

Shamanic Course

Ever wondered how it would feel to get up close and personal with the natural elements and find out what they might teach us? Shamanic trainer, healer and crafter Taz Thornton is providing exactly this opportunity as part of her next year-long circle programme.

As well as teaching standard shamanic practices such as journeying, dream interpretation, power animal connections and healing, Taz's One Year Shamanic Circle offers participants the chance to learn directly from the elements, and includes activities such as an optional firewalk and ancestral earth energy exercises.

Taz explains: 'The land we meet on still has that rich, wild, untouched feel about it and the ancestral energies are tangible. Working with respect for "all our relations", we connect with those earth energies to bring back rich teachings that have been long buried.'

The training – 2013: Awakening to Spirit in the New Dawn – begins 19 July 2013, in Thorney, near Peterborough, Cambs. The year's training costs £796, payable in monthly instalments of £66.25 after a £90 deposit. www.firechild-shamanism.co.uk or www.facebook.com/FirechildShamanism for details.



New Tours

Naturetrek, the UK's leading wildlife tour operator, has extended its programme of expert-escorted trips to include six new holidays. They range from a leisurely wildlife holiday in search of the Italian Riviera's butterflies, wild flowers and birds to a new mammal-watching holiday in South Africa focusing on rare species such as bat-eared foxes, armadillos and armadillos as well as the classic safari 'must-sees'.

From birdwatching and photography to trekking and conservation, Naturetrek can cater to any wildlife-watching need. All Naturetrek holidays and short breaks are escorted wildlife group tours guided by expert British and local naturalists, ornithologists and botanists.

For a brochure or to book, call Naturetrek on 01962 733 061 or go to www.naturetrek.co.uk

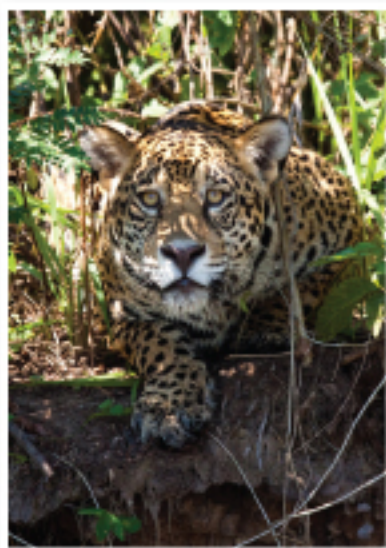


Photo credit: David Price

All is Well

Over 26 years ago Louise Hay wrote her first and bestselling book which has sold over 40 million copies around the world. Now over two-and-a-half decades later, Louise hooks up with Dr Mona Lisa Schulz to examine scientifically why what she said all those years ago is now finally being proved by the medics and scientists.

Louise and Mona Lisa examine the connections between the chakras and the body. They explore probable mental causes for the physical manifestation of illness associated with each centre, and lay out how to address these health concerns.

Louise also offers new affirmations to counteract specific emotional weaknesses.

All is Well by Louise L Hay and Mona Lisa Schulz (Hay House UK), £10.99.



Safe Deodorants

Conventional deodorants contain an array of chemicals, including aluminium, parabens and butane. Exposure to aluminium has been linked in some studies to a higher risk of Alzheimer's disease and some cancers, whilst exposure to parabens and butane have been linked to skin allergies.

Using a natural deodorant is a safe way to ensure you smell good, but without the need for harsh and possibly damaging chemicals.



Natural and organic skincare specialists Lavera provide a range of both spray (£9.95) and roll on (£8.96) chemical-free deodorants with sumptuous scents to leave you smelling fresh all day long. Lavera also produce natural and organic toiletries that make ideal gifts for Mothers' Day. Pictured is the Lavera Body Spa Organic Rose Garden Gift Set, £9.90. Available from www.pravera.co.uk/lavera, Holland & Barrett and independent health stores.

The Right T-Shirt

It can be very tempting, when you finally decide what you want in your life, to go straight out and tell everyone – and many people suggest this is a good thing to do.

But according to Jessica McGregor Johnson, author of *The Right T-Shirt* – this is not a good idea. Why? Because these are heart-felt goals that are tender and can get crushed all too easily. McGregor Johnson recommends that you pick the people you share your goals with carefully, saying, 'You will find that once you are a way down the path there will be a point that you are so committed to your goal, that it has become strong within you. It is then you can tell your goals and dreams to whomever you want and nothing will put you off.'

For more of Jessica's advice, read *The Right T-Shirt: Write Your Own Rules and Live the Life You Want* available from www.amazon.co.uk and other online bookstores.

