



Salt of the Earth

Salt of the earth; the building block of life and a description of a steady, earthy and trustworthy personality. Yet there has been much controversy over salt and over the recent years much has been publicised about diseases associated with it, despite the fact that we also know that some salt in our diet is vital. There is easily available information about how much we should use on our plates as well as in cooking and through much needed press about the shockingly high amounts in many processed foods, we are becoming more aware. Some

statistics state that by reducing your salt intake you can also reduce your chances of heart disease and strokes by 25%! Currently in the UK the average person ingests 8-10g of salt a day, but the World Health Organisation is recommending only 5g. At the same time we are salt starved, of the real stuff that is!

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Editor's Letter

Our voices are the foundation of our communication, yet we ignore the set of muscles that accommodate our own special sound. It can leave our personality buried deep within us limiting the ability to express ourselves properly. Through special exercise and the use of sound current we can allow our own special voice to come through. Your voice is a unique blue print that belongs only to you but elements of it are sometimes shared by family members. Hence my sister and I would answer the phone to each others boyfriends and chat away for ages ending up in fits of giggles, giving the game away to the poor lad.

Our main article is about a fundamental element to our diet, salt! However too much and the wrong type, can actually be killing some of us. Do check out the spectacular pictures of the Polish Salt Mine. Think Mines of Moria in Lord of the Rings meets a health care consultant! Until next time....



Pavlou Landraagon

◆ feng shui tip of the month



What: Place a small ramekin of Rock Salt at the top and bottom of the stairway (be careful not to let kids and dogs get to it).

Why: Salt will stabilise your stairway. Energy can be fast moving on stairways and can flow out of a doorway if it is too near the entrance. This may leave residents of the house feeling drained.



It seems that not all salt is made of the same stuff and will have a different effect on the body depending on its source. The basic common and garden table salt is Sodium Chloride (plus the additives with it). It has been chemically cleaned to create that very white uniform look and has a different result on the body from its mineral counterparts. When the body over-doses on salt it tries to neutralise its effects by pulling water from the cells and therefore upsets the body's internal balance. Eventually the cells die and the body becomes swollen and water logged which can eventually lead to serious disease (also a big factor in cellulite).

Healing Effect of Salt

A spectacular example of the use of salt for health is the Wieliczka Salt Mine in Poland. Described as no less magnificent than the Pyramids of Egypt, this is the only salt mine in the world that has been continuously functioning since the middle ages with its first recorded tourism in the 15th century, visitors have reached 1 million a year in the present time. It exists on nine levels and reaches a depth of 327 metres.

Here lies a healing salt spa that has an incredible record of success with lung problems, allergies and chronic obstructive pulmonary heart disease as well as other complaints. A treatment plan is devised by doctors, nurses and a music specialist and your stay is underground in the amazing salt mines! Of course you can just come to visit the spa, detox and get rested.

Remove any thoughts of cramped tunnels, it has many large chambers including a chapel

and with some that have huge chandeliers that hang from the cavernous rooms.

The Pink Stuff

If salt is so good for us how do we safely get it back onto our tables and into our cooking pots? Try Himalayan pink salt. Considered by some as more than just salt but a food in itself. Interestingly it contains 84 of the 94 of the trace elements that our own bodies are made from and in the same proportion that we have in our blood. Said to help bone strength as well as having anti-inflammatory properties, not only is good for us but it tastes delicious too.



Wieliczka Salt Mine

These pink crystals are great in the bath and a good soak will help

those aches and pains, detox the body, help heal dry flaking skin and allow it to retain more moisture as well as other benefits.

The healing continues with rock salt lamps that give a beautiful warm glow to a room whilst releasing the minerals into your room. Great for allergy sufferers and one near your computer will help counter those EMF waves.

If you want to know more then go to the amazinghealth.co.uk site where you can purchase a book called *Water and Salt* by Peter Ferreira and Dr Barbara Hendel.

Meanwhile make sure you go for the pink stuff, check out food labels and leave the white poison behind. PL

www.kopalnia.pl
www.amazinghealth.co.uk/himalayan-salts.htm

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Welcome to our monthly selection of current readers.

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◆ psychic
tarot



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Thurs 8pm-11pm
Fri 2pm-7pm

◆ psychic
tarot
dream analysis



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◆ clairvoyant



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◆ medium
counsellor
healer



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- ◆ clairvoyant
clairsentient



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- ◆ clairvoyance
clairsentient
spiritual



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Sun 7pm-11pm

- ◆ medium
clairvoyant



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- ◆ medium
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- ◆ psychic
intuitive healer
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Fri 2pm-7pm

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psychic



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Sun 9am-2pm

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- ◆ clairvoyant
clairaudient
clairsentient
medium



Richard

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Tue 2-7pm

7.30pm-midnight

Wed 7pm-midnight

Thu 2-6pm

7.30pm-midnight

Sun 9am-2pm

7pm-midnight

- ◆ clairsentient



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9am-2pm

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- ◆ clairvoyant
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- ◆ clairvoyant
tarot



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angel cards
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- ◆ clairvoyant
psychic



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- ◆ clairvoyant
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Julie

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Sun 2pm-12pm

- ◆ clairvoyant
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crystal ball



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mediumship



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Sun 10am-2pm

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dream interpreter



Fran

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Tue, Wed, Thurs, Sat

7pm-11pm

Sat 7pm-11pm

- ◆ clairvoyant
medium



Hayley

Credit Card PIN 5503

Sun 7pm-midnight

- ◆ clairvoyant
tarot



Sound Your Soul

How many of us really pay attention to our voice, the essence of our own personal sound? Yet we continually respond to the voice of others, whether it is someone who is a public speaker or to those around us.

Right now as I am writing this, I can hear the local nearby childrens playgroup and I am struck by the celebration children have of their own voices. At some point for most of us lose that joy and with it goes our own inner essence.

Our voices resound our own inner expression and vibrate our own personal song. Within Eastern practices our link to the Divine is with Mantra and within our own Western context we celebrate God with prayer, 'In the beginning was the Word, the Word was God, the Word was with God'.

I had heard Stewart Pearce, an international authority on the spoken voice, on Radio 4 and the distinct tone and flow of his voice mesmerised me as he spoke of the healing Angelic work that he believes is the medicine of the future. He looks to allow the true spirit of one's own authentic signature



the
ALCHEMY
of voice

note to come through and with it healing at a deep level.

Having been a Master of Voice for the world renowned Shakespeare Globe for many years Stewart has also been tutoring individuals including well known names such as Minnie Driver, Simon Callow and Vanessa Regrave.

Stewart believes that Sound is at the core of creation and has the power to create harmony at the very deepest level, our DNA, and can release deep issues that we carry with us daily. PL

For more information on Stewarts work go to www.thealchemyofvoice.com. Look out for Stewart Pearce's new workshop "ATLANTEAN ANGEL" RETREAT in the Dominican Republic AUGUST 15th-23rd, 2009

www.startemple.com

Astrology

Joanna Watters



Following on from last month's eclipses comes another Lunar Eclipse, this time in Aquarius on the 6th. For many this is likely to show in changes and restructuring that affect companies and organizations, especially within departments that rely on teamwork or who are concerned with humanitarian or political concerns. It is a time when it is out with the old order, in with the new, and it will take a while for the dust to settle. At a more personal level the action planet Mars is now in breezy Gemini, sign of the twins. Tune in to themes of duality, choices and information gathering. The collaborative rather than competitive principle is likely to show more strongly than ever so the current climate favors networking, job sharing, multi tasking and sharing resources wherever possible.

Aries (Mar 21 - Apr 19)



You are innately direct and single minded, qualities that often secure your success. Keep up the dynamism but with your planet Mars in versatile Gemini it is not in your interests to be blinkered. Diversify, explore different options and consider new ways of doing things, especially around the 11th when some clever trouble shooting is called for. Keep life and love interesting by sharing your news and views. When it comes to new love you may need to draw someone out of their shell. Take the lead and you will find a true mind connection.

Gemini (May 21 - Jun 21)



You're a natural multi tasker but energetic Mars now in your sign stirs up your can-do attitude more than ever. However, with Mars on a collision course with obstructive Saturn you do need to be selective when it comes to making new commitments. Knowing where to ditch out or where to persist will be obvious after the 11th. Pull out all the stops in your relationship this month, especially if you have been going through a lethargic patch. If you're unattached now's your chance to have that special someone hanging on your every word.

Taurus (Apr 20 - May 20)



If you are staving off boredom take note that your planet Venus is now in tenacious Cancer and that your staying power is your strongest asset. Clear the decks of routine tasks and you will create the space for a work opportunity with exciting potential. Whatever presents itself on the 6th merits further investigation, or vacancies can suddenly appear as others move on to pastures new. Progress for a partner is also on the cards and finances will be up for discussion. New romance takes off if you can disregard age or earning differences.

Cancer (Jun 22 - Jul 22)



The love planet Venus in your sign from the 1st pushes romance into the foreground but, with Pluto muscling in on the act, personality differences are also likely to manifest. You may have to bend if agreements are to be made but not at the expense of being controlled. Insist on negotiation so that compromises, emotional or financial, can work to powerful effect. A new love interest will have you thinking of little else but be patient. Not until the 19th can you cement a bond in a way that gives you confidence for the future.



Leo (Jul 23 - Aug 22)



Your self awareness is on the increase but, although it is healthy to question if your own needs are being met, do guard against expecting too much. The Lunar Eclipse in your relationship sector sensitizes your love life and currently it is wise to step back, especially over minor issues. Acceptance does away with unnecessary resentments. Similarly a new love interest needs a gentle approach until the 20th when the New Moon in your sign gives you lots of clout and points the way forwards, possibly in a way that you had least expected.

Libra (Sep 23 - Oct 22)



Your planet Venus arrives in your career sector on the 1st and job satisfaction is likely to be a bigger concern than usual. Stressful work matters or the demands of someone you experience as overpowering can be exhausting. If you often find it hard to say no it is time to spot the pitfalls of being over compliant. Keep a healthy distance between you and those who revel in office politics. By contrast your love life is a breeze from the 13th. If you're unattached a holiday romance or a fun fling is a tonic, either in its own right or in its healing effects.

Sagittarius (Nov 22 - Dec 21)



With Mars powering through your opposite sign and teaming up with your planet Jupiter on the 13th your love life is at full throttle. In a long term relationship there's a new buzz, especially when you get back to having fun together. With a new love interest don't expect to be calling all the shots but you can have a lot of fun. Just keep an eye on your fundamental need for some space. Work wise you're on a roll so preserve some energy to reach the goals that you have been eyeing for some time and which, from the 23rd, start to materialize.

Aquarius (Jan 20 - Feb 18)



The Lunar Eclipse in your sign on the 6th suggests that it's back to the drawing board when it comes to resolving personal issues. If you have been proved wrong, about a decision or a person, now is the time to face facts. Call upon your objective talents and rewrite your script rather than clinging to old beliefs that no longer hold true. When the Sun opposes dreamy Neptune in your sign on the 17th it is tempting to chase old dreams, but stay real. Remind yourself that success, in life or love, is not about wishing – it's about working.

Virgo (Aug 23 - Sep 22)



Your planet Mercury arrives in your sign on the 2nd and immediately aligns with powerful Pluto. Take special note of your insights at this time as they are likely to be spot on. The time for doubt or hesitation is over so act on the strength of informed and definite decisions. If this includes admitting defeat with an onerous work project or an impossible relationship then realize that this is liberation, not failure. By the time the Sun arrives in your sign on the 23rd any sense of loss is negligible compared to your restored joie de vivre and self belief.

Scorpio (Oct 23 - Nov 21)



As the month starts with Venus in collision with your planet Pluto it seems that some kind of emotional showdown or financial issue has reached a critical point. The real message is that you need to confront your fears or deeper feelings, especially where you have opted for silence or avoidance in the past. Your other planet Mars is reminding you that you DO have choices and the ingenuity to find effective rescue remedies. The way in which you are able to handle significant changes around the 23rd proves the point – and how.

Capricorn (Dec 22 - Jan 20)



The love planet Venus now in your relationship sector tangles with Pluto in your sign on the 1st, putting your emotional life to the test. Themes of absence or disappointments are likely scenarios but strong relationships will simply grow deeper under duress. However, call time on an unhealthy liaison or on someone who seems determined to resist you and you will create a new partner-shaped space. Work wise you can now start to appreciate the value of hard won experience as you move towards not just success but deserved recognition.

Pisces (Feb 19 - Mar 20)



Mercury in meticulous Virgo from the 2nd opens up a new chapter in your personal life. The main message is that you cannot expect anything other than disillusionment if you expect others to sense your needs or feelings. There is currently no substitute for clarity so identify any specific issues and be precise in your demands, especially around the 18th. Similarly, your working life will prosper when you accept that what is crystal clear to you may be cloudy to others. Explain a vision in simple terms and you will find all the backing you need.