

HOROSCOPES ■ DREAMS ■ COSMIC ORDERING ■ MEDITATION ■ PSYCHICS

Issue 45, October 2011 £3.50

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PAGE 14



Most
Haunted's

MEET OUR NEW COLUMNIST

Yvette Fielding
on her ghostly experiences

PLUS: SIMPLE SPELLS AND SPOOKY STORIES!



CLEAR ANCESTRAL KARMA ■ SUMMON INNER STRENGTH ■ EXPRESS YOUR CREATIVITY



Crystal of the month



Jasper

Thought to give users a greater sense of who they are and where they're heading, this powerful crystal is ideal for those interested in pursuing creative careers and is believed to inspire courage, confidence and artistic energy in anyone who wears it. Said to absorb all negative energy from the home and help individuals feel more grounded, it'll create a harmonious atmosphere and keep you safe from harm.

MAKE A FRESH START

Feeling a little run down? Sensing a negative energy in your home? If so, why not eliminate any harmful chi by using this tried-and-tested ancient remedy? Begin by opening all the windows and doors in your house. Take nine oranges, said to be auspicious, and cut nine round pieces of orange peel from each one. Break them into smaller pieces and scatter them in each room, visualising a white light, carrying positive, prosperous chi, eliminating any evil or harmful energy as you do so. You'll soon notice your mood and fortune picking up.



Risky BUSINESS

Ever wondered why some of your cars seem to be luckier than others? If so, it might be worth calculating your personal kua number, and finding out whether you're simply choosing vehicles in the wrong colours. To work out yours, add the last two digits of your birth year together, and add a further five to that – if male, do the same, but subtract the total of the first sum from 10; if the result is more than one figure, add them together.

Once you've done this, use the chart to the right to work out the element associated with your number, and the colours it corresponds to:

So, if you're kua number is:

One (water) – it would be best for you to go for cars in blue or black, as these are thought to be ideal for water types.

Two (earth) – vehicles in yellow or brown will serve you well.

Three or four (wood) – try to choose something in white, silver or gold.

Five (earth) – yellow or brown cars will bring you the most luck.

Six or seven (metal) – stick to white, gold and silver varieties.

Eight (earth) – look for ones in either yellow or brown.

Nine (fire) – red, orange or pink ones are definitely your best bet.

Holistic home

Clear out the clutter!



WITH AUTUMN WELL UNDER WAY, THERE COULDN'T BE A BETTER TIME TO HAVE A CLEAR OUT. GABRIELLA GUGLIELMINOTTI TRIVEL REVEALS THE SECRETS TO DE-CLUTTERING EFFECTIVELY

You might have read or heard that a clean and tidy space is conducive to success and creating a happy life; as such, de-cluttering is fundamental if you want to have a clear mind and feel great about yourself. It's not just good feng shui practice, but simple common sense as well!

If you're female, you have an extra tool to do this with, because nature will have provided you with a menstrual cycle. You may be wondering what this has to do with re-adjusting your home and life, but nature blesses a woman with four important phases during her cycle, during which she experiences very different energies and approaches life in particular ways.

A good way of understanding what goes on in a female's body during these times is to think of the four seasons and consider the 12 months of the year as being like a menstrual cycle, with winter corresponding to menstruation, and therefore a time to rest, nourish the body and soul and allow insights to come to the surface; spring representing the pre-ovulatory phase when a woman tends to have a bit of a spring in her step and faces anything and everything with optimism and enthusiasm; summer, when she ovulates, signifying the time she becomes most social and outgoing and finds everything in her life easy to juggle, before autumn, her pre-menstrual stage, when she begins noticing various issues she's previously ignored and feels like de-cluttering her life on a physical, emotional and psychological level.

So, if you're a woman, harness the power of nature to bring order into your life; make sure you're heard by other people and tidy up your home, clearing out the old just as the trees shed their leaves; you'll find it much easier to do than you would during the other seasons.

For more information about utilising your cycle's seasons or to book a place on one of Gabriella's Flying Solo 1 workshops, visit flyinginspiration.co.uk

