



**Spiritual
EVENT**

The mane ATTRACTION

THERE'S LITTLE more restorative for the soul than being nurtured by nature in the breathtaking scenery of the Lakeland Fells in Cumbria.

The Full Circle Retreats yoga and meditation day on July 21st goes one step further, by involving the gentle, soothing presence of the resident Clydesdale horses at Whasdyke working farm, who play an important role in the magic of shared meditation.

The tranquil souls of horses and their ability to support holistic healing has been known about for some time, but at Full

Circle Retreats, the benefits from working with these creatures goes both ways.

'Horses are great barometers for our meditation practice. If we are peaceful, they are peaceful. They basically sync with our central nervous system,' explains meditation guide Katherine Beaumont.

'During our shared meditation, the horses come into a state of stillness and they bring us greater coherence. We all experience a state of bliss, clarity or euphoria.'

The day starts with a yoga session, followed by meditation with the horses before lunch. In the afternoon, you'll have the chance to groom the animals before a second meditation with the horses. The afternoon winds up with a walk to take in the stunning landscape of the Lake District.

fullcircleretreats.co.uk

Turn to our ➡➡
WHAT'S ON GUIDE
on page 92 for lots more
spiritual happenings

**Animals can
help holistic
healing**



Summer sprites
The sun is shining and the fairies are out to play... inspiring your choice of gifts

← **FAIRY EGG HOUSE, £12**
Boost your chances of a fairy sighting by hanging these handmade ceramic egg houses from a tree in your garden, or in your favourite room at home.
toadstoolsandtippytoes.co.uk

➡ **FAIRY CLUTCH, £14.50**
Any fairy lover will be familiar with the illustrations of Cicely Mary Barker, whose flower fairy drawings were published in 1923. Today, you can carry her artwork with you in the form of this beautiful bag.
edwardschina.co.uk

← **FAIRY FLOWERS, £9.99**
Welcome the fae into your garden with this magical seed kit, complete with flowers carefully chosen to attract fairy folk. It includes everything you need to get planting, including seeds, wooden markers and essential growing tips.
justloveit.co.uk

We love!



Healing Mantra

'I give my bodies, both physical and metaphysical, permission to heal themselves. I open my heart to attract good health and abundance in all areas of my life.'

*Gaynor Mentipty, crystal specialist,
gaynormentiptypsychicmedium.co.uk*

COMPILED BY RUBY DEVOY PHOTOSGETTY, ISTOCK, SHUTTERSTOCK

5 minutes to...

Tell the future with your radio

Discover the art of rhapsodomancy, hearing forewarnings and receiving guidance on your hi-fi

SET YOUR FREQUENCY
The first step when divining with any tool is to set your mind, body and soul to the right frequency.

It's no good asking questions if the other side can't hear you, or you can't hear the answers. To start, take a tip from Peter Pan and think of a happy thought.

Just like positive thoughts, the Divine realm sits in a place of high and light vibration, whereas negativity holds a very dark and dense frequency that limits our freedom and awareness.

The happier you are, the clearer your channel.

FOCUS YOUR INTENT
Once you feel you have shifted yourself into a receptive position, focus your intent and think of your question.

The more direct and unambiguous the query, the more likely it is you will get a response.

Now pose your question and turn on the radio. The first song title or first lyrics you hear will give you the counsel you seek or a sign of something that lies ahead for you

Keep a note of what you hear and start to see patterns forming.

WORDS OF WISDOM
Traditionally - long before radios were invented - rhapsodomancy (derived from an ancient Greek word meaning poem, song or ode) used lyrics or verses to give you a message or glimpse into the future.

So, for a bit of old-school rhapsodomancy, pick up a book of poetry or classic literature. Balance the book on its spine and allow it to fall open naturally at a particular page. With eyes closed, pick a passage at random and read aloud. Interpret what it says, in light of your question.

Did you know?

Visitors to the shrine of the god Hermes, in Greece, whispered a question in his ear and listened for his answer in the noise of the crowd.

