland reveals why change is in the air this month and how to make the most of it

April's cosmic dates

6TH APRIL

Full moon in Libra at 05.34am

13TH APRIL

Last quarter moon in Capricorn at 10.11am

20TH APRIL

New moon eclipse in Aries at 05.12am

27TH APRIL

First quarter moon in Leo at 10.19pm

This month...

Watch out! There's a new moon eclipse about! This is the second month in a row where lots is going on astrologically. And spoiler alert; next month I will tell you about some even more big energetic shifts going on in the skies. It's all happening!

In other words, we are in some very important times. If your life is tumultuous right now, it's because it's meant to be. Life is being shaken up by the heavens because it needs to be. Imagine the Gods and Goddesses up there tinkering, because they know we need to make changes. There is just so much change in the air – or room for change. Are you resisting it or embracing it?

Make the most of the eclipse

A new moon eclipse is a gift from the

heavens to start all over again. So where in your life do you need to do that? Do you want a romantic restart? A financial one? Maybe a professional one? Now is the time to set that intention...and then release it all to the Divine.

The eclipse is taking place at 29 degrees of Aries – aka the last degree of Aries (each sign has 30 degrees which run from 0-29). The last degree of any sign is known as the anaretic degree. It's a point – perhaps not surprisingly – of completion.

If there is something in your life which you are refusing to face up to, the eclipse could force you to take a proper look. If you're desperately trying to hold onto something in your life which the Universe wants you to release, what transpires now could force your hand.

One of the best ways to deal with the

eclipse energies this month is through conscious breathing, or breathwork. Breathwork helps us to move the prana or chi (energies) around our bodies. In doing this, we release what's stuck.

Using breathwork

In the UK, the eclipse takes place at 5.12am on Thursday, April 20. Normally I recommend working with a new moon just beforehand, when it comes to setting intentions. However in this case, because we want to use the breath to release what no longer serves us, I suggest doing the breathwork the night before.

At this time, the moon will be in the balsamic phase, which is healing and soothing. It will also be in the dark moon phase which is the perfect time to release and let go, and that is what breathwork helps us to do.

Mini Moonscopes

Read your rising sign if you know it because you will get a more accurate reading, akin to having a reading based on your time, date and place of birth. Find out your rising sign for free at moonmessages.com/freechart



Aries – the new moon eclipse is asking you to release anything in your life which is no longer working for you. Leave toxic thoughts and fears behind, too.



Taurus – you could find yourself feeling quite spiritually challenged this month so take the time to work out what you really feel about your spiritual life and beliefs.



Gemini – if there is a toxic friendship in your life which you know you need to release, then do it now. Doing it later could end up being far more painful!



Cancer – think about what in your working life is no longer serving you. What are you doing just for the money, for example, and how can you improve matters?



Leo – it's great to have very strong ideas about life, but sometimes we need to change our minds. This is one of those times for you. Paradigm shift ahoy!



Virgo – if your sex life is somewhat lacking, then use the power of the new moon eclipse this month to work what's gone wrong and see what you can do about it.



Libra – the eclipse is in your love zone so it's a new start for you when it comes to the most important people in your life – but first move on from the difficult ones.



Scorpio – use the energies this month to take a long, hard look at the way you're running your life. Which habits should you add in or remove from your routines?



Sagittarius – now is the time for you to have more fun. However you won't be able to do that until you work out why you have been spoiling your own fun lately!



Capricorn – there are seismic shifts forecast on the home front and with family. All can be well if you and your loved ones clear up any upsets from the last six months.



Aquarius – it's time for you to face up to the fact that your thoughts create your life. 'What I resist persists' is the thought you should keep in mind this eclipse month!



Pisces – there are big changes forecast for you, once you get your head around how amazing you are. Ditch negative thoughts about yourself and you will prosper!

“A new moon eclipse is a gift from the heavens to start all over again”

Think of it as emptying out before the new moon eclipse takes place, so that you are more energetically ready to be the best of the new starts that the new moon eclipse has to offer. On the night before the eclipse, take yourself off somewhere private. If it's not too cold where you are, get outside and connect with Mother Earth (take your shoes off and/or sit on the ground for extra cosmic grounding points!).

Breathe in and out and focus all your attention on your breathing. You might like to try this sequence: Breathe in for four, hold for two, breathe out for eight, hold for two and repeat.

The main thing is to think of your breath as Spirit. You are bringing it into your body to cleanse and breathing it out to clear what needs to be released.

You may wish to put on a meditation

or some beautiful music or Solfeggio frequencies as you do this.

Note the thoughts that come up for you as you do this practice, and once you're done, be sure to journal about your experience. It is one of the very best ways to prepare yourself for the undisputed power of the April 2023 eclipse!

You should also know...

Eclipses can be amazing when life is going along sweetly. A new moon eclipse can give us a massive chance to start all over again. However this particular new moon eclipse is clashing with Pluto, so there is a sense that we have to release something toxic from our lives before we get to the good stuff. It could be a belief, it could be a habit or even a negative period in our lives which we need to move on from.



Yasmin Boland is an award-winning astrologer and moonologist, and the Sunday Times best-selling author of books including Moonology and the Moonology Diary (both via Hay House). You can find her at [facebook.com/yasminboland](https://www.facebook.com/yasminboland) and [planetayasminboland](http://planetayasminboland.com)



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YOUR Stars

for APRIL

BY RUSSELL GRANT



Our in-house astrologer predicts what's in store for you this month...

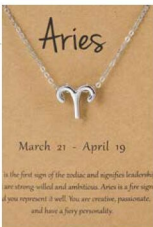
What is it that's holding you back from reaching your full potential? Is it a lack of confidence, opportunities or skills? The sun in Aries encourages you now to take charge of your life and do something about it. Don't just wait for it to come to you, take action and create your own opportunities.

The first solar eclipse of 2023 will be on the 20th April. Solar eclipses always fall on new moons, increasing the energy of the new moon in supporting new beginnings. With Aries being the first sign of the zodiac, we will all be feeling this nudge now to guide us towards making new starts or even beginning again from scratch in some areas of our life. Now is the time to clean the slate, ready for change.



Happy Birthday, ARIES

* Arians should draw on the energy of this month's solar eclipse by changing things up, doing things a little differently and opening the door to new opportunities.



Handmade 925 Aries necklace from Hanbury Studio, £6.49, etsy.co.uk

SPIRITUAL CELEBS

Famous faces celebrating their birthdays this month
Arians are known for their natural-born ability to lead and inspire others



Keira Knightly
26th March 1985



Eddie Murphy
3rd April 1961



Shannen Doherty
12th April 1971



Aries

21 April – 19 April

There's a lot going on, your list of things to do is mounting and you've got to plan carefully in order to get results. A nonsensical experience as the month begins will be picked up again at a later date when it will be easier to understand.

Romance

Friends and loved ones expect a lot from you. They're expecting you to go along with their wishes but there are so many possibilities opening up for you that you won't want to box yourself in to any one thing or to be too long with any one person. It comes naturally to you to experiment and to be daring. Don't let others hold you back from trying something new.

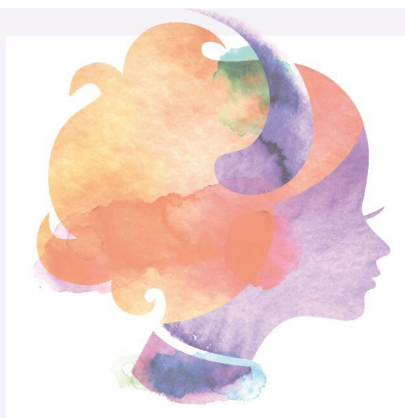
Cash

Whether it is related to money, friendship or romance, your intuition is strong. Even if

you can't see the logic in some situations and you don't fully understand what is going on, it doesn't matter. Sometimes it is better to just trust in the events that are happening to you now and watch them unfold. Your upbeat outlook will attract some lucky money opportunities so keep up the positivity and gratitude.

Career

Be organised in your approach to your work. Responsibilities are heavy but rest assured all will come together perfectly in the end. Take the advice of a Taurus colleague on how to organise your daily and weekly schedule. Take it at a steady pace. Whatever you take on, keep telling yourself that you can do this. You will achieve your goals. Keep a dream journal and make notes of signs and thought-provoking incidences. These occurrences will all make sense eventually.



Taurus

20 April – 20 May

A declutter is needed and this couldn't be a better time. While you are at it, use this opportunity to spring clean your brain. Take all those thoughts that fill your mind and get them down on paper and out of your head.

Romance

Issues that come between you and a partner will not be easily resolved this month. When your head is full of conflicting thoughts you can't focus or get a clear answer. You need to take yourself out of the situation. Taurus is an earth sign and being in nature will reduce feelings of stress and anger and increase positive feelings. Allow the freshness in the air to clear your mind of clutter. Once a tense situation is resolved you will feel more inclined to join in with fun social activities.

Cash

You cannot be expected to take on a partner's debts and you can't keep bailing them out every time they get into a financial mess. Next time they ask for a loan which you know they have no intention of paying back, tell them to find another solution. Put a regular amount aside each month into savings. This will give you a sense of future stability and peace of mind.

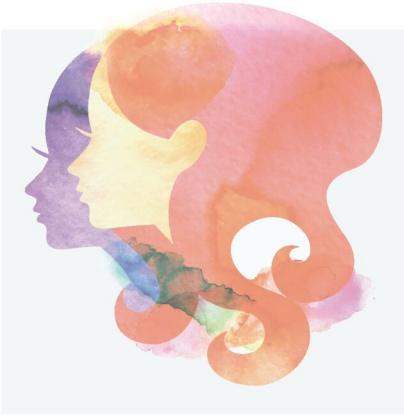
Career

It might feel as if you have veered slightly away from your chosen career path. This will make you feel out of sync with the people you work with and with your surroundings. Taking some time off and allowing yourself some much needed 'me time' will help bring it all in line again. You will start enjoying life more when you feel less anxious and stressed.

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Gemini

21 May – 20 June

You've been holding back on acting on some ambitions for fear of what other people might say. It's time to grow your confidence. It doesn't matter what your friends think, embrace the positive changes that are coming your way.

Romance

Some relationships have stood still for too long now and you are ready to break free from this stagnant energy. You crave excitement and it is possible to inspire others to join you in doing something different and adding spice to your days. Encourage your lover to be a little more adventurous. Communicate your desires and talk about your feelings. Speak what's in your heart.

Cash

Money is tight so this month so it isn't a good time to be

careless with your cash. You can always splash out on something special when your income picks up. Worrying about money will just add to obstacles you are already facing. Put yourself on a strict budget. Know that you have control of your finances and keep telling yourself that all will be well in the long-run.

Career

You will always encounter bumps in the road. Life isn't easy but don't let those sudden challenges knock you down from where you are now. Problems can be annoying but they also give you the strength and wisdom needed to grow in your experiences. When hurdles appear in front of you, you just need to find another way around them. Rewards for your efforts will start to pay off around the 21st and that's when you will start going from strength to strength.



Cancer

21 June – 22 July

You've always been intuitive and the important thing as April begins is for you to obey your intuition. Trust that you are making the right decisions and choices and know you have backing from Spirit in all that you do.

Romance

You've been in the shadows for long enough and you're tired of people who push you to the side. You have charm and diplomacy and your warmth is appreciated by your closest friends. Make socialising a priority. Friends and neighbours will be your sounding board for your creative ideas. Where there have been problems, you'll realise it was through mixing with the wrong crowd.

Cash

A partner or housemate's misuse of resources will start

to annoy you. If they can't be fiscally responsible, arrange it so you both keep separate bank accounts. Change your passwords and be sure to keep your funds where they can't be easily accessed. You have a golden opportunity to make something special in April. You have a choice on whether to take it, but what do you have to lose?

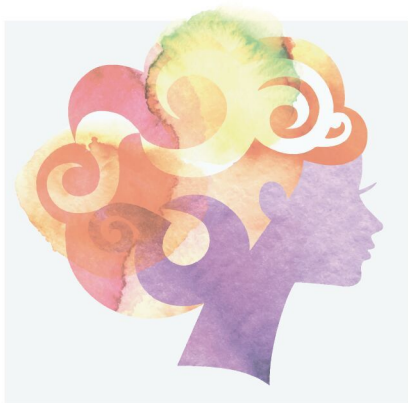
Career

Believe in yourself and what you're capable of. If you are setting up a business from home, building a loyal customer base will take time but you can do it. Tell your story on social media, optimise your strategy, keep your customers happy and they'll keep coming back. If your boss is overlooking your skills and talents, it is time to look for another position. You deserve respect from your employer.

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Leo

23 July – 22 August

In love, work and money, take your time. A clear understanding of your situation is needed before you make any big decisions. Stay attuned to your needs and you will attract the right opportunities.

Romance

Mixing with a wide variety of friends will be fun and stimulating. By the 10th your attention will be on a joint creative project that gives you both joy. There is an important choice you have to make concerning a close relationship and this could lead to big changes ahead for you both. Make certain you aren't distracted by any gossip that you hear when you come to your decision.

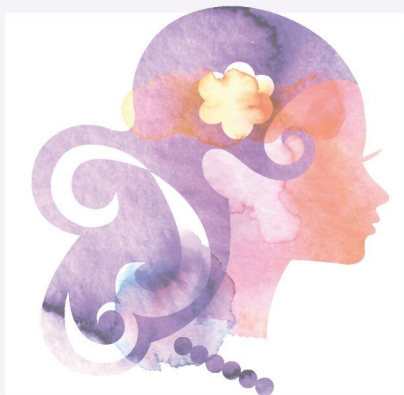
Cash

It makes sense to you that there will be problems ahead if you take an impractical

attitude over money. Get out of the habit of spending every penny as soon as it arrives and get into the habit of putting some away for savings. Be a good steward of your income. Having a little money behind you will allow you to make better decisions for yourself in the future when you won't feel forced to take on any job out of economic necessity.

Career

Slow and steady wins the race. Deal with one thing at a time and avoid making impulsive decisions. Ask for help when you need it. A group effort will go well as you all share what you know with each other. As you relax and start enjoying working as a team you won't feel so alone. As they say, there is no 'I' in team and for every step forward you take, make certain everyone is with you until you reach the finish line – all together.



Virgo

23 August – 22 September

It will be through retracing your steps that you will find the answers you need to fully understand a situation. Ask questions to gain more information.

Romance

Problems in a close relationship can be resolved with a little creative thinking. Have faith in yourself to be able to put things right and trust in your partner. If you both feel good about joint plans even though they keep hitting snags, you will find a way to overcome these. Friendship activities later in the month will bring a perfect opportunity for new and enriching experiences.

Cash

You are looking for ways to earn more money. If you are thinking about asking for a raise, do so before the 21st. If you're applying for a

lucrative job, don't let doubts stop you from applying. A solution to stress is to get yourself outdoors and do your favourite things. Whether it's riding your bike, visiting a nature reserve or gardening, being in nature will have a therapeutic effect.

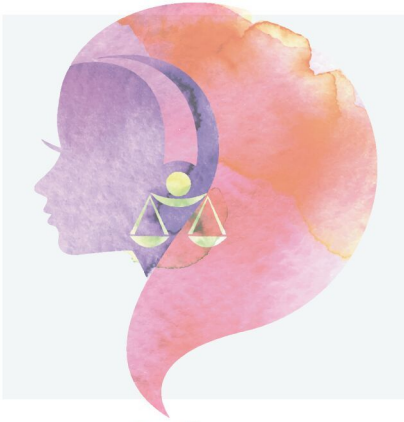
Career

In order to move forward you may have to take a backward step. With your ruler Mercury in retrograde later in the month, you'll need to retrace your steps and take a closer look at the details in order to find what you are looking for. Be prepared to take on a job you have never done before. The initial results may not be very impressive but you won't be judged for your efforts. Everyone knows it takes time to acquire the skills needed to be proficient. How do you know you will or won't succeed unless you try?

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Libra

23 September – 22 October

You have come so far in your efforts to achieve a long-term goal but this is just the beginning. There are still many paths ahead. If you're worried about setting your sights too high, think back to where you were a year ago. Did you really see yourself being able to achieve all of this?

Romance

Talking about your feelings will bring you and your partner closer together. If the path of romance has been rocky of late, happier times are on the way. So don't be a defeatist. Spend some time by yourself reviewing your life and relationships. Meditation will help you come to terms with your deeper feelings.

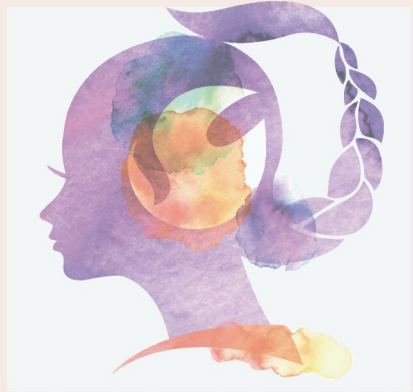
Cash

Make some room in your busy schedule to clear things away and throw out items you no

longer use or need. Donate them to charity if they're too good to scrap. You need to be fully focused on the job in hand and do your best not to miss anything that might be important. Read emails and messages twice if needed and don't just scan them, read every word.

Career

There is no such thing as coincidences. If an opportunity comes your way to try something new, reach out and grab it. This might take you down a different path to the one you imagined for yourself but the experience will be both exciting and rewarding. Listening to your head rather than going within and listening to your heart will hold you back. Whatever it is you feel drawn to, be ready to do something daring as the month ends. Step out of your comfort zone and reap the rewards.



Scorpio

23 October – 21 February

You can't change anything that has already been. There are no ifs or buts about it. If mistakes have been made, the one thing you can do to gain from these is to learn from them.

Romance

Try not to dwell on what went wrong in a past relationship. Losing yourself in memories is not going to change anything. If a recent argument is still causing you stress, confront the person on their hurtful remarks. Relationships will improve as a result of you being honest with each other. Are you single? You need to make your presence felt. Events as the month ends will provide you with a chance to push yourself into the limelight.

Cash

Treating yourself to

something special will make you feel good about yourself. This will encourage positive thinking and allow your heart to beat in time with the Universe. If you borrow money from a friend early in April, start to repay it as soon as possible. You hate to feel indebted to others and the sooner it is paid back, the better you will feel.

Career

Before submitting important work, check it over. It will be with relief that you catch a few embarrassing errors before they are noticed by others. Negative thinking will block success. You may have been through a disappointing phase but that's no reason to give up. Doubts cloud your vision. To be able to see ahead more clearly you need to change your mindset. Instead of frustration, envision yourself accomplished.

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Sagittarius

22 February – 21 December

You want to push on and grow your knowledge and experience but some commitments and relationships are holding you back. Disregard what other people might think of you now and start pouring energy into things that really matter.

Romance

Take the initiative at work and in your family and social life. It will be impossible for anyone who cares for you to resist your charms. Whatever goals you are setting for yourself, a committed partner will be supportive, giving you the strength to make any needed changes. Friends, loved ones and colleagues who share beliefs and interests will fall in with your suggestions. Are you single? A new friendship could lead to love.

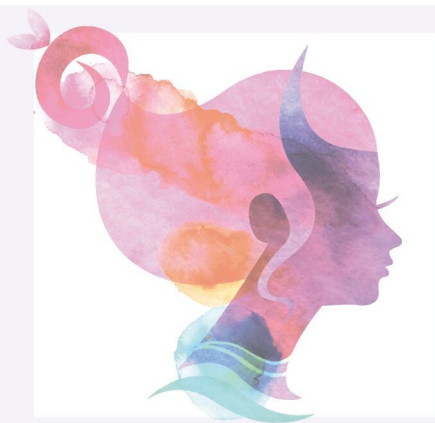
Cash

Expect the unexpected. Some

things that cross your path will be sudden and catch you off guard but this is nothing new. You've been through something similar before and you made money out of it. A money-making opportunity that has big consequences will fall into your lap around the 27th. If you've ever wanted to pursue a career in arts or entertainment, now is the time to do so.

Career

A colleague is using your successes for their own personal gain. Joint accomplishments will somehow be attributed solely to them. You are happy to benefit jointly but it is unfair for anyone to receive all the credit for your contributions. Follow your impulses if you sense it is time to pursue a promotion. You have been blessed with a variety of skills and the important thing now is to showcase your talent.



Capricorn

22 December – 19 January

You're more than capable of handling the tasks you are taking on now even if you find yourself doing something you've never done before. Persevere and it will feel incredible when you start seeing results.

Romance

With you having so much to do at work and at home, it won't be until the very end of April before you are able to put any romantic ideas you have into action. If you're single and interested in someone, expect it to take a while before they respond to your overtures. Just remember that although you may not hear from them straight away, this doesn't necessarily mean they aren't interested in you.

Cash

Look into ways to make your

money work for you. Search for the best energy deals or think about switching to a bank account that offers lower fees. A series of small changes could make some big savings. Sell items you no longer use. If your indoor space has become too cramped, this would be a great way to declutter.

Career

You are working hard as always and there is not much chance of relaxing your efforts. An absent colleague will need cover and you could find yourself doing the work of two. You are starting to realise you are capable of achieving so much more than you imagined before and this will give you the courage, in the future, to try even more. Just trust and do and go with the flow and as you grow in popularity, so will your confidence grow too.

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Aquarius

20 January – 18 February

Things seem to be very stop-start for you as April begins. Be patient. Eventually all will come into alignment for you. Until then you can use your time well by finishing jobs already started.

Romance

Take this chance to get together with your partner and friends to have some fun. Playing sports and getting involved in community events always brings out the best in you. You will feel energised when you are doing what makes you happy and through taking regular exercise. Social events will fuel your creativity and you could find yourself mixing with some eccentric people who inspire your imagination.

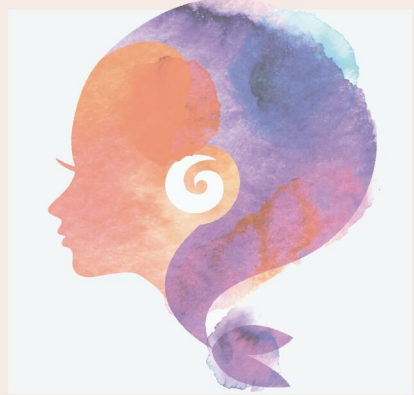
Cash

It will feel right for you to donate your time and efforts to a good cause. When you are

doing something that feels meaningful to you, you will become less restless. Throwing a few coins into a fundraising tin will not be enough for you now. You will want to put your skills to work and throw a fundraising event. Helping someone who is struggling will give you a sense of purpose. An older relative who feels cut off from the rest of the world will appreciate your company and your kindness.

Career

Don't dismiss the thought of cutting back your hours so you have more time for activities that bring you pleasure. If obligations are starting to get too much, take a less demanding position. You have many interests and it will feel good to join new clubs and organisations. Championing a partner, colleague or friend's interests as the month ends will pay off handsomely.



Pisces

19 February – 20 April

You aren't dreaming impossible dreams. Your hopes and wishes are within reach and all it will take is one extra push to actualise them. You can stay in control by keeping your thoughts positive and hopeful. If your first attempt fails then simply try, try and try again.

Romance

Sometimes the strangest experiences can turn out to be just right for you. You might, for instance, bump into someone who makes your pulse pound while playing sports or doing the shopping. Be sure to respond positively when asked out. If you are in a committed relationship, be more attentive to your partner's needs.

Cash

Often the unexpected will turn out to be just what

you've been looking for. An exciting job will become available even if you weren't thinking about making any changes. Not only will this result in an increase in income but it will give you a chance to add to your experience and rise up the ladder to success. Never stop believing in you and all that you can do.

Career

Set yourself the task of achieving a series of small goals. As each one is achieved, you can go that bit further next time and these extra steps will soon mount up and take you to a special destination. Trying new things keeps you motivated. As the month ends, you'll find yourself in the right spot to take advantage of a great opportunity. The Universe has a strange way of putting you where you need to be.

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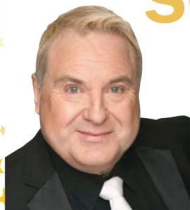
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Star

solutions

by Russell Grant

Our celebrity astrologer addresses your astro dilemmas



NAME: Marie
DOB: 10.06.95
TOPIC: Life

Q *It feels as though I've fallen out of luck with life lately. Will things start to pick up for me soon or am I in this for the long-haul?*

A Gemini Marie was born on a Saturday and Saturday's child, it is said, 'works hard for a living'. With Venus in Taurus and Mars in Virgo, Marie will never shirk responsibilities and generally she does not expect life to be easy. In feeling she has fallen out of luck, it will have taken a number of challenging problems

to have got her down like this. There are some big changes ahead for Marie in 2023 with Uranus linking with her natal Venus, Saturn, Neptune and Pluto – and the good news is: these changes are all likely to be uplifting. Marie can also help herself further by changing her priorities in order to make more time in her life for activities that bring her joy.

“With Venus in Taurus and Mars in Virgo, Marie never shrinks responsibility”

NAME: Sofia
DOB: 07.10.89
TOPIC: Life

Q *My husband wants us to move back to our home country to raise our young child, but despite initially agreeing, I've now got cold feet. I don't want to leave behind our life here. What should I do?*

A Libra Sofia has got too much into the habit of going along with others to make them happy, and forgetting to take her own needs into consideration. With Mercury in Virgo and with Capricorn being strong in her chart, she is a creature of habit. Change is never easy for her and she is settled now where she is. A big move at this time makes her nervous. Sofia should be honest with her partner about how she feels. Even if it creates a scene, together they may eventually come to a mutually beneficial compromise.

NAME: Niamh
DOB: 25.06.80
TOPIC: Romance

Q *My Taurus partner and I have been together for four years. Could a proposal be on the cards this year?*

A Gemini can often find Taurus to be a little slow and guarded, especially when Gemini is in the mood for spontaneity. Gemini Niamh also has Mars, Jupiter and Saturn in Virgo. This is why she gets on so well with her Taurus

“Geminis can often find Taurus to be a little slow and guarded”

partner. Neither of them have been in a rush to make a long-term commitment. She is feeling now that perhaps it's time to do so. Suggesting getting married in the autumn when her Saturn makes a positive link with Venus will give them both plenty time to plan their wedding. It may be up to her to take the initiative.

Get involved!

Got a question for Russell? Post it on social media, send us an email or write us a good old-fashioned letter



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isabella.poulton@dthomson.co.uk



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S&S Society

Welcome to the section that's all about you. There are prizes to be won, star letters to be read and magic to be made

WIN!

A weekend away with the fae at the 3 Wishes Fairy Festival

Step into a world of fairytale fun at this award-winning weekend in Cornwall

Ready to let your hair down? Sprinkle some magic onto the mundane and kick off festival season with an experience you won't forget!

This issue, we've teamed up with best-selling author and elemental expert Karen Kay to give one reader and their friend two VIP tickets to the 3 Wishes Fairy Festival in June. As a Grassroots Festival awards winner, the event is hailed as the UK's first most magical and unique, family-friendly fairy fest and is definitely worth visiting.

If you're lucky enough to win the tickets, there will be plenty to keep you occupied as the three days boast more than 100 fairy-themed workshops, talks and demonstrations and live music from popular acts like the Mediaeval Babes. And, you won't fall short of a delicious treat either, so get stuck in and explore the array of plant-based and gluten-free options at your offering – oh, and there's a fairy cocktail bar, too! Plus, you can enjoy hot showers, flushing toilets and have your pick of a variety of accommodation upgrades from glamping to cute fairy huts. Sounds good, right?

As you immerse yourself in the fun of it all, don't forget to also take in the gorgeous scenery of Mount Edgecombe Country Park, Cornwall, which is decorated with the weekend's parades of fairies, gnomes, mermaids, elves, unicorns and even pirates!

The festival takes place between the **16th to 18th June 2023**, and one lucky winner will win two VIP (very important pixie) tickets as well as a gorgeous fairy-hut provided by Podpads to call home for the weekend. Visit fairyfestival.co.uk and follow [@3wishesfairyfestival](https://www.instagram.com/3wishesfairyfestival) on Instagram for more.

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YOUR S&S COMMUNITY

From social media posts to reader rituals, here's what our lovely S&S community has been up to this month...

Nothing warms our cockles more than to hear from you, our lovely readers. Thank you for your fab poems, write-ins and social media posts – we love reading them!

Regular reader Lynne wrote: "I love S&S because the magazine is like my bible! It has everything you need in it, from crystal information to how to develop your psychic abilities. It really is THE number one spiritual life coach magazine! And who can forget the stunning cards every month." **Lynne, @eclerctwitch on Instagram**

THANKS LYNNE, YOU'VE MADE OUR DAY!



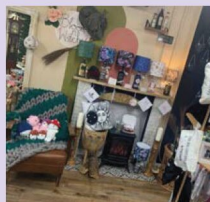
Keep tagging us on Instagram
[@soulandspiritmag](https://www.instagram.com/soulandspiritmag) and you could be featured in May's issue, on sale 9th April.



Reader rituals

Try S&S reader & spiritual shop owner Danni's full pink moon spell for new beginnings

Do it with us! On 6th April at 7pm, draw on the energy of the full moon and chant: "Out with the old, make way for the new, good things are coming, woes should be few. The past is past, it's time to move forward, with every step, a new me blooms. So mote it be." Repeat thrice. For added magic, perform this chant outside with a moonstone crystal. Visit Bloom n Witches in County Durham or [@bloomwitches](https://www.instagram.com/bloomwitches) on Instagram for more.



OUR INSTA POLL REVEALED...

60% of you feel connected to your spirit animal!



READER POEM of the MONTH

GOLDEN THOUGHTS

by Bev

*For all the beauty in our world
we sometimes fail to see*

*For golden thoughts spread with
love and given unselfishly,*

*The vibrancy of the humming bird,
So delicate its perfection,*

*The silver starlight on the sea
and rippling reflection,*

*The coolness of a snowflake,
Whispering as it lays,*

*Sunlight patterns emerging from a
waterfall's misty haze,*

*Bubbles of changing colour,
breathing air into the light,*

*The vision of an owl gliding
silently at night,*

*To rest on noble branches
of trees that touch the sky,*

*A haven of rest for the winged
creatures that fly,*

*And amongst the roots do linger
the tiny insects too,*

*A microscopic world often
hidden from our view,*

*A world within our world
A part within the whole,*

*As important as any in the
universal soul.*



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Dopamine DOLLY



Sometimes spinning a negative into a positive takes us to exactly where we need to be – as creative writer **Laura Gouldbourne** shows us with her piece of fiction

Dolly hadn't had much luck lately. She'd lost her job; her boyfriend had gone off travelling to 'find himself' and making ends meet seemed to be a never-ending battle.

At 28, Dolly figured life should have more to offer, instead of slogging away all week in a temping job in the city to pay the bills, then spending weekends moping around the house, wishing she had more money to do fun stuff. This was not how she'd visualised her life.

"You sure you don't want to come down to the food market, Dolly?" asked her flatmate Suzy one Saturday morning, "it's looking like a really nice day out there."

"Is it?" replied Dolly, "I hadn't noticed."

"Well, if you opened the curtains..."

Dolly shot Suzy a piercing look then hauled herself to her feet, switched off the TV and flounced out of the lounge, mumbling something about having laundry to do.

A few hours later, Dolly heard the washing machine reach its final cycle. The kitchen rattled like a juggernaut was passing through, then the machine beeped incessantly like a small child wanting its bottle.

Dolly opened the machine door and her mouth fell open in exasperation. Her whitewash was no longer white. It was a



pale lilac-tinged colour.

"What the..." cried Dolly as she pulled out item after item from inside the drum. And there at the back was the culprit – a rogue purple sock.

Just then, Suzy arrived back home. Seeing Dolly's ashen face she asked what was wrong, then saw the wet lilac pile.

"My new white jeans were in there," whispered Dolly. "And all my smalls. Why does everything have to happen to me?" She skulked out the kitchen and up the stairs.

Suzy decided to hang out the washing anyway. It was a lovely drying day after all.

A few hours later, she ironed the lilac jeans and the lilac tops. Suzy figured they didn't look half as bad as Dolly thought. In fact, they looked incredibly cool!

Cool enough for the dusky July evening approaching, they mirrored the beautiful sunset-streaked sky above, of dusky mauve

★ ★ ★
*"Dolly had stepped
into her rhythm.
She blossomed and
became the person she
had always truly
wanted to be"* ★ ★ ★

and pale pinks and oranges and lemons.

After much cajoling, Dolly agreed she would wear them and go down to the pub. Dolly had the best night she'd had in ages, and she put it down to her new outfit.

People seemed to notice her. They chatted and complimented her, asked her where she got her cool jeans from.

From then on Dolly dressed only in shades of purple. Lilac, mauve, aubergine, lavender, violet, magenta, amethyst, plum. She even dyed her pale blonde hair purple.

Everybody wanted to talk to the lilac lady, and Dolly never looked back.

She started a blog about her life in lilac and so many doors opened. Dolly had stepped into her rhythm. She blossomed and became the person she had always truly wanted to be.

Laura Goulbourne

Laura is a London-based writer and MA graduate in creative writing and wellbeing, with a passion for yoga, meditation and reiki healing.

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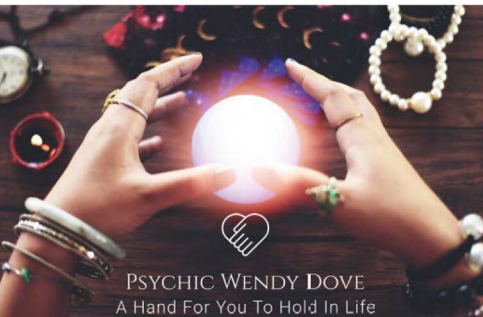


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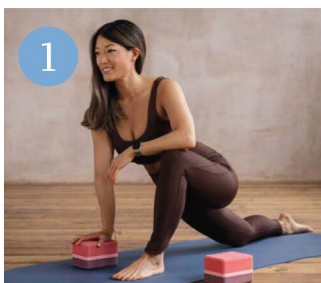
Try this grounding yoga flow from Sarah Highfield to connect to the power of the earth

One of the most unique aspects of yoga is its ability to lift you up when you feel low, energise you when you feel fatigued and, of course, bring you back to balance and calm when you feel overwhelmed. In this way, yoga also helps to ground you when you are feeling detached or distracted from nature around you or from the present moment.

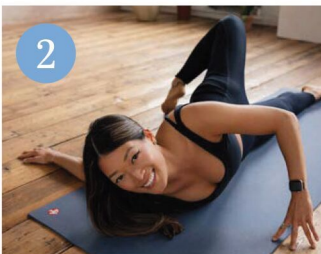
In the ancient practice of Ayurveda, it is believed that the onset of new seasons generates vata energy, which is the subtle energy of movement. For some, this can heighten sensations of anxiety and leave them feeling unsettled. The following poses will help to slow the flow of energy throughout your body, and bring about a sense of feeling rooted and soothed. Practise these poses when you have a moment for yourself to nurture your mind, body and soul.

1 Low lunge (using optional blocks)

Start by kneeling down on your right knee and placing your left foot on the floor in front of you. Use a yoga block (or even a sturdy book) if you wish to rest your right hand on something. Otherwise, place your right hand on the floor. Let your hips sink down towards the floor, making sure that you maintain a long spine. The more you relax into this pose, the deeper you will stretch. Hold for 10 deep breaths and then repeat on the second side.



floor, and feel a gentle stretch in your shoulder and hip. Hold for 10 deep breaths and then repeat on the second side.



3 Reclining twist

Lie on your back, dropping your knees to the left, and extending both your arms out either side of you. Take a big inhalation through your nose and as you exhale, softly turn your head away from your knees. Try to fully relax your body here, keeping your spine long and letting your limbs feel heavy. Allow the weight of your body to help you settle into the pose. Hold for 10 deep breaths and then repeat on the second side.



4 Savasana (using optional bolster)

Simply lie down on your back, placing a bolster or cushion under your knees for comfort if you wish. Close your eyes and if you like, place one hand on your heart and the other on your stomach. Allow your body to feel heavy and supported by the ground. Allow all your muscles to soften and relax, and let go of any sense of holding or tension. Try to enjoy the stillness of this pose and the feeling of doing absolutely nothing, just breathing and being. Remain here for a few peaceful minutes.

2 Front twist with shoulder and hip opener

Lie on your front with your right arm extended out to the side. Rise up onto your left fingertips and lift your left leg up, folding it back over your right leg. Ensure that you remain lifted high, using your left fingers to press down into the



Photos: yogaandphoto.com Outfit: manduka.com

Sarah Highfield

Born in Hong Kong and based in London, Sarah Highfield is a leading international yoga teacher and writer. She is the founder of Yogagise Yoga and believes there is a style of yoga for everyone. Visit yogagise.com for more or follow her on socials @yogagise

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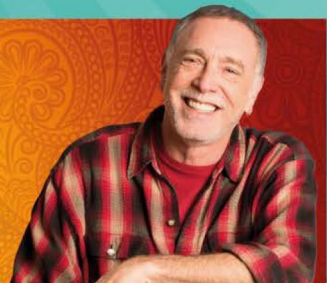
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