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Whatever the impression that Hollywood may have tried to create in rewriting the history of the North American continent, the Native Indians were a highly spiritual people who honoured life in all its aspects.

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The pipe of peace is a well-known symbol of all that was best and most highly evolved in the culture of the Native American Indians.

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Cover photography by Tony Petch.

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REMEMBER, WHERE THERE IS A WILL, THERE IS ALWAYS A WAY ... I CAN FIND THAT WAY FOR YOU.

People of the Sacred Pipe

The Native North American Indians led a life far removed from that of modern Western society.

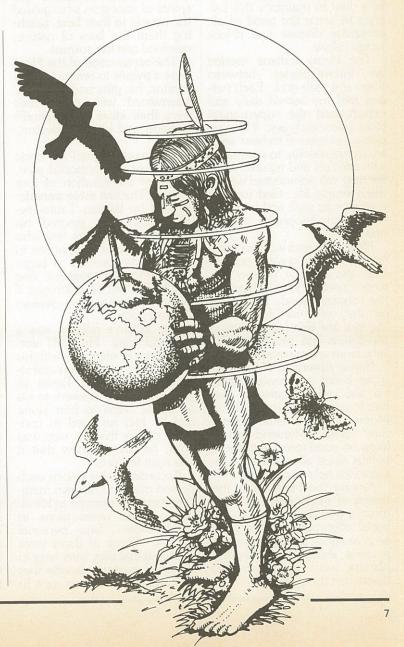
by LYNNE NORTH

Theirs was a land of mystery in which they communed daily with the supernatural. Life itself was one long religious ceremony and the average person transformed the simplest tasks into ritual. The sky was their church, their medicine bundles their prayer books and Wakan Tanka their god.

Wakan Tanka, or the Great Spirit, was both one god and many. The elements, planets, the Earth itself were all part of him as well as being deities in their own right. All living creatures were respected by the Plains Indians who believed they had a right to be there. Indeed, in some respects animals were regarded as superior to mankind since Wakan Tanka placed them on the Earth first.

As a means of perpetuating myths and legends, songs and chants played an important role in the lives of the tribes. Ceremonies were numerous and all rituals were a means of passing on ancient truths to remind the Indian peoples of their history.

Above all, they strengthened the ever present knowledge that mankind and nature were as one, part of Wakan Tanka's great circle with no beginning or end. So, if anyone harmed any living creature or product of the Earth, then he/she hurt himself.



Permission was therefore sought before any tree was cut down or animal killed for food. Though these acts were necessary parts of life the Indians did not wish to offend their god by taking his gifts for granted. Animals were further revered by the wearing of their hides in ritual dances.

Wakan Tanka was the Creator of all Spirits and their sum total. The Earth or Earth Mother was a living, sacred entity, as were all that lived on her, grew from her or overlooked her in the heavens: all were seen to live in harmony. It was humanity's duty to maintain this balance to serve the good of all, otherwise disease and ill-luck would follow.

The Plains Indians needed no intermediaries between them and their god. Each person met the sacred daily and experienced the supernatural from a very early age. It was regarded as natural to hear voices, to see visions, to commune with animals and nature. What we may call paranormal was to them simply life. God was for everyone to seek and he came to all with prophetic dreams and visions.

Holy men and women were endowed with greater powers than the average person and were expected to use these for the common good. In particular, they were used for healing the sick but also for predicting the future and protecting the tribe from enemy magic.

Native American Indian religious belief was based largely on the personification of cosmic forces such as the Sun and Moon, the elements and nature spirits. Mankind had to keep on good terms with these beings since all could be contacted for help or guidance.

Among the Hopi tribe, the timing of many religious ceremonies was determined by celestial alignments. Stars were seen as lights, or campfires, in a world above the Earth; the planets were divine entities wandering the skies.

The Hopi had rites to evoke supernatural powers and ancestor worship played an important part in their ceremonies. At certain times of the year the priests and their chosen would descend to underground Kivas where they would watch the passage of relevant constellations through vertical entrance slits; rituals being performed as they passed overhead.

Public ceremonies were held outside, including the Kachina fertility mysteries, Sun and fire worship and Solstice rituals. The Kachina embodied the spirits of ancestors who guided the people to their land, teaching them the laws of nature, mankind and the cosmos.

The ceremonies of the Hopi were a means to remember the creator, his gifts and his rules. Intertwined with these rites were their ideas of mankind's creation and ultimate destruction.

This myth formed the cycle of the whole ceremonial year, telling of the creation of four Worlds. The first three were destroyed by Wakan Tanka because humanity ignored his great plan. Only the few who kept the creator's intentions in their hearts survived to begin the fourth and present one which also will be destroyed if humanity strays from Wakan Tanka's path.

The Indian's religion was a personal thing. He could worship alone in silence or with his people. He had dreams and visions from Wakan Tanka to guide him. The answers to his questions came to him alone and he had no need to convince others that his way was right, he simply knew that it was right for him.

According to his visions each person made up his own medicine bag which served as his altar to open when alone in which were kept personal charms. Some of these were so sacred that they were kept in the tribal medicine bundle that was passed from generation to

generation over centuries. It was not the object itself that was deemed so powerful but the symbol given by the spirits.

Spiral mazes or patterns of enclosed spirals were one of the sacred symbols of the Hopi, while the symbol for Wakan Tanka himself was a circle. This represented the Sun and Moon, the Earth, the tepee and the Sacred Hoop of the Nations.

The powers of spirits were seen to work in circles, the Sun's motion was circular, the wind blew in whirls and the eagle, the sacred messenger of the gods, soared in circular motions.

While the circle remained unbroken the tribe was safe. Man was only truly a man when he realised that he and all living things formed part of this never ending circle.

The circle, or wheel, was a shape seen to possess great power, it formed the ground plan for medicine lodges that graced the centre of camps and housed the sacred tribal medicine bundle and peace pipe. Even the humble tepee had its own symbolism with the floor representing the Earth, the walls the sky and the poles yearning towards the spirits above. The tepee was a circle within the wider sphere of the camp, a constant reminder of the sacred life circle.

Medicine wheels

The presence of what have now been termed Medicine Wheels across the plains of Canada and the United States have raised a series of questions as to their usage. There are the remains of about 50 Medicine Wheels across these Plains, large stone circles laid out by Native Americans.

These vary in size and pattern from a few feet to 60 yards in diameter and were formed of loaf-sized stones laid out in a circle with a central cairn. Some also had smaller circles inside or further cairns along the rim. Others have spokes



connecting them to the outer circle.

The most amazing Medicine Wheels still intact are those in the Bighorn Mountains of Wyoming and Moose Mountain in Saskatchewan. The former, at the 10,000ft summit of Medicine Mountain, has a 10ft wide cairn attached to the periphery by 28 spokes and is estimated to be between 100 and

200 years old.

A study of Medicine Wheels by John Eddy in 1972 suggests that Bighorn was laid out in lines relating to the Summer Solstice and may have been used to sight the rising of particular stars, the 28 spokes perhaps serving as counters in a Lunar cycle. However, these theories are purely speculative, few astronomical alignments were found at other sites although many were too disturbed for detailed study.

The Moose Mountain Wheel does, however, appear to have Summer alignments like

Bighorn and radiocarbon dating of a piece of charcoal found there suggests a time-scale of approx 440BC. These findings seem to indicate that Native Americans were more advanced that previously believed.

Medicine Wheels today are constructed according to specific ritual, marked with the cardinal points and dedicated to the spirits. They are used in ceremonials seeking protection and health.

Sand paintings

Also used for magical healing purposes by the Navaho were sand paintings. Only used at ceremonies lasting at least five nights, these could measure 12ft in diameter and were laid on a base of sand approximately 3in thick. Coloured powder in red, yellow, blue and white made from ground rock was sprinkled with precision over the sand base while the tribal healer or shaman led the

communal chant.

To be effective, the painting had to be begun at dawn and finished by late afternoon. The patient would sit in the centre and have sand from different parts of the painting applied to his/her body while the chanting continued asking for recovery. When the ceremony was finally over the painting would be obliterated.

The sacred pipe

Not all the ceremonies throughout the tribes of North America were identical but one of the most prevalent features was the use of the Sacred Pipe. The smoking of tobacco, a gift from Wakan Tanka, was seen as a means to commune with the supernatural and, like incense, was regarded as pleasing to the spirits.

The smoke was believed to be endowed with powers to heal or hurt, to bring good or ill, but traditionally was used solely for sacred purposes. During rituals the smoke, which embodied the breath, was offered to the Great Spirit and received messages in re-

turn.

According to myth, Wakan Tanka sent the White Buffalo Calf Maiden to his people to deliver seven gifts: the sacred pipe and its associated ceremonies. The pipe bowl was to be carved as a buffalo to represent the creatures of the Earth; the wood or reed stem would embody all that grows on her; decorative eagle feathers represented winged creatures; and man, by smoking it, could add his voice to all others in addressing Wakan Tanka.

Each village had its own Keeper of the Smoke who chose four assistants from his own kin, one of whom would succeed him at death. The keeper's main responsibility was the correct conduct of cer-

emonies.

An important rite was the Keeping of the Soul, a purification ritual at death. When a person died a lock of his hair

August, 1996

People of the Sacred Pipe

was taken and purified by the keeper who held it over sweet grass smoke before wrapping it in sacred buckskin and giving it to the deceased's relatives to keep in their tepee for a year. The body was then placed in a tree away from the camp to return it to the elements.

The sacred pipe was purified and smoked, being passed Sunwise around the circle. Keepers of the Soul had to conduct themselves in a sacred manner for a year and on fine days would tie the 'soul bundle' outside on the Southern side of a tripod (souls were believed to travel South). A thong hanging from the bundle to the ground represented the route travelled by the soul from Earth to Wakan Tanka.

After a year the sacred pipe was filled six times and offered to Heaven and Earth, North, South, East and West. A pole set up outside a specially constructed lodge was topped by a buckskin painted to depict the departed. Four virgins touched the bundle which was then carried from the lodge to release the soul.

Bodily purification was undertaken in sweat lodges before all major ceremonies. This took place in a circular lodge with a central pit of rocks heated over an outside fire. Water scented with grasses was poured over the rocks to produce steam and the door was opened four times to represent the powers.

The 'sweats' were conducted in rounds, water being brought to the thirsty participants at the end of each session. The sweat rounds ended

with the smoking of the sacred pipe.

Vision quests

Given the intense heat, chanting and smoke it was not unusual to experience visions during the sweat rites and vision quests were common to Plains Indians seeking to acquire guardian spirits. Often sought by males at puberty, such quests were undertaken several times so that each Indian could have several spirits to serve different functions in his life.

Following a sweat rite the Indian would go alone into the wilderness where he would fast, pray, smoke his pipe and walk between four poles set up as a cross for several days and nights. Alert all day for animal messengers, the brave could sleep at night since his guide may come in a dream.

The spirit would give instructions which had to be followed accurately or the power bestowed would leave. Ideally, a physical token, such as a bone or claw, would be left behind and this would then be carried in the medicine bundle or worn as a necklace by the seeker to represent the form from which he received power.

Visions were accorded great respect since they strengthened the individual or even the tribe. Most quests were undertaken alone but some, such as the Sun Dance, were experienced by the whole tribe.

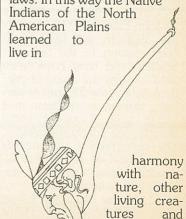
This ceremony was usually carried out in June or July to thank Wakan Tanka for the tribe's most important visible entity and in the hope of re-

ceiving visions. The people travelled to a chosen place where a sacred pole was set up and a lodge constructed around it

On the day and night before the ceremony the whole tribe would dance to represent the folly of man and the bonds that tied him. At Sunrise the dancers, following purification in sweat lodges, would undergo physical pain as their sacrifice to Wakan Tanka, symbolically severing their bonds with the actual tearing of flesh in a complex ritual.

A further ceremony revealed by Wakan Tanka's messenger was the smoking of the peace pipe. This was seen as a means of prayer and many agreements between Native Americans and white settlers were sealed by this ritual means.

The thread of supernatural belief and ritual was tightly woven through every aspect of North American Indian life. Whether at work or play, all actions were carried out in accordance with Wakan Tanka's laws. In this way the Native



themselves.



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August, 1996

The history of Atlantis was written by the Greek philosopher Plato around 380BC. In his books *Critias* and *Timaeus* Plato wrote that the island of Atlantis was a continent as large as Asia and Libya combined but, in a single day and night of disastrous rain followed by earthquakes and floods, it sank into the sea and disappeared.

Apparently the island was situated in the Atlantic Ocean in front of the straits called by the Greeks 'The Pillars of Hercules' (the Straits of Gibraltar). And here we have the root of the problem for, in accordance with our modern geological knowledge, it is said not to be possible for a whole continent to sink and disappear in the space of a single day; nor has anyone ever found any sunken remains of a civilisation or continent in the Atlantic.

Also many people, especially archaeologists, don't believe in

crystal machines or anything of the kind mentioned in his work. Indeed, there is nothing more than a very extensive and detailed geographic description of the continent which existed on the other side of the Atlantic.

Further, given today's knowledge and resources — such as satellite-mapping technology — it is very obvious that the land called Atlantis by Plato is the same which we now call South America.

To begin with, the word 'Atlantis' consists of two Native South American words: Atl meaning water and antis which means copper. The latter is also the origin of the name of the Andes mountains and of the tribe which still occupies part of Peru to this day.

For the Incas, their empire was called 'Tahuantinsuyo' — land of the four quarters. Interestingly, one of these quarters was Antisuyo, homelands of the Antis Indians.

the form of a quadrangle, rectilinear for the most part and elongated.

We can be certain that this is

ocean. Further, the plain had

We can be certain that this is also a perfect description of the Bolivian Altiplano, the largest perfectly level plain in the world, which also contains the two inland seas of Lake Titicaca and Lake Poopo. Even more interestingly, the area surrounding Lake Poopo has the required unique rectangular shape of Plato's description. And the presence of the inland sea provides the second key.

The second key

Plato said that on the plain there was a city which was also an island and had the name Atlantis. This was built on the remains of an extinct volcano and consisted of a central island surrounded by alternate rings of water and land. Now Plato always maintained that the story of Atlantis was not an invention

FOUR GOLDEN KEYS

Perhaps one of the greatest unsolved mysteries of our time is the site of the lost island of Atlantis.

the literal truth of Plato's story. Another factor that has greatly influenced the archaeologists is the huge number of science-fiction books and films which feature things like electric submarines and crystal death-ray machines and this has brought a large element of fantasy and discredit to the whole subject of Atlantis.

Yet, if anyone takes the time and trouble to read Plato's texts for him/herself, it is obvious that there are no submarines or The first key

But the key to the mystery is the description given by Plato of a plain that existed at the centre of continental Atlantis. This plain was sited in the centre of the continent but was also next to the ocean and in the centre of the longest side of the continent.

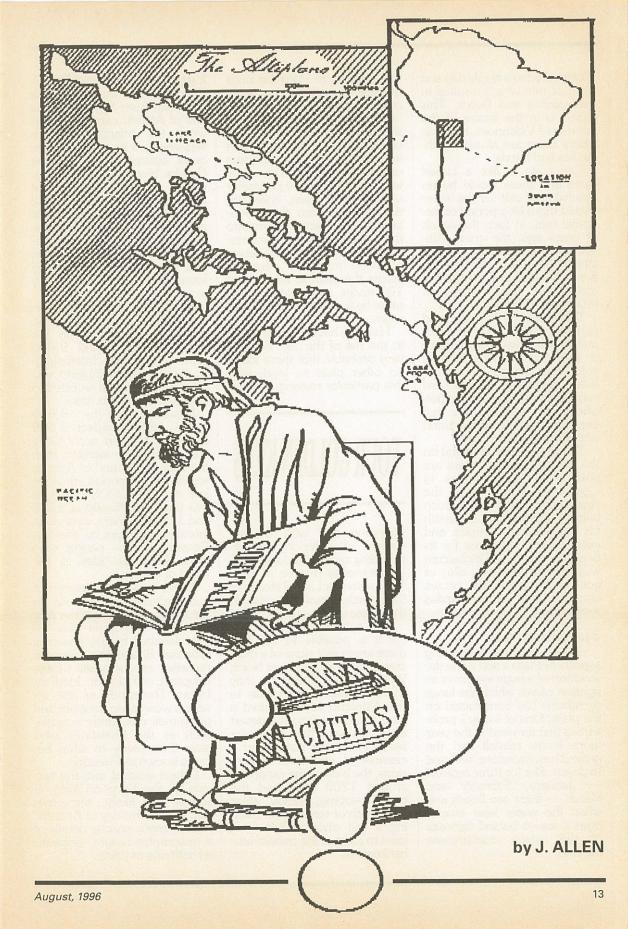
The plain was described as very smooth and level, surrounded by mountains on all sides and located in a region very high above the level of the

of his own but came originally from Egyptian temple priests.

So suppose that there should be a translation error so fundamental and simple as this; it was not the island continent of Atlantis that sank into the sea in a single day but only the island city of Atlantis which disappeared under the huge inland sea of Lake Poopo.

The third key

The third key to the mystery is that we should note the island



disappeared in a single day and night of rain which resulted in earthquakes and floods. This region is in the centre of the Avenue of Volcanoes, a region where there are always earth-

quakes and floods.

The plain is like a closed basin and there would be no possibility of exit for the water should there be a period of torrential rain. In fact, thousands of years ago, the entire Alti-plano was the bed of a gigantic inland sea, Lake Minchin between 38,000 and 23,000BC and Lake Tauca between 9,000 and 8,000BC.

The walls of the city and temples were covered with metals which we today consider rare and precious such as gold, silver, copper, tin and another mysterious metal called orichalcum which could be polished and 'sparkled like red fire.' All these metals are found not far from Lake Poopo.

The city of Oruro is based on the mining industry; there are gold and copper mines in Corocoro; Potosi was the mountain of solid silver which became the fountain of wealth for the Spanish empire and even today it is famous for its deposits of tin. Orichalcum was most probably an alloy of gold and copper that occurs naturally only in the Andes mountains.

The fourth key

One of the other interesting aspects of Plato's text is the description of a huge system of irrigation canals which the kings of Atlantis had constructed on the plain. One of today's problems is that for most of the year there is no rainfall and the ground has, therefore, reverted to desert. But for three months January, February and March — there are floods and when the water later evaporates it leaves behind deposits of salt which contaminate the land.

According to Plato the kings of Atlantis had constructed a canal of such dimensions that 'it seems incredible that it should be so large as the account states but we must report what we heard ... its width was one stade (600ft).' This canal went right round the perimeter of the entire plain, collecting the streams from the mountains and discharging them into the sea somewhere in the vicinity of the city. Additional canals of 100ft in width were cut across the plain at intervals of 100 stades, connected to each other by further transverse passages.

Here we have the fourth key to the site of the city. For it is very probable that there exists no other plain so level, with this particular rectangular con-

FOUR GOLDEN KEYS

figuration and with the resources of water in the surrounding mountains, including the immense reserve of pure fresh water in Lake Titicaca to the North, anywhere else in

the whole world.

With satellite and aerial photos it is possible to say that there are in fact signs of a massive canal in a region just North West of Lake Poopo. In July 1995 I travelled personally to the Altiplano where I hired a jeep and drove into the desert to investigate this particular site. I found the remains of a channel of enormous dimensions, the base of the canal was around 120ft wide and the gently sloping, sandy sides were each of some 230ft making it just under 600ft from crest to crest of the parallel embankments.

Egyptian connection

Plato said that the story came originally from Egypt and the end of Atlantis came at a time when the Atlantean empire was engaged in a war of conquest against Egypt and the Greeks. Here again Plato committed an error because he gave the same date for the foundation of the Atlantean civilisation as he gave for its destruction, ie 9,000 years be-fore his time, and it is certain that a civilisation cannot be founded and destroyed in the same day!

According to modern archaeologists there were no civilisations anywhere in the world in the period 9,000 years before Plato. Interestingly, though, the Altiplano was indeed flooded and reverted to an inland sea at this time.

However, if the 9,000 'years' were in effect 9,000 Lunar months (in accordance with the Lunar calendar) then the date for the end of Atlantis would be the period more or less around 1200BC and at this time, specifically in 1220 and 1180BC, there were huge invasions of Egypt by 'the Sea Peoples' or 'the people who came from the isles in the midst of the sea.

These invaders consisted of a confederation of nations. In the narrow confines of the Nile Delta the interlopers were totally defeated by the powerful Rameses III and their story is recorded on the walls of the Egyptian temple at Medinet Habu. Thousands of the invaders were taken prisoner and given their own lands to settle. such as the Philistines who gave their name to what became known as Palestine.

Others entered into the service of the Egyptian king. It seems very likely, therefore, that the true history of Atlantis, with so many precise details of a geographic nature, originated with one of these.

GRAPHOLOGY by PETER MARSHALL

KEEPING STRAIGHT

Control of the base-line can say much about our emotional state, willpower and moods.

Printed lines upon which to write are very helpful to those who have difficulty keeping a straight base-line across the page. Others have the willpower to do so without them. Understandably this is not the only factor from which willpower can be assessed but it is a useful one.

A wavy base-line is also one of the indicators of moodiness. Should one not have enough willpower, then emotion and the feeling responses will take control — which results in unreliability. Another aspect worthy of consideration is whether the writer can actually keep to guidelines. There may be a ten-

dency to write slightly above or below them. Both movements have interesting implications.

It should be remembered that the brain is the director of our writing. Therefore, if one is tired, unhappy or stressed, it will show in the script. Similarly, should we be happy and elated then this also is exhibited. Years ago one famous graphologist used the word 'brainwriting' which is quite appropriate for that is exactly what our writing really is.

The four examples shown are written on guidelines. The first writer has an inclination to write above them. In the main body and rest of the script

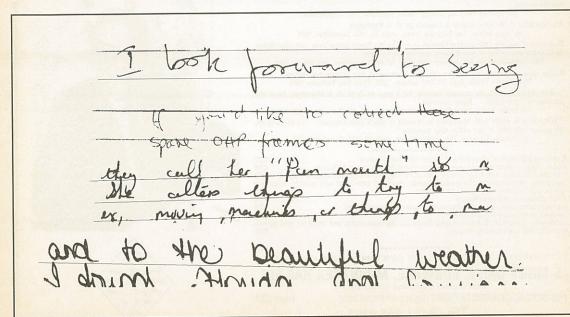
many of the words go upwards and reach up to the sphere of the mind, intangible and abstract concepts. Even the *t*-bar slants upwards, likewise the top and bottom bars of the capital *I*. This form of personal pronoun points to a wish for independence and self-activation. It is a creative and constructive form, showing originality and uncluttered thinking.

Our second example is written below the line, indicating influences from the instinctual, material and biological areas. Although slightly leftward, it can be called upright in a broad sense and also indicates a wish to be self-directing.

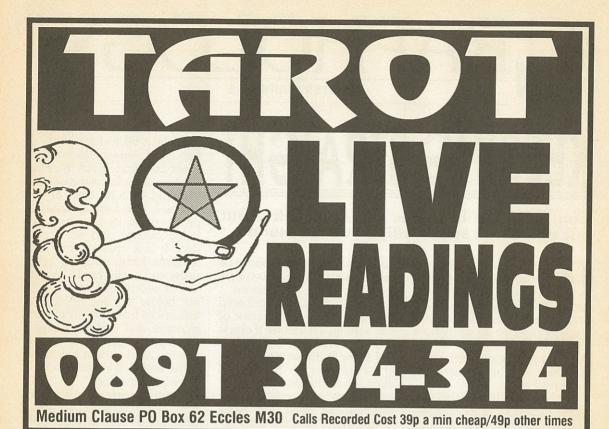
Word-spacing is a little uneven, implying a degree of uncertainty of approach in social relationships.

There are one or two cases of smallness in the lower case in this sample and in other parts of the remainder. Thus

(continued on page 52)



August, 1996



(BRAHMIN ASTROLOGER, PALMIST, PSYCHIC, NUMEROLOGIST, HEALER AND SCIENTIST

"Thank goodness for Dr A Mukherjee of Edgware. This man has a PhD in Physics from London University and he also comes from generations of celebrated astrologers in India. He combines the scientific and the mystical, the Hindu and the Western. Reagan-worthy.

by Stephen Pile, The Sunday Times, page-a14, 14th August 1988

Assassination of Mr Rajiv Ghandi is forecast by Dr A Mukherjee.

by Tony Leliew, The Edgware Times, page-12, 15th September 1988.

Prediction of outright 1992 General Election victory for the Conservative party and John Major. Resignation and defeat of Neil Kinnock and the Labour party. BBC-Radio interview, 9th January 1992; SKY TV news interview, 16th March 1992.

Widely forecast as early as January 1992 that Bush would lose Presidential Election. The Hendon Times, page 17, 2nd January 1992; Third Eye, February 1992.

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by Merle Adam, Times Group Newspapers, page-6, 8th December 1988.

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by Frances Caldwell, The Hendon Times, page-24, 28th December 1989

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NEWS & VIEWS

Astrology courses
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astrology classes in the coming
1996/7 academic year under
the tutelage of Paul Wade.
Goldsmiths' College, Univ-

Goldsmiths' College, University of London offers The New Astrology, a course for advanced students, on Tuesday evenings starting September 24th. Details/brochure from Goldsmiths' on \$\infty\$ 0171-919

7200.

Eastbourne College of Arts & Technology have courses for all levels, Beginners, Intermediate and Advanced, one evening a week each (beginning Sept-ember 23rd) with a complementary weekend workshop programme. Details/brochure from ECAT on \$\opin\$ 01323-644711.

Brighton College of Technology is running a regular Saturday workshop programme, Written in the Stars, covering a wide range of topics, starting October 5th. Details/brochure from BCT on

T 01273-734491.

Writers' corner

Anchor Books is currently looking for verse with a paranormal theme for possible inclusion in an anthology about the unexpected. Whether you have experienced something you cannot explain, think reports on the paranormal are mere hoaxes or simply wonder if there are other life forms out there and can put your views, ideas or experiences in the form of a poem, serious or humorous, now is the time to do so.

Entries should be no longer than 30 lines, limited to two poems, and should reach Anchor Books, The Unexpected, 1-2 Wainman Road, Woodston, Peterborough PE2 7BU before August 31st 1996. There is no entry fee but a SSAE would be appreciated and all published poems will receive royalties.

Quartos, the bi-monthly magazine for creative writers and poets, has just published details of their 1996 Open Writing Competition which invites entries for poetry, articles and short stories. The prizes are £100 for the winner and £50 for the runner-up in each category, poetry (maximum 40 lines); short story (1000 words max) and article (800 words max).

Subject matter can be on any theme in each case (except children's) and every entry will receive a critique tick-sheet providing a SSAE is enclosed. Competition closing date is October 20th and the winning entries will be published in the January 97 issue of *Quartos* magazine. For full details send SSAE to Quartos 1996 Comp, BCM-Writer, London WC1N 3XX.

Last but not least is news of the Library of Avalon's 1996 Short Story & Poetry Competition. There is a small fee for entries — £4 for the first story, £2 for each additional one and £3 and £1.50 respectively for first and subsequent poems — but proceeds help fund this worthwhile community project.

For the first time, this year's competition will award prize money based on the number of entrants in each category but the minimum 1st, 2nd and 3rd prizes for the short story competition are £200, £100 and £50 respectively; the minimum

prizes for first three places in the poetry competition are £100, £50 and £25. Entries in either category can be on any subject matter although there is also a special award, The Geoffrey Ashe Prize, for the author of the best story on a

mythological theme.

Sponsorship for this year's competition comes from Clarks Shoes of Street and PREDICTION which is donating the short story first prize. Judges include internationally known author, Geoffrey Ashe, who is Patron of the Library. Closing date is September 30th and details/entry forms (please enclose SSAE) are available from The Library of Avalon, The Glastonbury Experience, 2-4 High Street, Glastonbury, Somerset BA6 9DU or call **T** 01458 832759 during office hours.

Healing
The Clapham Christian
Spiritualist Church holds healing sessions two afternoons a
week for those who need it.
These are at 5pm on Tuesdays
and 3pm Wednesdays at
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Heartfelt plea
The Insight Meditation
Centre, Sri Lanka, has issued a
plea for groups or individuals to
help them in their research into
connections between meditation and parapsychological
phenomena such as ESP by
providing related literature as
this is in scarce supply in Sri
Lanka

If you feel you could help or would simply like to make contact, write to the principal med-

August, 1996 17

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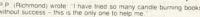
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To Overcome a Bau Habit
To Improve Business and Get More Customers
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am astonished!"

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would bring him no good. So I performed the ritual called 'To Break Up Another's Love Affair' and I was overjoyed when it worked!" (K.B., Manchester)

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'My life was a mess. I had got into a business partnership which turned into a nightmare. My so-called partner was no better than a crook. He had lied to me better than a crook. He had lied to me about what was really going on. We owed people money all over the place. So I tried the ritual 'To Extricate Yourself From a Matter You Regret Having Become Involved In'. It was the answer to my prayers. Immediately my partner's attitude changed, and he even offered to buy out my share. I sold out and even made money on the deal. I can't thank you enough — that ritual saved me!" J.B. (Birmingham) (Birmingham)

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NEWS & VIEWS

itation instructor, Ven Madawala Upali, Insight Meditation Centre, Kanduboda Delgoda, Sri Lanka.

Diploma course

The Marian Institute for Analytical Therapy & Healing has just issued its 1996-98 diploma course prospectus. Training takes place over four academic terms, part-time, and emphasises the therapist's personal development rather than focusing solely on his/her theo-

retical knowledge.

Potential applicants should have experience in one or more of the following: counselling or complementary therapy training; voluntary work, such as the Samaritans; paramedical or religious background; NFSH or similar training; a relevant degree and/or equivalent experience. To find out more contact The Marian Institute, Beauchamp Lodge, 2 Warwick Crescent, Little Venice, London W2 6NE (\$\oldsymbol{\text{T}}\$ 0171-286 3053/4 FAX 0171-286 1862).

Therapeutic?
Nick Hobson, creator of the *Psycards*, has recently been getting feedback that they are useful in psychotherapy and counselling. Professionals

using these cards to enable their clients to talk freely about themselves and to express some of their complex emotional and unconscious feelings have found they speed up the therapy process by allowing the counsellor and client to get down to the real issues quicker.

This new approach to using the cards has helped Nick angle the book he is writing about how to work with *Psycards* as

a therapeutic rather than a predictive tool. He would like to hear from any readers who have ideas or experiences on the subject and would like to work with two or three practitioners in any discipline willing to use *Psycards* in a structured way, emphasising the therapy mode rather than a predictive one.

If you feel you would like to help, write to Nick Hobson at 32a Royal Crescent, London W11 4SN or contact him on 0171-603 9190/FAX 0171-603 9448.

Retentive memory!

A transplant patient, Claire Sylvia, suddenly developed a craving for cold beer and fried chicken a week after being given a new heart and lungs according to a Daily Mail article. This was not all; green became her favourite colour, she longed to visit France and Russia and dreamt of a man with the initials T.L.

So what, you may ask. But the point is that all these things, including the initials, had strong associations with the donor's life and family history, as was proved after Tim Lamirande's identity was revealed. Yet such a case is not unusual according to psychiatrist Robert Bosnack who is researching the issue at the Carl Gustav Jung Institute, Boston.

'Dozens of patients have had similar experiences,' he claims. 'Tissue carries a certain kind of memory. Hearts and lungs in particular have strong psychological imprints.' He is convinced that when a dead person's organ is transplanted, part of his/her character goes too.

Britain's National Transplant Service knows of one similar case and Californian heart surgeon Geoffrey Seagall believes there could be a scientific explanation, at least for Miss Sylvia's new food fads. 'If a large organ like the heart has been fed a diet high in fried chicken some of that appetite will be transferred,' he said. 'I would expect the cravings to diminish, especially if the patient stays away from those foods.'

But he admitted, 'It's more difficult to explain the prescience of other "new" memories, like discovering a new favourite colour or developing a desire to visit other towns or

countries.

Whatever the explanation, Miss Sylvia says, 'We have found enough people who have had similar experiences to show that my case was not unique — or a figment of my imagination.'

She and Dr Bosnack are now collaborating on a book about this subject; it should certainly make interesting reading!

August Diary Dates 3rd-10th. Mysteries of the Mind at The Arthur Findlay College with various tutors. Saturday afternoon until the following Saturday morning (7 nights) cost £199 per person (full board), plus £20 course fee. Enquiries and bookings \$\overline{a}\$ 01279 813636. The 1996 programme is available and costs £1.00.

9th-16th. The Faculty of Astrological Studies Summer School will be held in Oxford call 700000 790143 or FAX 01689 603537 for full details and booking.

August, 1996 19



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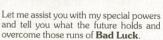
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NEWS & VIEWS

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13th. *Meditation Meeting* with the World Goodwill Forum in the World Goodwill Office, 3 Whitehall Court, London, SW1A 2EF, at 6.30pm. For more details call **5** 0171–839 4512.

14th. Chart Discussions and Current Astrological The Bromley Issues with Astrological Association at Sun-Ripley Arts Centre, ridge Avenue, Bromley. 7.45–10pm, (beginners meeting at 7.15pm). Cost £1.00 for members or £3 non-members. For more details call Dione Smith on 7 0181-464 2097.

17th–18th. Astrology, weekend workshop with Kevin Oliver for BAPS, to be held at Northland Barn, Ketches Lane, Sheffield Park, East Sussex.

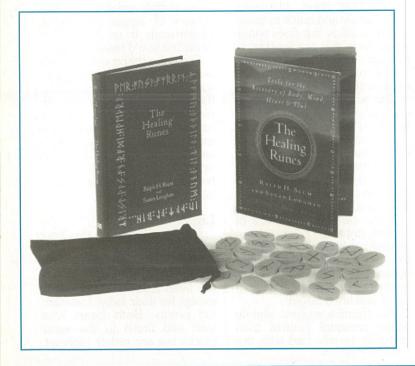
Sat/Sun 9.30am—5pm. Limited space available, early booking advised. For more details write to BAPS Workshops 1996, 124 Trefoil Crescent, Broadfield, Crawley, W Sussex, RH11 9EZ.

24th–26th. Body Mind & Spirit Fair 96, Bank Holiday weekend at Civic Hall, High Street, Totnes, Devon. 10.30am–6pm every day. Admission £1.50. Usual stalls, workshops and speakers including David Icke. For further details call Sirius Fairs on \$\tilde{\

RUNIC WELLBEING

The Healing Runes is the title of the latest kit consisting of 25-rune set, book and draw-

string pouch, this time published by Macmillan at £19.99. Many readers will be familiar



with the name Ralph H. Blum in connection with previous best-seller, *The Book of Runes*, which introduced so many to the historical and divinatory aspects of the runes.

Here the emphasis is on their healing properties, their ability to aid those with emotional, psychological and physical needs. In this instance Blum has worked in conjunction with a counsellor and therapist, Susan Loughan, to produce a practical guide to using the runes to heal the inner person.

The ceramic runestones, dark green cloth-bound 156-page hardback book and velveteen bag come neatly packaged and would be a welcome gift for anyone who hasn't already got such a kit.

The text is well written and covers various facets of runic power, providing all the information necessary for obtaining and maintaining balance and harmony in life.

August, 1996 21



THE CLASS CONIC HA

his month we look at the handprints of a much loved and popular, socially orientated character — a lady in her mid-fifties who, for the purposes of this article, we will call Marie. Her hands are the classic conic (or round) shape and wherever she goes she is made welcome by all because she mixes so well.

As with any analysis we need to approach this delineation in a steady and methodical manner. Let us look at the shape first. These conic hands have a clearly defined creative curve on the outer edge of each palm. The fingers are mixed and mostly conic. The index finger is a little shorter than the the third. The fourth finger is slightly longer than average on both hands and all the basal phalanges are a little plump.

The fingers are shorter than the palm and the hand is reasonably firm to the touch. The thumb is rather strong and long for such a small hand. Both the basal mounts, Venus and Luna, look well padded. As the print seems to have missed out on the very base of most of the fingers we may infer well developed digital mounts as well.

Marie's overall approach and outlook is generally emotionally orientated. She is impulsive. idealistic. creative. changeable and her behaviour is largely instinctive. She can

also be very impressionable and imaginative. She can be quite impatient when things do not quite go her way. Actually, when things do go wrong she can be quite philosophical because she has a happy knack of being able to bounce back from most setbacks quickly and easily. She isn't down for long!

She has a strong love of luxury, the good things in life and is a very good, practical, down-to-earth cook. There can be a lack of staying power unless she really feels committed to the task at hand. However, while clever and quick to grasp any new ideas she does sometimes lack the application to see a project through to its natural conclusion unless she is sufficiently stimulated.

She is always at her best in company as she has a happy knack of being able to catch the mood of the moment. She has a ready wit, willing to be one of the first on to the dance floor and revive a flagging party — but only if she herself is in

the mood.

Marie can be a creature of moods, not too often but those around her know if she is about to 'throw a wobbly.' This doesn't usually last for long but, when it does start, heaven help you if you are a target!

Her thumbs suggest slightly better personal control than one may usually find with the

conic-handed type. The firm thumb always means a more sensible and practical outlook than average.

However, Marie also has short mixed fingers on each hand as well. Mixed fingers on a soft conic hand show that the subject will be interested in

anything and everything. On the firmer hand, mixed fingers still signify a definite curiosity streak but tempered by a more

positive approach.

On this firm hand there are better planning abilities too. It is the sign of someone who can turn disadvantage to advantage. She is rarely a loser because she has a very good instinct for self-preservation. People with conic hands are very good at bluff and counter-bluff. They really can think on their feet. If really pushed, these people exhibit excellent powers of apparent control. Underneath it is often blind panic but you'd never know.

From the shape of her hands we have built up Maries's persona, her outer personality, the face she lets the world see. However, the lines on our hands reveal our inner and more private side, that which we prefer to keep to ourselves or, perhaps, only allow very few really close friends or part-

ners to see.

Lines

On Marie's hands the lines are not that clearly etched but the hands are neither full nor empty. On both hands each of the head lines looks the same except for their individual starting points. Both heart lines start and finish in the same places but are rather high-set.

FUTURE FORECAST

by AUBREY BUSH

It is important to realise just what is involved in any attempt to foretell future events.

ost people are interested in or concerned with what their future holds. Many people may be also interested in ways of foretelling their future, especially if such forecasts enable them to change it for the better. Looking to the future by means other than chance or mathematical calculation may be classified as psychic viewing.

When investigating the future from the psychic viewpoint it is important to consider not only the nature of time but also the nature of space within which time exists. It is possible that both are one without beginning or end. Thus dimensions of space and time may be only arbitary, human-made measurements. Space and time may be entirely relative to circumstances and based upon surface rather than true reality.

What are we left with if the time we know in the material sphere is only relative to us, the past finished and gone, the present mere fleeting flickers of coming and quickly going and the future never reached?

In some ancient and modern philosophies it is believed that the past still exists, like an indistructible film which retains all of passing time and can be reviewed or relived. The present would be like the taking of new film to add to the old, the future an element which ceases as soon as it comes but is always ahead. Another question is what can be done about it? Can this future be determined; changed for our betterment by our knowing more about it?

According to some scientiic theories of cause and effect, some religious creeds and fatalist philosophies, every action from the largest or smallest

principle to human thought is predetermined down to the most minute detail. However, people who claim to be fatalists still act as though they had free will, making decisions and avoiding danger.

There is also the point that consciousness, evolved from simple system to intricate brain and mind, would not be needed without free choice. Thought is a form of freedom of choice whereby a decision can be made about what to do in given circumstances.

Different beliefs

Even among believers in various forms of future foretelling, different beliefs exist. Some schools believe in preordained futures; others believe in alternative futures according to reactions to trends and tendencies revealed in the particular discipline.

While looking to the future, consideration may be given to many time theories, including J.W.Dunne's serialist multi-dimensional space-time universe and P.D.Ouspensky's six dimensional space-time existence.

Dunne's theory regards time as something along which we travel with all we have left behind still there and sometimes the ability to see ahead. P.D. Ouspensky believed, as did Nietzsche, in eternal recurrence where time, with all its events, is repeated over and over again throughout eternity. In his plays about time J.B.Priestley explored both theories, bringing choice into eternal recurrence in An Inspector Calls.

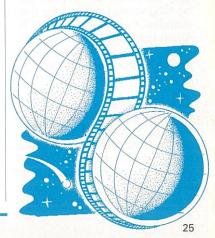
Forecasting the future on the basis of history would be more accurate if the lessons were learned and more foresight applied. Psychic viewings may be more accurate as they delve deeper into the nature of existence

Although such methods as astrology, one of many, are usually considered as guides to the future, they could be used to influence it, too. Whether these means of influencing the future are called spells, invocations, prayers or any other suitable name does not seem to matter, the potential results being the same. The stars, the cards or many other formulas should also achieve the same satisfactory results if the basic supposition is correct.

Taking astrology as an example, the heavenly bodies in this context are seen not only in outer space but within the inner space where thought, telepathy, clairvoyance, dreams, etc are manifest and maybe an aspect of the astral plane. Here inner and outer space intermingle.

The desired objective is the better life where dreams come true and hopes are fulfilled. Wishing positively for this better life by whatever means produces an optimistic outlook and faith in good times yet to come.

It may be necessary to go below the surface of existence to find these ways to happiness as it may be not only in the material sphere that there is buried treasure to be found. But, when something is brought to light in one sphere it also comes to light in the other.



Pollowing a number of unsuccessful attempts to cure a very persistent case of tennis elbow in my left arm, I took my friend's advice and sought help from an acupuncturist. The pain in my arm after six months had intensified to such a degree that even walking caused discomfort. I had heard a number of theories about tennis elbow, ranging from once you had it, you had it for life to the only cure being regular injections of cortisone.

My practitioner was a five element acupuncturist which, in short, means that rather than treating the specific symptoms she was able to treat the whole system. By ascertaining which element I was out of the five — Wood, Fire, Earth, Metal and Water — and diagnosing the pattern of disharmony in my body, she was able to treat the imbalance that gave rise to tennis elbow in the first place.

She calculated I was Fire and drew my attention to the fact that one of the meridians for this element ran from my little finger up through my elbow and shoulder. Tennis elbow and frozen shoulder are usually a result of an imbalance of this element. Within a week, and just two treatments later, my tennis elbow was completely cured.

Basically, five element acupuncture works as a preventive medicine. Not only does it enhance the patient's resistance to infection by strengthening the life force but also 'dis-eases' in the body can be diagnosed long before they manifest as physical illness. To grasp how this works it is necessary to understand a little more about the nature of acupuncture.

The basics

At the heart of acupuncture lies the concept of Ch'i or Qi which is basically the individual's energy force. In India this energy is called prana and in Japan Ki.

Based on the principle that all life contains this energy,

Chinese medicine follows the flow and cycles of Ch'i through the cycles of nature. As the five elements are linked very closely to the seasons, it follows that profound changes occur in body, mind and spirit when the seasons change.

In acupuncture there are 12 primary meridians in the body. These meridians work rather like arteries except that instead of carrying blood to major organs they convey energy. As an integral part of diagnosis the practitioner will observe the relationship between Yin and Yang in the patient's body, of which the five elements are made up.

Basically, Yin and Yang are the masculine and feminine poles of energy which are constantly in transition with each other both in nature and within our bodies. Sometimes they are working in complete balance, nates until equilibrium reached once more at dusk. Receptive, cool, feminine Yin predominates between dusk and dawn. We comprise all the elements, each of which represents a different inner quality, although one may dominate. In Chinese medicine it is believed that if any of the five elements becomes 'distressed' this will cause an imbalance in the body's Ch'i and thus affect the individual's mind. emotions and spirit too.

Seasonal elements

When the seasons change, so do we and some people find the actual transition time between one season and the next particularly difficult. Also, some find one season more challenging than another, as do those who suffer Seasonal Affective Depression (SAD).

Each of the five elements is.

Getting The Point

'The Union of Heaven and Earth is called the human being' (Nei Jing)

at others one is dominant over the other. This varies from the time of the day to the energy and constitution of the individual.

In Western terms we would perhaps refer to Yin and Yang as the times when we feel positive or negative energy within our bodies and minds. When Yin predominates we feel meditative and when Yang is dominant we feel assertive and active.

Yang relates to elemental Fire, heat and the masculine; Yin is Watery, cool and feminine. It is easy to visualise this process when we can understand that Yin and Yang are in equilibrium at dawn then, as day progresses Yang, the active male element, predomi-

not surprisingly, associated with a particular season: Wood with Spring; Fire and Summer; Earth to late Summer; Metal with Autumn; Water and Winter. Maintaining a healthy balance between these elements is, of course, the prime focus of the acupuncturist's art; if the patient's body, mind and spirit are in harmony a state of equilibrium exists but if there is an imbalance between the elements then dis-ease results.

WOOD relates to the season of dynamic growth and activity so, if this element is weak, the individual may find it difficult to initiate the changes necessary to improve the quality of life. This is especially so for a Wood individual who would experience frustration at not being able to express him/herself fully.

quality Emotionally, the associated with Wood is anger so, if there were an elemental imbalance, the individual will either have difficulty expressing anger or express it inappropriately. Early childhood traumas or patterns of development may give rise to such imbalances; perhaps the parents of a Wood child repressed his assertiveness, causing him to grow up believing it wrong to display this trait.

FIRE is linked to the flowering, warmth and abundance that Summer brings. It is therefore important for Fire individuals to receive and give love, to be able to bond with others on an intimate level. But if this closeness is missing in childhood, the adult may find it difficult if not impossible to relate to others, becoming a social outcast.

Emotionally, the quality associated with the Fire element is joy, the ability to sparkle and enliven others. When this element is distressed it can give rise to periods of depression or violent mood swings, tremendous highs and lows.

EARTH is associated to the harvest and rules that period when Yin and Yang are equally balanced, August and September. The basic Earth quality is stability and an imbalance here will result in inner insecurity, causing the individual to fret or, extreme cases, display obsessional thoughts behaviour.

Such a person will look to others for support and, as Earth has strong links with the home, may be reluctant to leave the security of home and family. Earth is also associated with nourishment from food so when this element is distressed eating disorders are an almost inevitable consequence.

METAL rules the Autumn, season of falling leaves when nature withdraws into herself. This element brings richness into one's life and, as it is also associated with receiving inspiration and spiritual enlightenment, it offers more than mere material wealth.

Usually, Metal individuals are well aware of the importance of the spiritual content of their lives and most benefit greatly from such practices as meditation. But, should this element be distressed, there will be a general lack of self worth and feelings of inadequacy.

WATER is the most Yin of the five elements. It rules the Winter period and is responsible for our willpower, our drive and ability to realise our full potential.

Fear becomes paramount when this element is distressed. Alternatively, the individual will feel driven to attain certain goals. Many workaholics or

by

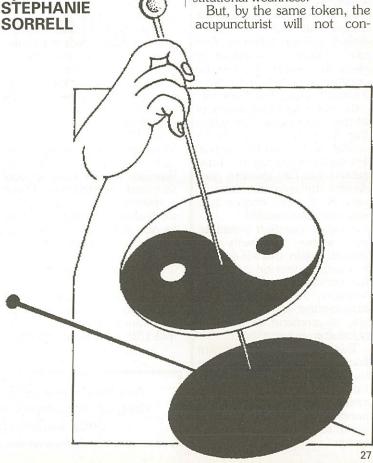
those who get a buzz out of putting themselves in difficult situations have problems with balancing the Water element.

The middle way

Acupuncture does not, however, work on the principle that fear, grief, joy and worry are emotions that we need eradicate for they play a vital part in our life experience. Rather, practitioners believe in maintaining what has been known as the Middle Way, a state of balance between all the elements: an equilibrium.

Where there is any excessive emotion, whether grief or joy for instance, an imbalance is created and acupuncture is an affective method of correcting this imbalance. When Western medicine came to the East, the traditional physicians were amazed that one cure was given to everyone who displayed the same symptoms without diagnosing the individual's con-

stitutional weakness.



August, 1996

by PAUL THOMAS

demn Western medicine; rather s/he will see it as an integral part of the healing process. Very often an acupuncturist will not suggest that a patient should abandon Western medicine until the patient feels ready to do so as Chinese medicine maintains that this would put too much pressure on the system. Again, there is the importance of balance to consider.

The practitioner may hope that by bringing the meridians into harmony with each other and adjusting the flow of Ch'i in the body, the patient may reach a point where medication can be significantly reduced or no further treatment is required. Of course the amount of time it takes to correct an imbalance will depend largely on how long the condition has been in existence.

One of the common questions asked is, does acupuncture hurt? And here I can only answer from my own experience. The needles are long but are so fine that you cannot really feel them going in. Any pain I have experienced is when the needle locates the acupuncture point, then there is a sharp twinge but that is all.

It is rather like a hook finding its bait, you know that when that sharp twinge is felt the needle has located the source. But, by the same token, I have learned that Fire element people are the most sensitive to pain. So if I can endure acupuncture, anyone can!

Another question asked is, how many treatments are needed? Again, this will depend to a large extent on how long the condition has persisted. However, in general, the acupuncturist will probably initially recommend six in close succession — one a week.

This, like most treatment blocks, is to ensure that the symptoms have a reasonable chance of improving. Once the condition improves then treatments may tail off from once a month to the start of each new season.

ankind's earliest shelters were caves and caverns beneath the surface of the Earth. Occasionally evidence of his habits has been found and this includes caves decorated with what are evidently religious scenes. These are often elaborately detailed and some are estimated to date back over 40,000 years.

The main objective of the early worshippers was to bring success in hunting for representations of deer, bison and extinct animals such as woolly rhinoceros and mammoth are found. One of the most famous of these paintings is at the cave of the Trois Freres at Ariege in France where a half human figure is depicted. This is thought to represent a priest dressed as an animal.

The most important example of caves which may have been used for worship are found on the Continent — in France, Spain and Italy. There are few examples in this country and these are less spectacular.

In Wookey Hole in the Mendips a large stone figure described as The Witch of Wookey stands over a pool some way into the cave. This is a natural rock formation but worked on by ancient peoples to give it a more human appearance. The remains of a woman — very probably a wisewoman — were found nearby.

The Hell Fire Caves at West Wickham were excavated by Sir Francis Dashwood in the mid-18th century to provide a

private place for his orgies of drinking and licentiousness — and work for the unemployed in the area. During their construction a mysterious subterranean maze was discovered, the work of some long forgotten tribe of cave worshippers. Dashwood incorporated this into his new complex.

Megalithic

There are numerous underground structures throughout the world which have been constructed for religious purposes. Among the mysterious megalithic tombs on Malta is the underground temple or hypogeum at Hal Safliéni. This has been carved out of chalk rock and contains spiral designs painted on the walls and ceilings.

Among the chambers is one known as the Room of the Oracle where there is evidence that a priestess may have been concealed and addressed supplicants. The only other example of such a temple is found in Sardinia which was used primarily as a tomb.

Fogous

In Ireland and Brittany there are many examples of souterrains. Some are located in Cornwall — mainly in the West Penwith peninsula — where they are called fogous, Cornish for caves. These have been excavated for a variety of reasons — store houses, hiding places in time of war and worship as well. They are impressive, consisting of underground tunnels and chambers revetted by massive stone blocks.

Ancient sites provide evidence that our distant ancestors worshipped their gods deep inside the Earth herself.



There are about a dozen fogous still surviving in Cornwall—a number have been destroyed—which were probably built by Irish settlers many thousands of years ago. Their entrances are sometimes orientated towards the East and they are basically tunnels with smaller ones leading off, known as a creeps.

The best preserved ones are in the ancient village of Carn Euny and at Boleigh — both not far from Land's End — and at Halligey on The Lizard. These may have been used for

ritual purposes.

In the North East of North America exist many structures which closely resemble the stone dwellings, menhirs and souterrains of Europe. It is tempting to think that there may have been frequent contact from Europe millennia before Columbus but American archaeologists are more sceptical. They claim that these structures were built by early colonial settlers and refuse to examine them too closely.

Phenomena

Strange phenomena have been reported from some of

these sites. These include many UFO sightings, especially near one in Kent, New York State; and strange lights occasionally emanate from them.

A house owner who had a fogou-like structure on his property attempted to turn it into a store by fixing a door to the entrance. While he was working he experienced a voice in his head telling him to desist and had a vision of a white-robed priest he believed to be a Druid standing outside accompanied by warriors he thought were Vikings. He abandoned the work and never entered the chamber again.

Mithras

The cult of the Persian god Mithras was a mystery religion at one time prominent throughout the Roman Empire until superseded by Christianity. Its temples were underground with the ceiling representing the heavens and the cavern itself the world. There was always a spring in the cavern. Initiates passed through several stages of initiation in the rites.

There are two fairly well preserved Mithraic temples in this country — one at Carrawbaugh Fort on Hadrian's Wall, the other in London, though removed from its original site.

Today, subterranean worship has been revived, the worshippers venerating the Earth Mother. Some ancient burial chambers are now being used to celebrate the old festivals—and anything else! So much is happening at the West Kennet Long Barrow that security guards patrol it.

About 20 years ago a group of occultists used a certain cave system is South Wales for a ritual. They left behind some paraphernalia which caused much concern among local

cavers.

Fogous are also being used for rituals and meditations. In the one at Carn Euny is a structure known as the beehive hut — a large round chamber off the main tunnel. If you stand in the centre of it and spin round with your arms outstretched it has remarkable results!

Originally worship beneath the Earth was due to necessity, then privacy and now to appease the Earth Mother. It's strange how the wheel of fate

turns.

August, 1996 29

'It Takes Only 5 Minutes To **Prove That Psychic Magic Powers Really Work!**

SIMPLE SPOKEN WORDS TRIGGER A FLOODTIDE OF GOOD LUCK, MONEY, AND MUCH MORE, DECLARES PSYCHIC RESEARCHER ROGER TREMAYNE!

A week before writing this I won \$10,000 in a contest in which there were 80,000 entrants. Some say it was 'just good luck', but I know it happened because I used Magic Psychic Power.

How much do you need right now? \$500? . . . \$1000? . . . \$10,000? . . or very much more? Be specific about the sum you want for with Psychic Magic Powers it can appear in your life

in next to no time I will show you how to materialize your desires

out of nothingness.
It takes only five minutes practise a day to witness the wonders of using Magic Psychic Powers.
No man or woman can resist you when you use these powers. Someone who is now cool towards you will burn with hot desire once

you start using these magic powers.

You can prove it to yourself in just five minutes

a day.

I will show you how to control objects such as dice, roulette wheels, and even other people's bodies with this amazing force.

And it only takes five minutes practise a day.

You can make good luck to order, command perfect health, win the admiration and respect of others, amass riches ... and this is only the beginning! The uses of Psychic Magic Powers

beginning! The uses of Psychic Magic Powers are without end!
For years I dreamed of an easy and automatic way to make any desire materialize quickly and without fail. I spent all my time studying obscure documents of ancient magic, searching for the count that would being me as much happines. secret that would bring me as much happiness and success as I wanted.

Then one day, after thousands – literally! – of experiments, and deep research into the magic alchemical secrets of the mind, I discovered the secret that had eluded me for so long. With mounting excitement I put this amazing discovery to the best and use interached into the control of the second was interached with t to the test, and was given absolute proof of the existence of the Invisible World! I was able to actually see and touch it (you, also, will be able to). The unseen spheres of existence seemed to shimmer into view, and take shape around me. felt a strange sensation around me... the secret

force behind all psychic phenomena!

In the days and weeks ahead all problems seemed to dissolve and all my most cherished, most deeply desired dreams came true, right

before my eyes.

Since then, rather than selfishly keeping it to myself I have taught this secret to others, only to be thrilled time and again to see how it has trans-formed their lives for the better.

formed their lives for the better.
You need no experience, and you need no equipment. You only need belief, and within minutes you will have the PROOF you need.
H.C. lived in a small council flat with only her canary and cat for company. Because she was elderly and poor she made the mistake of thinking there was no way she could get money. I urged her to try these psychic powers – the very next day she received £200 from a totally unexpected source!
Nothing within reason is impossible with Magic Psychic Power. I will show you the secret of 'EME' – which concentrates your energies on one

which concentrates your energies on one object/person to make it/them come to you freely!

J.C., a friend of mine, used EME and received \$5000 for the very item she wanted! I will show you, in clear, plain English – without gimmicks – how Psychic Magic Power can:

\$300 WITHIN 5 MINUTES!

S.M., always a loser at horse betting, tried the Secret Psychic Magic Ritual. A mere five minutes later she went to the track and bet her last dollar. The horse came home first past the post and she collected a cool \$300. Her winning streak continued and in no time at all she had paid off her gambling debts! Today she lives in luxury, and no longer has to work for a living.

- Double your income and keep it doubling!
- Break through social barriers
- Make every dream come true! Bring gifts to you from others!

Influence other people to do as you want!
I will show you how to harness the unused, psychic part of your mind to make almost all things possible! And all for just five minutes practise a day!

YOUR LOVE AND SEX DREAMS COME TRUE! YOUR LOVE AND SEX DREAMS COME TRUE! Is there someone you desire who seems unattainable? How many times have you seen someone in a magazine, TV or movie who's your idea of the perfect lover?

Unattainable that person may be, but your dream can still come true by having the next best thing: YOU CAN ATTRACT THAT PERSON'S DOUBLE INTO YOUR LIFE!

This is truly staggering! I will show you how.

This is truly staggering! I will show you how – through the miracle of Psychic Magic – you can draw into your life a person who looks exactly like the person about whom you dream! I discovered this incredible secret only after years of research and experiment. It takes only moments to follow my book's instructions, and you will immediately begin to feel that this you will immediately begin to feel that this amazing psychic spell will work for you! YOU WILL BE ASTONISHED AT THE RESULT! You may find it hard to believe – but you only

have to try it to be convinced!

The reason that you believe in your heart of hearts that miracles can happen is that they DO! You only have to know how!

I will also show you five amazingly simple 'Magnetic Chants' that by themselves can flood your life with untold blessings! These wonder-working chants release from the Unseen Universe the manifestation of your dreams! M.K. cured her drug habit by speaking one of these powerful chants...D.S., a commodi-

ties' dealer, suddenly made a fogune after daily repeating the Magnetic Wealth Chant ... U.B. won back her husband's love after using the Love chant!

PSYCHIC MAGIC HEALTH WONDERS!

With these powers you can actually cleanse illness and disease from your body! In Chapter Three you will find illustrated the seven invisible healing centres of your body which, once acti-vated, release the hidden healing energies of the valid, telease the industrieating energies of the subconscious. You can receive fast relief from aches and pains, without side effects!

But there is more. You will learn:

How certain sound waves can act as psychic

healing commands!

- How your body's psychic healing centres can fill you with renewed energy and vigour!
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THETAROT

KNIGHT OF CUPS

A unique individual here who can have many meanings and who can be all things to all people.

It is no surprise to find that the Knight of Cups is a questing Knight. The traditional illustration shows him with a winged helmet, riding a fine horse, with a Grail-like cup in his hands, passing through a rocky landscape and about to cross water. Plenty of symbolism here.

In this instance, the winged helmet symbolises 'the higher grades of the imagination which often characterise this card' - this is Waite himself commenting on his own interpretation of the card and Pamela Colman Smith's design for it. As this Knight is dressed finely, although wearing armour too, we know he is not warlike. He has great vision, seeking the unobtainable it is probably true, yet his quest is of supreme importance and may well lead him into spiritual paths and a certain amount of attainment if that is possible.

The horse too journeys intuitively. It is not so much being guided as following its own intuitive path. The Cup can be construed as a religious object, part of the sacred regalia, but it is certainly not Christian.

The paths that are being followed here link more to the old religion, predating Christianity by many centuries. We are, inevitably, back in the realm of the Goddess but this is not an overt interpretation or indeed the main meaning of the card. However, it has to be gently

acknowledged for all of that.

It is not often that Crowley is quoted here but, just for once, he and the Golden Dawn, too, have something of value to say. Crowley thought of the Knight of Cups as the Lord of the Waves and the Waters, the King of the Hosts of the Sea, ruling from 20° Aquarius to 20° Pisces.

The element factor is interesting as Crowley felt it was the Fiery part of Water but also passive, graceful, Venusian, amiable and quick to respond — but not enduring. Sensitive but with little material depth. 'The other side of the Cups



Knight,' Crowley wrote, 'was a sensual, idle and untruthful aspect. However the essence of the Knight's nature is innocence and purity.'

Eden Gray, however, felt that the winged helmet that the Cups Knight is wearing shows the dual-sexed nature of Hermes which raises all kinds of questions that are simply not answered. It is an interesting point in some ways, perhaps indicating that this Knight, in his travels, would encounter all kinds of situations that might make him all things to all men and to all women as well.

That side of the character, passing through people's lives and responding emotionally to whatever is there and to whoever is available, is by no means uncommon. It has been briefly broached as a Tarot interpretation before, so is well worth keeping in mind but without making an issue of it.

Gray also styles this Knight as a dreamer of sensual delights who brings invitations and propositions to others. Perhaps, on reflection, his other comments on the card may not be too far off the mark.

When it comes to personal meanings in a Tarot spread, the esoteric side of this Knight flies right out of the window. I find this a little strange and rather sad but the mundane aspect of the Cups Knight is really very clear. The divinatory meaning is that a young man,

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free of emotional entanglements, is on the horizon. He could turn out to be refined and artistic, may be a lover or seducer or a rival in love. He denotes delightful encounters, a possible proposition, sexual advances, with an invitation or at the very least a message, all for the querent.

The twist here is that this exact divinatory meaning is relevant for either sex. So it would apply to a female querent but also to a male with exactly the

same meaning.

I have heard so many Tarot readers get very much in a twist about that, skirting around the gender factor and trying hard to make it all very bland and unimportant, totally missing the point on the way. It is best to be honest, straightforward, with no frills attached

when dealing with the Knight of Cups.

Of course, it is equally essential to go beyond the mundane, to point out the spiritual values of this card. There is a vocational aspect which is worth exploring although so often this is lost in trying to make sense of the mundane. Understandable but still regrettable.

There have been many stories of questing Knights, those who have put aside all physical and sexual responses, dedicating themselves to their spiritual quest. If that is their nature and they can come to terms with that lifestyle, so be it. No-one should criticise that choice. If the temptations of the flesh are of no interest, or quite irrelevant to what they feel they have to achieve in this incarnation, then that side of life will

pass them by.

They will also pass by those who would entice them on their journeys. For the rare few, the objective is all, certainly more important. Their sights are on some distant grail, whatever it turns out to be, the quest for it being the incentive and motivation. This has to be interpreted on a personal level with the details and circumstances that apply to any one individual but the message is nevertheless the same.

It is this very personal, if sometimes irrational, decision that has to be retained and acknowledged. There are deviations from this path, in every sense of that phrase, which are again personal to the one who

decides.

The Cups Knight too can be all things to all decisions.

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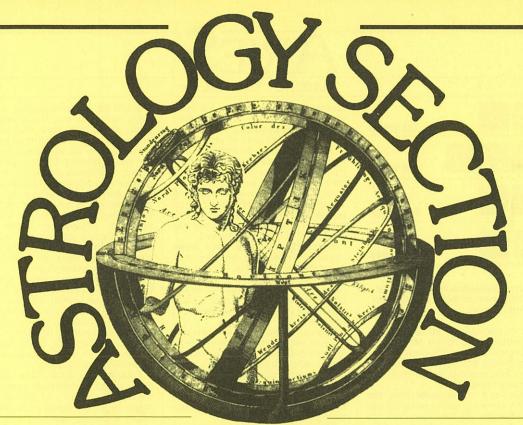
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AUGUST

CHANGING PATTERNS

In many ways August has all the makings of a critical month in world events with significant and perhaps quite dramatic changes in the political structures of power. Mars and Saturn are very much at odds with each other early in the month and even Jupiter is not sitting easily in Capricorn at present.

This whole pattern has a decidedly political flavour and it is not without significance that these adverse trends have a direct bearing on the Tory leadership. Events on or around the 5th, 8th and 18th are likely to mark the culmination of trends that have been building up over previous months. In fact, it would not be surprising if we saw an end of Conservative domination during August or very soon after.

The rather tense astrological trends are likely to be reflected in housing and property markets. Consternation over job cuts in building and construction industries will become a rather depressing theme in the media. And it is unlikely there will be any significant improvement in property prices.

There is a general feeling that everything is very

stagnant in the whole industrial sector.

There is a glimmer of light on the horizon but for that we shall have to wait until Jupiter becomes more active later in the year. It is Saturn that appears to be taking the lead in the cosmic dance during August and for several months to come. This indicates a trend towards increased caution in political and public attitudes.

Although this might not be good news for that sacred cow which goes by the name of high street spending, it nevertheless does point to the emergence of a more realistic attitude in regard to what we consider to be the the real needs and priorities of a good life.

There certainly appears to be a brighter prospect towards the end of August with much to suggest that international relations are undergoing some lively and positive developments. Diplomatic initiatives are very much to the fore, bringing a more hopeful outlook for certain troubled areas of the globe.

It might be a month of changing patterns and dramatic events on the world stage but hopefully a more balanced state of affairs will emerge from this.

Remus

HOW TO READ THE SYMBOLS

At the side of each monthly forecast in the following pages are different symbols, representing the various matters that may affect you.

Here is the key: Heart: love affairs. £ sign: money and material matters. Sword: quarrels and disputes. Sun's face: health. Letters: correspondence and documents. Linked

rings: partnerships. House: domestic matters. Suitcase: travel. Black cat: general good luck.

These symbols indicate the highlights of the four phases of the month as interpreted by the above key. For example a sword and a heart together stand for disputes about love. The sword by itself would mean disputes in general. Letters on the same line as the Sun would refer to a document concerning health matters. The symbols are, therefore, an additional guide to the trends prevailing in your affairs.

ARIES

MARCH 21 TO APRIL 20



Saturn's influence may make you feel that everything is against you during August.

4th week

This is particularly so around the 5th when Mars forms an adverse aspect with Saturn. Be prepared for extra duties and responsibilities at home and exercise patience in any property transaction.

This isn't to suggest that the month ahead is going to be an up-hill struggle all the way. You do have the fortunate planet Jupiter riding high, generating powerful

support. All matters to do with your occupation and profession should be no problem.

But if another area of your life is making you feel dissatisfied and perhaps a bit despondent, maybe this is the time to give it serious attention and do something constructive. You'll only be inviting the gloomier side of Saturn if you persist with merely putting up with things or just hoping that they will get better of their own accord.

Domestic life may have been causing increasing hassles and frustrations. Events in August will bring these matters to a head. This may mean emotional tensions come to the surface but at least it will allow you to face the problem head-on.

Basically, this is a time when you have to ask yourself what you really want out of life. Are you just trying to cling onto the past or live up to an image contrary to the true grain of your inner being? Whatever the case, this is a time for getting your act together and restructuring your life-style.

Matters closer to home receive a powerful focus most of the month.

It could be rather stressful, especially earlier on but, if you wish to bring about desirable changes in home life, now is the time to act.

There may be disappointments for those hoping to change residence. A property deal will run into difficulties early month forcing you to do some quick rethinking. This may turn out to have been a blessing in disguise for there are indications of something better up ahead. Events later in the month will probably throw a new and very encouraging light on domestic plans so don't lose heart.

On a lighter note, it's a favourable month for those intent on getting away from familiar territory. The New Moon mid month throws a pleasing light on leisure interests, holidays, recreation and social life. Perhaps, more importantly, a break will help you to get

your life in perspective.

Towards the end of the month an unexpected message or chance meeting with an old friend will open up a new range of interests. From a purely material point of view, the prospect becomes decidedly optimistic!

TAURUS

APRIL 21 TO MAY 20



The planets are sympathetic to your expectations during August.

The urge to get out and about, to express yourself through action and communication, will be greatly enhanced. Not only do you have Mercury galvanizing your creative energies but this planet inclines you to be more gregarious. Dates that are specially favourable to these matters are the 5th, 6th, 7th, 11th, 15th, 21st and 26th.

Take note, though, of rather stressful elements early in the

month. You may need to take extra care of health and avoid doing anything too strenuous.

The pace of life will speed up steadily through the month but you'll need to take a fairly firm stand to prevent others making too many demands on your energies. The main dangers lie around the 5th. 8th and 18th.

These are not the best of dates for travel, either: But, if it cannot be avoided, give yourself plenty of time and be prepared for mishaps. Apart from this, far-flung journeys and vacations are favoured.

There is a significant connection between travel and romance during the second week when it seems that a happy coincidence could bring someone special into your life. At all events, Taureans can expect pleasant spin-offs from a change of scenery.

From a completely different angle, you have a splendid month ahead for creative or spare-time interests. Social connections will somehow help you in these matters, particularly if you have a mind to turn a hobby into something more lucrative. The prevailing

trend is definitely helpful for craft skills and a wider self-expression.

Fresh inspiration is likely to strike when Mercury and Neptune join forces around the 21st. Someone you chance to meet will have a very stimulating influence on your mind. It could be that you'll discover hidden talents within yourself or decide to try your hand at something completely different.

Financially, you can expect a less hectic pace during August than in the previous couple of months. After the 10th you'll be clearer about an important decision on a personal or joint financial matter. Perhaps a long-standing problem will be resolved or money owing to you will be repaid.

It's likely to be a lucky month financially, with added scope for exploiting side-lines and making extra cash in your spare time. Fund-raising schemes will flourish and maybe a small gamble will pay off. Also, a group venture may reach a successful conclusion.

All in all, a month when there will be pleasing scope for enriching your life and putting ideas into action.

GEMINI

MAY 21 TO JUNE 20



Your ruler, Mercury, puts a lively emphasis on the domestic situation most of the month.

4th week

You can expect a sustained and quite hectic flow of visitors to contribute greatly to a very buoyant atmosphere. You are very adaptable so it's unlikely that this flurry of activity will put you out of key but perhaps you will get rather impatient with certain people around the 8th and 16th.

Geminian parents will find it hard to keep youngsters under

control then and perhaps plans you made will be completely destroyed by relatives or acquaintances making demands.

More practically, Mercury will assist you greatly in any property transactions or refurbishments. You'll also be in the mood for tacking neglected chores, throwing out accumulated clutter and creating a more congenial living space.

Although the prevailing trend is progressive, this may not be the easiest of months financially. Avoid extravagance, tackle any problems immediately and crisis can be averted. Be especially cautious under adverse trends on the 3rd, 5th, 8th and 18th when a financial matter or business agreement may run into difficulties. Promises may fail to materialise and you'll be left to foot the bill.

If you are forced to abandon a course of action or give up a source of income, this will probably not be unwelcome. You are more likely to feel relieved that responsibilities will be lifted off your shoulders. It could be time to break free from something that is more bother than it's worth.

Whatever happens, it will make you realise that perhaps you have been underestimating your own talents and that you'd be better off going it alone.

The astrological pattern is undergoing a subtle change, especially from the 10th onwards. Even if you feel rather in the dark at present, financially or professionally, there is definitely new light on the horizon. You'll be made very aware of this later in the month when something will boost your confidence.

A significant feature of the month is the very close conjunction of the Moon with your ruler on the 16th. Symbolically this indicates the end of a chapter and a new beginning. It can also indicate a radical shift in your attitudes and ideas. Your sense of direction and purpose will become clearer and decisions will appear less daunting.

Towards the end of the month a splendid aspect between Mercury, Pluto and Uranus signals a lucky break and fresh scope for expressing your creativity. Travel promises memorable and happy experiences as August draws to a close.

CANCER

JUNE 21 TO JULY 20



With Mars pushing through your sign during August, you'll be able to take challenges in your stride.

Although your patience may be less than usual, this is a fine time to go for what you want and take destiny into your own hands. You can do much now by adopting a more direct and forceful approach to life.

If you have been putting in a lot of effort over the past few months, you can expect to reap the rewards from August onwards but don't be afraid to take fresh initiatives if an interesting opportunity presents itself. Don't cling to an outmoded or inefficient routine.

You also have Venus in your sign most of the month, a potentially successful phase for those aiming to promote their creative interests. Events are taking shape which could provide you with just the break for which you have been hoping. It's also a good time for a new start, taking the initiative and organising your life to be more in tune with your inner being.

Of course it cannot be overlooked that Mars is the planet of strife but, provided you don't lose your cool or ride roughshod over others and interests, then the danger of conflict can be avoided. The most troublesome dates are the 3rd, 5th and 8th.

You may learn that someone looks upon you as a threat or archrival. Tread tactfully, especially if you are involved in a competitive field. If conflicts of duties or loyalties arise between domestic and career interests, give priority to matters closer to home. Also, take extra care of your own health and don't overtax your energies.

Mars and Venus in your sign combine to make this a highly promising month for amorous affairs. This is particularly welcome news for those who may just have emerged from what turned out to be a rather unsuitable relationship. By now, you will have overcome your deeper insecurities and be taking a more positive attitude.

This change of attitude will be nicely complemented, not only by the promise of a new and very satisfying relationship but also in terms of a more vibrant social life. Dates of great significance are the 15th, 20th, 21st and 29th. As travel is highlighted on these dates, chances are that it will play a part in new romantic encounters.

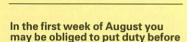
It's going to be a good month, too, for anything that demands imagination and mental agility. Mercury is stirring up a lot of activity around you and, even if you have not planned a holiday, there will still be unusual scope for diversifying activities and getting away from familiar routines.

On the whole, this promises to be a refreshing month, as new influences begin to enter your life.

LEO

JULY 21 TO AUGUST 21





Other people are likely to make extra demands on your time but any sacrifices will be duly appreciated. Plans may not go to schedule either because of a financial delay or due to something quite mundane like a short bout of poor health.

Whatever the case, exercise patience if you were hoping to push ahead with an important project early in August.

The movement of Pluto from the 10th onwards is of great significance. Its effects are usually rather subtle and may not be immediately apparent. However, at a very deep level of your inner being new creative energies may begin to stir.

This will eventually lead to significant transformation in how you express yourself and to changes of life-style. Very soon, the outcome of a seemingly insignificant event could be a complete alteration in your general scheme of things.

It is interesting that Pluto is becoming very active in an area of your Solar chart that has to do with leisure occupations. It is quite likely that eventually such interests will become increasingly absorbing, perhaps obsessive but extremely creative. Pluto can bring hidden talents to the surface which, in turn, will transform your sense of identity and purpose.

From a strictly financial angle, you can expect an eventful and active month. As Mercury is much in evidence in the financial sphere, you can expect significant progress in all business and commercial activities. Above all, this is a

time when you'll find greater scope and incentive for diversification and making useful contacts.

Important messages or written matters will have a direct and largely fortunate bearing on financial affairs when Mercury is strongly active on the 5th, 6th, 7th, 11th, 20th and 21st. You are likely to get the go-ahead for a new project. But keep your wits about you on the 16th when you could easily fall foul of misleading information.

In close personal relationships and married life there may be some emotional tension. It may be hard to define but you'll get a distinct feeling that all is not well. If you feel that you are being kept in the dark, approach the subject tactfully, preferably during the latter half of the month when your partner will be more responsive.

If you keep on avoiding the issue, matters will only build up to volcanic proportions. An open confrontation is a good safety valve and may help you to achieve a better level of mutual self-respect.

For many Leos this is a month when the forces of destiny are beginning to increase.

VIRGO

AUGUST 22 TO SEPTEMBER 22



pleasure.

1st week

4th week



2nd week





3rd week





It's unlikely that you'll be daunted by what looks like being a hyperactive month ahead.

Nevertheless, a break from usual routines would be decidedly therapeutic, particularly if work has tended to fill every available moment just lately.

Your ruler, Mercury, is very active in your sign throughout the month, putting a significant emphasis on travel. Whether taking a far-flung holiday or just several day-trips, you will find the experi-

ence pleasing and exhilarating.

Travel can greatly enrich your social life, too. You won't be any less discriminating in the company you keep but there will be much better scope for striking up friendships with those on your own mental and spiritual wavelength.

The most propitious dates for journeys are the 5th, 6th, 7th, 11th, 20th and 21st — which also happen to be the best dates for important communications and following up ideas that appeal.

Apart from travel, the powerful Mercury influence gives you greater impetus to diversify. Should you be awaiting vital news or pressed to make an important decision, the above dates are likely to favour you. As Mercury relates very significantly to your career interests, chances are you'll receive welcome news this month.

For the romantically inclined, there is much to indicate the realisation of cherished hopes and wishes. If experience in the recent past has inclined you to feel despondent about close personal relationships, you'll have every reason to raise your expectations in

the light of what transpires in theweeks ahead.

A friend or even casual acquaintance may play a part in bringing you together with someone special. Dates of prime significance are the 7th, 10th, 20th and 29th.

The prevailing trend gives tremendous encouragement to anything which calls for close cooperation. The only exceptions to this are the 5th and 8th when a clash of egos and disputes over policy may put a spanner in the works.

Trouble could stem from your perfectionism. Try to respect that some people function better with a more laid back attitude and are not so fussy about details. It is unlikely that such problems will prove insuperable but, if you are hoping to achieve a particular objective, don't get uptight about what isn't really very important.

It might be wise to postpone any new financial commitments, at least until later in the month. Property matters and joint resources may need careful or even urgent attention. The main message is not to take anything for granted where money is concerned.

SEPTEMBER 23 TO OCTOBER 22





1st week



2nd week





3rd week







Don't feel that you have to live up to anyone else's expectations in the early part of August, particularly in career matters.

The more you can just be yourself and take things in your stride, the better you will feel and the more progress will be made. With both Mars and Venus riding high in your Solar chart you have a chance to show the world just how singleminded you can be.

If you do feel that you are in the dark about something, it will only be a matter of time before the right solution presents itself. However, it would do no harm to be more forceful if others are being evasive.

Closer to home you may find the atmosphere a little uneasy early in the month. Work pressures or outside commitments may give rise to a conflict of loyalties leading to a confrontation with your partner. Heed the danger signals and take immediate action so that a minor emotional crisis can be averted.

On a more practical level, the underlying trend favours efforts towards improving domestic life. Property transactions may suffer hindrance in the first half of August but major setbacks are unlikely.

Mercury's transit through your 12th Solar House until late August makes this a favouable time for quiet meditation and reflection. If you're taking a holiday so much the better, especially if the past year has produced inner stresses. By taking time out you'll be able to regain your inner mental balance and get things in perspective.

Any ideas in the back of your mind will now begin to take on a more definite shape. By the end of the month many doubts or anxieties will fade, giving way to a more positive attitude.

This subtle Mercury factor is particularly favourable for Librans who take a serious interest in occult or mystical knowledge, psy-chotherapy and meditation. You will begin to see that your efforts are having a more tangible effect.

A powerful Lunar trend in your sign on the 17th and 18th brings you very much into the spotlight. You'll be in great demand socially and various friends' company will delight you. However, on the 18th social commitments may be more duty than choice so maybe you'll need to exercise patience here.

developments Welcome forecast in financial and business affairs on the 20th and 21st. News relating to current aims or career activities is almost certain to benefit you. These are perhaps the best dates in the month for present and future financial matters.

The final week contains a whole series of helpful trends, not least of which is Mercury's transit of your sign from the 26th. The way ahead begins to look decidedly exciting.

OCTOBER 23 TO NOVEMBER 22

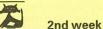


1st week

















4th week

The astrological pattern is highly significant for a far-flung excursion during August.

With the dynamic planet Mars throwing a powerful angle to your sign, your sense of adventure will be enhanced. What's more, it looks as if you'll be making a lot of new friends on your travels or meeting people who help you to widen your knowledge or perspective.

As Venus is very much a part of this travel picture, there is more than just a hint that new romantic encounters will be the result of a journey. There could be an element of surprise in such experience for it may not be a complete stranger who suddenly appears in a very attractive light.

Dates of highest romantic interest are the 15th, 20th, 21st and 29th. But watch your step around the 10th and avoid casual flirtation.

For those who are married or in a stable relationship, escape from routines and a change of scenery will help to revive and strengthen the ties of affection. Such a change will also have a helpful influence, indirectly, on how you get on with friends or work colleagues. If you have felt oppressed in recent months, a change of tempo will make you see that perhaps you have allowed yourself to get into a

Events in August will help you to realise where your true interests and priorities lie. Your level of selfconfidence is likely to be higher than usual and you'll be more intent on exploring fresh options in career or other important areas.

You can count on others to pull their weight, too. Anything that depends upon team work will be both stimulating and rewarding in the month ahead. Even without trying, it seems that you will attract the right kind of people into your orbit, one of whom could become a lifelong friend.

Of course no month is completely without its problem areas but these can be kept to a minimum during August if you avoid a tendency to demand too much from others. Although Mars can boost your confidence, there is a danger that other people will get the impression that you are being inconsiderate and domineering. Be especially tactful therefore around the 5th and especially on the 14th when there's a danger of antagonising a work colleague.

All in all, though, the prevailing trend is encouraging and supportive, helping you to overcome your deeper insecurities, giving you a clearer mind and enabling you to make all the right decisions. To-wards the end of August you should have a very clear picture of what kind of future you want to create for yourself and the confidence to go for it.

V

SAGITTARIUS

NOVEMBER 23 TO DECEMBER 20





The mysterious planet Pluto begins a more active phase in your sign from August 10th.

There are indications of what could eventually turn out to be a fairly radical transformation in your lifepattern. It is likely that deep psychological changes that have perhaps been incubating for several years past are bringing a change of attitude, a new philosophy of life and a kind of rebirth.

Granted, you probably won't see much evidence of this immediately

for the effects of Pluto are extremly subtle and subliminal. Plutonic events very often give a strong feeling of fate or destiny, maybe also a need to break with the past. You can expect to see the first stirrings of change during August.

Mercury riding high in your Solar chart most of the month indicates that you'll be directing a lot of mental energy towards main aims and ambitions. If you are considering a career change, it's a favourable time to make inquiries or embark on a course of training. Uranus also puts tremendous emphasis on mental activity so it's very much a time for serious thinking and important decisions.

Everything seems to point to something new in your scheme of things. This is likely to take the shape of a new interest or even the discovery of hidden talents. A chance encounter of some kind may encourage you to take your creativity more seriously. This could be just what you are looking for, especially if you have grown increasingly dissatisfied with your career or employment.

Jupiter, your ruler, continues to

generate supportive trends financially. There may be some problems in this area early month but don't hold back if you wish to go ahead with a new project.

Any fresh initiatives you take, especially in late August, will be progressive. But avoid speculation and gambling. Also be wary in joint financial or business commitments in the first half of the month.

You'll need to keep your wits about you on the 16th. Rumours and misinformation could easily weave you into an awkward situation and jeopardise your reputation. Be detached about anything dubious and don't get involved in other people's disagreements.

Something private or confidential is likely to crop up on the 20th or 21st. The prevailing trend is extremely helpful so if you need to get advice on a personal matter, you can count on a sympathetic response from other people.

Towards the end of the month unexpected developments are likely to draw you into a new social circle. Whatever happens, it seems that at least one important friendship will emerge from this.

CAPRICORN

DECEMBER 21 TO JANUARY 19



Your practical good sense and determination will certainly stand you in good stead during August.

As this is going to be quite a challenging month, you'll need to adopt a fairly flexible attitude and be prepared to cope with extra demands. This may seem rather daunting but you'll be feeling very secure and confident and able to take everything in your stride.

take everything in your stride.
This isn't to imply that it is going to be all work and no play. With Mercury moving through a signifi-

cant sector of your Solar chart this is a fine time to get away from usual routines, even if only for a few days — and travel will also broaden your mental horizons. Your mind will be very open to new ideas and experience and it is through the people you meet that you will find fresh inspiration.

There is a significant link between travel and romance from the 7th onwards. You have both Mars and Venus in your House of Partners from then. The forces of attraction are always greatly intensified when these two planets get together and it usually means that new romantic attachments materialise as if by magic. Love a first sight will be the experience of many unattached Capricorns.

It will probably be a journey that provides you with the key to love, especially if you set out on or around the 10th, 15th, 20th and 29th.

If you are of a more academic turn of mind and pursuing special studies, you'll make speedy progress this month. All education matters, whether to do with developing technical skills or seeking

wisdom on a more spiritual path, will be a source of encouragement and inspiration. You'll probably be helped greatly by making contact with like-minded people.

On a more mundane level, Mercury will also provide the essential catalyst if you have to deal with awkward legal or official matters. Be prepared for problems here around the 16th when you may need to take immediate action or seek professional advice. This is where your cool and cautious approach will be needed. If there is urgency, don't be tempted to cut corners — especially in business.

Closer to home, you may find events on the 18th or 30th a bit heavy-going. Someone who visits you may be rather tiresome and demanding. If you feel that you are being taken for granted, say so. It might create initial bad vibes but it would probably be worse just to put up with things out of misplaced loyalty.

You'll be in your element later month when encouraging developments in career are forecast and news has a decidedly successful

theme.

AQUARIUS

JANUARY 20 TO FEBRUARY 18



Aquarians may find themselves with a heavy workload in the early part of August.

4th week

If it's not your employment situation that puts you under pressure, then it will be the ordinary affairs of daily life that bring extra responsibilities. There is also an adverse health trend early in the month.

The greatest danger is of accidents and injuries but this can be avoided if you refuse to do anything in a hurry and don't allow other people to rush you.

Staying on the subject of employment, you could have been feeling dissatisfied with the situation because it has become too routine and no longer allows you to exercise your own imagination and initiative. If so, now's the time to do something positive about it. The pattern is extremely favourable for those who wish to strike out more independently.

Mercury's movement during August also hints at greater scope and incentive for developing and diversifying sources of income. Be prepared to consider seriously any interesting offers or suggestions. A friend may come up with an idea that could completely transform your aims and objectives. Don't be afraid to think laterally if you feel that a new door is opening for you.

Mercury will incline you to devote more attention to personal or joint financial interests during August. The best dates for business negotiations or important financial communications are the 1st, 5th, 6th, 7th, 15th, 20th and 21st. Matters relating to investments, insurance, pensions and legacies will proceed at a satisfying pace on

these dates so if you wish to discuss these things now is the time.

The only dates when money problems are likely to arise are the 8th and 16th. Avoid gambling and be on guard against skulduggery and deception. In old astrological lore Mercury is the trickster and planet of thieves. Therefore try to be more security-conscious when this planet is adversely placed.

The New Moon on the 14th throws a favourable light on marriage and all close relationships. Welcome developments in material and domestic interests are forecast soon after this date. Any emotional problems are more likely to concern a relative.

Travel brings a brighter prospect later in the month — particularly for holidays. Early month may bring frustration. If possible avoid the 5th and 8th when shorter trips are likely to irritate you. On the 18th travel is linked with adverse health. Be careful of exotic food abroad!

This may not be the most eventful month but it seems that, psychologically, you are undergoing some significant transformations.

PISCES

FEBRUARY 19 TO MARCH 20



Friendship, social life and affairs of the heart are pleasantly highlighted.

However, there are dates when things may not run so smoothly. The main problem area is the early days of August, notably the 5th when you may find yourself up against obstacles financially. In a business project or contract, you may be obliged to reconsider certain issues or go over the same ground again.

Take your time in all to do with finance or business. Any attempt to rush ahead will only land you in greater difficulties later. Any new venture depends on laying a very solid foundation.

Although there is a rather stressful trend in force on the 8th and 10th, this could mean that a confrontation, long overdue, will finally settle an old disagreement. Far from creating further estrangement, this is more likely to lead to a deeper understanding and friendship. There is much to suggest that this will focus on family relations.

Turning to the more positive facets of the cosmic pattern, it looks as if romantically inclined Pisceans are heading for some very pleasing encounters. As Mars and Venus are the principal players on this stage, amorous experience is going to be intense and allabsorbing. What's more, new affairs will almost take you by surprise — perhaps love at first sight.

Although there may be an increased possibility of turbulent infatuations in this rather passionate planetary combination, there is an equal chance in favour of meeting your ideal partner. You'll get a better idea of the way things are head-

ing towards the end of the month when an emotionally critical point will be reached.

Intriguing encounters are due to emerge on the 6th, 10th, 15th, 21st, 26th and 29th. You can also expect to be in high demand socially on these dates. If you are taking part in a sporting event, you could make quite a celebrity of yourself.

The same applies to Pisceans involved in creative and artistic endeavour. You're more likely to get the lucky breaks and reach a wider audience. As Mercury occupies your opposite sign most of the month, contact and exchange of ideas with others will prove extremely helpful and enlightening.

If you are ambitious, this promises to be an important month. Pluto becoming more active in the top sector of your Solar chart increases your determination. Past experience is now going to come in very useful, especially if you are aiming to strike out under your own steam.

No matter what your aims, August is bound to bring you something to feel pleased about, perhaps something quite unexpected!

Lunar Lore Gardening

AUGUST

- Bright start, warm and dry becoming changeable with wind, rain and a slight drop in temperatures.
- 2, 3, 4, 5, 6
- After 11.50 hours lift shallots, leave to dry in the Sun.
- Trim and cut laurel hedges with secateurs not shears.
- After 22.58 hours prune and thin blackcurrants and raspberries.
- 10 Continue all day.
- 11 Continue all day.
- 12 After 11.30 hours edge paths, mow lawns, tidy up.
- 13 Clear away debris, burn rubbish.
- 14 Continue all day.
- 15 After 00.08 hours dig and turn over new planting areas.
- 16 Continue all day.
- 17 After 11.56 hours sow lettuce for late Autumn use.
- 18 Plant Madonna lilies and Autumn flowering crocuses.
- 19 After 21.51 hours sow Spring cabbage.
- 20 Take cuttings of Winter flowering jasmine.
- 21 Sow annuals in greenhouse for planting in the Spring.
- 22 After 04.49 hours sow onions for Spring planting.
- 23 Mow lawns to increase growth.
- 24 After 08.23 hours, where ready, pot out flower cuttings taken earlier.
- 25 Continue all day.
- 26 Continue until 09.11 hours.

27, 28, 29, 30, 31.

VICTORIA MATTHEWS

Greenwich Mean Time has been used throughout

The Planets This Month

- The Sun begins August in 9° 01' Leo and enters Virgo on the 22nd at 20.24 hours. It ends the month at 7° 52' of the Maiden.
- The Moon is waning to Last Quarter on the 6th at 05.26 hours with the New Moon on the 14th at 07.35 hours. The First Quarter is on the 22nd at 03.37 hours and the Full Moon is on the 28th at 17.53 hours. As the month opens the Moon is in 1° 14' Pisces and enters Aries

on the 2nd at 23.06 hours. It then enters Taurus on the 5th at 03.34 hours; Gemini on the 7th at 11.50 hours; Cancer on the 9th at 22.58 hours; Leo on the 12th at 11.30 hours; Virgo on the 15th at 00.08 hours; Libra on the 17th at 11.56 hours; Scorpio on the 19th at 21.51 hours; Sagittarius on the 22nd at 04.49 hours; Capricorn on the 24th at 08.23 hours; Aquarius on the 26th at 09.11 hours; Pisces on the 28th at 08.50 hours; Aries on the 30th at 09.16 hours where it ends the month.

- Mercury is in 28° 54' Leo on the 1st and enters Virgo later the same day at 16.18 hours. It passes quickly through that sign and enters Libra on the 26th at 05.18 hours. It ends the month at 2° 39' of the Scales.
- Venus begins the month in 24° 59' Gemini and enters Cancer on the 7th at 06.16 hours. By the month end it has reached 22° 27' of the
- Mars is in Cancer all month and advances from 4° 11' Cancer on the 1st to 23° 47' of the Crab by the 31st.
- Jupiter spends the month retrograde in Capricorn and retreats from 9° 32' on the first day to 7° 50' by the last day.
- Saturn spends the month retrograde in Aries and retreats from 7° 15' on the first day to 5° 56' by the month end.
- Uranus spends the month retrograde in Aquarius and retreats from from 2° 20' on the 1st to 1° 16' by the 31st.
- Neptune is retrograde all month in Capricorn and retreats from 26° 1' on the first day to 25° 20' by the last day.
- Pluto begins the month retrograde in 0° 21'Sagittarius. By the 10th it has retreated to 0° 20'where it turns direct at 12.35 hours. By the end of the month it has advanced to only 0° 27' of the Archer.

All positions are for 00.00 hours GMT.

Reading the Aspectarian

In the aspectarian we list the principal Lunar and mutual aspects for each day of the month. A Lunar aspect is a specific distance, measured in degrees, between the Moon and a planet; a mutual aspect is between one planet and another, excluding the Moon but includ-

First of all memorise what the symbols stand

- ⊙ Sun,) Moon, ऍ Mercury, Ç Venus, ♂ Mars, 升 Jupiter, ħ Saturn, ʧ Uranus, ₩ Neptune, P Pluto.

The major aspects: of (0°) conjunction: good or bad according to planets involved

- * (60°) sextile: generally helpful.
- □ (90°) square: mostly challenging.

 △ (120°) trine: strongly helpful.

 ⋄ (180°) opposition: conflict and tension.

The minor aspects:

- (135") sesqui-square: usually umavourum x (150") inconjunct or quincunx; stressful.

Each month the Moon travels right round the zodiac making every aspect to every planet at least once. When there are several aspects in one day we group them after one Moon symbol thus:)) △ ⊙ * 2 □ ♀ This means Moon trine Sun, Moon sextile

Jupiter, Moon square Venus.

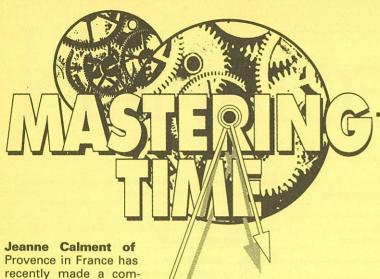
ASPECTARIAN

AUGUST

- 1 Th. Din Y. D△♂*4. Ö□E. Severe temptation to overspend yet bargains may not be what they seem.
- 3 S. 》in Y. 》△⊙□♂□斗ぐ九米∰. Rash and impetuous actions and brash outspokenness may be the order of the day.
- **4 Su.** 》 in 文. 》ロザ. Take a break from worrying do what you want, not what others think or say you should do.
- **5 M.** 》 in Y & ♡、 ♪ △ ♀ ♀ ♀ ♂ △ ♀ □ ffl. ♂ □ 九. Tiring time, legal or business battles, power struggles in the news.
- 6 T. Din ∀. D□⊙. Ў*♂. Buy, sell or exchange — will suit collectors.
- 7 W. Din & & 耳. DA 州ム 中 の P. 英 ム ユ. New innovations in communication fields.
- **8 Th.** 》in エ、》*Oロダ*节、♂°⁰斗、Stock exchange fluctuation. Radio/TV/phone companies may be involved.
- 9 F. Din ∏ & . Decision No aspects.

 Take stock. Start nothing, finish nothing. Stay in and be comfy.
- 10 s. 》in @. 》で♀♂♂み斗□九. Select priorities carefully and keep personal discipline at a high level.
- 11 su.) in ⊚.) * ♥.
 Full of ideas but a need to bounce them off a trusted friend.
- 12 M. 》in ⑥ & Ω. 》 ♂ 撰 ♂ Ψ △ E.
 Not a day to ask for a rise or go too near the boss.
- 13 T. 》in Q. 》A九. Small rewarding acts of kindness all round.
- 14 w.) in റ്റ.) ്ര. ♀്രിപ്പ്. Start new ventures with caution, allow for a margin of error.
- 15 Th. Din M. D★Q△4□P.
 Cosy twosome or dine in (or out) with friends; remember old times.
- 16 F. Din m. D. ♦ ♥ ★ ♂. ♀ ₀ ♀ 1. Extravagances or indulgences perhaps. Easy to please and just as easy to take offence.

- **17 s.** 》 in ₩ & △. 》 △ 州 △ Ψ ★ P. Travel for pleasure or profit.
- 18 Su.) in △.) ロ♀ロ♂ロ♀♂た. It will be easy to start a row but a long time to forget what is said!
- 19 M. » in △ & M. . » ★⊙□ ¥.
 Plenty of energy and enthusiasm for all kinds of pursuits.
- **20 T.** 》in M.. 》△♀★斗□娟. 炎△屮. Romance is in the air — most couples will be on the right wavelengths.
- **21 w.** ⋑ in ♏. ⋑★女△♂米Ψ'. Perfect for settling differences, forgetting old scores.
- **22 T.** ⋑ in ጢ& ♂. ⋑□⊙△ኢ¥∰♂₽. Business ventures positive, some ambitions realised.
- 23 F. » in ✓. »∠ℍ. ⊙□₽.
 People in power abuse it. Aggression seems prevalent.
- 24 s. 》in ৴ & న. 》△⊙ార్రి Чాగ్. One moment all will be well, the next everything seems to go up the wall.
- 25 Su. 》in 元. 》のりので. Best not too spend too much time with other people – you are unlikely to feel much like socialising.
- **27 т.**)) in ஊ. ఎ్లైర్త. రైΩీలి. Travel a problem in the early hours. Artistic fields may be highlighted.
- 28 w. 》in 無 &)(. 》。○○ * 斗□ P. 炎△漿. New interests, new people and an improved social life.
- 29 Th. Din X. DAPAJ. Emotional highs and lows. Those close to you could be just as moody.
- 31 s.) in Y.) பு P.
 People seem determined to achieve their aims no matter what the cost.



Provence in France has recently made a compact disc about her life called *Mastering Time* which was released on her birthday, February 21st this year. The title is very apt because on that day she reached 121 years of age. How many of us will ever reach 90 let alone the magic 100? This lady has survived way beyond her allotted three score years and ten.

In 1875 when she was born, a group of painters who were constantly rejected by the Establishment organised their own exhibition in Paris which was severely criticised and ridiculed beyond comprehension. The group, consisting of Claude Monet, Pierre-Auguste Renoir, Camille Pissarro, Edgar Degas and Paul Cezanne plus 34 other Impressionists, were laughed at by the short-sighted, narrow-minded critics and public alike.

How the world has changed since those days. But, unfortunately the narrow-minded are still with us especially when it comes to metaphysical subjects!

What exactly is the secret of longevity which Jeanne Calment has discovered? Perhaps an analysis of her planetary configurations at birth may throw some light on the issue?

Not knowing her time of birth I swivelled the chart around until I found what I considered to be the best position of her Sun in order to prolong life and give her protection from harm. The issue was between midday, when the Sun was conjunct her Midheaven, and dawn when the Sun was conjunct her Ascendant. The latter position seemed the most likely.

At these times the power of the Sun is increased considerably, regardless of which birth sign is being analysed. Another reason for selecting this time was that it placed her Part of Fortune exactly conjunct her Moon and Jupiter in the 8th House.

Now these positions of planets, angles and houses could well be the reason for her longevity, regardless of the other planets, so let us first examine the Sun conjunct Ascendant in 2° Pisces to see what we can establish about this position.

The first 10° of Pisces are doubly ruled by Neptune, while the first 5° are influenced by Uranus, ruling Aquarius, the previous sign ruler. The last 10° of Aquarius are sub-ruled by Venus. Immediately we see that the influences brought to bear cover three different planets.

First Neptune, the overall ruler, brings a laid back sensitive quality — intuitive, psychic, in touch with spiritual truths — and an impulse to

flow with the tide. Uranus brings the unusual and unexpected, also a touch of eccentricity or genius, and Venus brings an artistic appreciation, love, balance and a need for harmony.

The Ascendant has great influence over health and the Sun rules the Native's individuality, the inner person whom one will revert to in a time of crisis. A combination of these three planets affecting this point will be a great advantage in combating stress, shock and boredom which, when combined, increase the aging process.

Pisces is a Mutable Water sign which means she can adapt to changing circumstances and is very intuitive in understanding the course of events which intrude into her life.

The Fixed Star Fomalhaut is in 2° Pisces, exactly conjunct her Sun and Ascendant at birth. It was one of the four Royal Stars of Persia in 3,000 BC and, if rising or culminating, it is very fortunate and can bring great fame. Now, almost exact by less than 1° is a beautiful protective trine to her Sun/ Ascendant conjunction from none other than great Jupiter in 1° Scorpio, in her 8th House of death. Also, her Sun and Jupiter are parallel which will considerably increase power of her trine aspect.

Jupiter in 1° Scorpio, a Fixed Water sign, is influenced by both Pluto, ruler of Scorpio and, due to its close proximity, Venus — ruler of Libra, the previous sign. All link up with the 8th House of death.

Jupiter in Scorpio can also amplify the penetrative mental faculty, giving the studious analytical mind needed to keep her interested in nature and the world's events. For longevity, the mind must be in excellent shape because negative thinking is totally destructive and points to an early grave.

A Sun/Jupiter trine or sextile is one of the most powerful aspects for success in any area of life and, in this case, it has proved to be unique in protecting body and mind for so many years, bringing great optimism, enthusiasm and an understanding of spiritual values. Jupiter in the 8th House often brings psychic or strong intuition to the subject.

With the Sun and Ascendant in Pisces, the overall ruling planet is, of course, Neptune and here we have a sextile from Neptune in 28° Aries to this point by 3°. Neptune and Mars, the ruler of Aries, do not mix easily but the last 10° of Aries is sub-ruled by none other than Jupiter and Neptune, being very close to the next sign of Taurus, will also have a touch of Venus thrown in for good measure. So, once again, we are touched by planets that bring abundance, success, energy and intuition.

The Fixed Star Mirach is conjunct her natal Neptune by less than 1° and usually brings personal beauty, love, devotion and a brilliant mind. Remember that Jupiter is still influencing all these aspects one way or another. Even though he is in opposition to Neptune, the effects would probably make her generous and slightly extravagant. Also, any linking up between these two planets would promote intuition and emotion which would emerge later in life in a more positive manner.

Now we come to an adverse aspect to her Sun-Ascendant conjunction — a square from

Mars in 4° Sagittarius in her 9th House. Sagittarius and the 9th House are ruled by Jupiter and the first 10° of Sagittarius are doubly ruled by the great planet of luck so the energy manifested through this aspect will produce a productive vibration rather than a negative one. Also, 4° of any Mutable sign increases power, so again we have a Jupiterian influence.

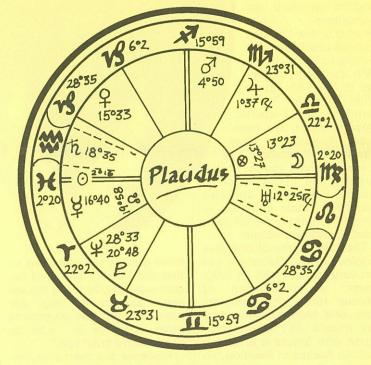
Any contact with Mars and Jupiter will often pinpoint athletic ability or an exceptionally fit person. The position of her Mars in Sagittarius also indicates athletic ability which, in physical terms, means the excellent respiratory and circulatory systems so vital for longevity. It could also promote a few accidents, though

in her case nothing serious because of the great protection offered by Jupiter.

The next and very important point for health, especially in a woman's chart, is her Moon in 13° Virgo, conjunct the Part of Fortune and parallel to her ruling planet Neptune. To combine the Moon with her ruler, then throw in the Part of Fortune in Virgo which rules the natural 6th House, is a very fortunate aspect for a woman's health.

And remember, Mercury rules your health through your mind force, as you think so you become. The middle 10° of Virgo are sub-ruled by Saturn, helping to create emotional stability.

The good aspects to her



Jeanne Calment Dawn chart, February 21st 1875 Provence, France

Moon are from Venus in the 15th degree of Capricorn and this area is also sub-ruled by Venus. Pluto in 20° Taurus is sub-ruled by Saturn, forming a Grand Trine in Earth signs.

Once again we come across a planetary grouping pinpointing great protection from physical harm which, when linked up to her Moon/Part of Fortune conjunction, parallel Neptune, makes it no wonder that she has reached such a great age without losing her faculties.

The adverse aspect from her Moon/Part of Fortune conjunction is an opposition from Mercury in Pisces — the weakest position for this planet - so that the adverse effects will be minimised and would probably manifest as being critical, emotional and outspoken when young but would not cause too many problems due to the Grand Trine's beneficial aspects.

Now we come to the most destructive aspect in her chart, an opposition from Uranus in the 12th degree of Leo in her 6th House, to Saturn in the 18th degree of Aquarius in her 12th House. with Pluto in Taurus forming a T-square. Strange that I also have these same three planets forming T-square and I too have a Grand Trine in my chart. I wonder whether I am also booked for such longevity which of course depends on at least 20 different factors!

The 18th degree of Aquarius is joined to my Midheaven so I am very familiar with its influences, a combination of Uranus ruling the complete sign and Mercury sub-ruling the middle 10°. When combined with Saturn it produces sudden flashes of intuition, an ability to communicate through the written word and a basic interest in the business world.

With her Uranus in 12° Leo. conjunct my natal Venus, this area is also very familiar.

The Sun ruling Leo combines with Jupiter subruling the middle 10° of Leo. Once again we have a strong Jovian influence. Her Sun and Jupiter are trine and parallel so every touch from the great planet of abundance increases the power of the original major aspect.

The square Pluto in Taurus links up these

through the jungle of physical life, aided of course by her great astrological aspects at birth. Her Midheaven is in 15° Sagittarius, ruled by Jupiter and sub-ruled by Mars. This aspect brings great energy, optimism and understanding of life and, with Jupiter in the 8th House, will further increase her

signs, making her very intuitive

and psychic. In other words she

is in touch with the angelic

forces which have guided her

and adding to her considerable mediumistic talents.

There are a number of aspects linking up to this area. A square to her Mercury/Moon opposition would be responsible for many changes in occupation and in the home. A sextile to Saturn and a trine to Uranus would throw a protective vibration to both planets with a fine Jupiter influence, stabilising the opposition of these two plan-

intuitive

ability.

Her Midheaven is also well aspected by the North and South Nodes of the Moon and the North Node is in her House bringing Jupiter's influence to her physical wellbeing. The South Node is where your energy drains away and, in this case, any beneficial touch from Jupiter will block off the battery drain.

Venus, from Capricorn, is adverse to these two points, so that love affairs could have been very draining in her younger days but, even though she has quite a few adverse aspects, they are vastly outweighed in the overall balance by the great protective vibrations of Jupiter.

He is not called the planet of luck and abundance nothing.

May she remain with us for many more years to come.

three planets in Fixed signs so that she has not had it all her own way. But, by using the adverse aspects to learn her lessons, she has overcome

great obstacles in order to reach such a great age.

However, the main consideration is undoubtedly the Sun/ Ascendant conjunction, trine and parallel Jupiter in Water

ASTROLOGY TODAY

It has long been recognised that an understanding of numbers is a valuable tool in astrology. The association of each planet with a particular digit is an obvious sign of this and it's through dividing the zodiac into a given number of equal parts that aspects are derived.

Further, it is possible to pair each aspect with a planet through a common number and this offers an insight into the nature of each aspect.

As a guide, total the numbers of each aspect in the chart: does one predominate? An emphasis on one aspect is likely to produce the following influences.

Two planets in conjunction are effectively 360° apart so the zodiac is divided by 1. The number 1 is linked to the Sun so any conjunction — regardless of whether the Sun is involved — would be expected to exhibit some of the qualities of the astrological Sun.

We often find this to be the most powerful aspect in the chart: positively, it forges a strong union between whichever planets are involved and ignites an eagerness and motivation which isn't found elsewhere. There is an in-built self-confidence which propels the person beyond any obstacles, his/her sheer enthusiasm often sufficient for success.

On the down side these types live for today, paying scant regard to the long-term. With so much emphasis on their own desires, they ride roughshod over everyone else's needs. Criticism is hard to handle as everything said or done is taken far too personally.

Dividing the zodiac into 2 creates the opposition which is linked with the Moon. Instead of preoccupation with oneself, here it's others who seem to call the shots and compromise

OUT FOR THE COUNT

by

RICHARD J. ARMSTRONG

is an integral part of these people's lives.

The subject feels pulled in several different directions and faces difficult choices according to which Houses are dominant: self/partner (lst/7th), home/career (4th/l0th) or work/health (6th/12th). Progress is hard-won until some priorities are established but they make excellent arbiters, having well-developed social skills and the ability to see all sides.

Number 3 gives the trine aspect with Jupiter as the planetary analogue. Tradition views it as a most fortunate aspect, bestowing a great deal of talent even with apparently incompatible pairings (eg Mars/Saturn). Alone, though, this can be too much of a good thing: if success is always handed on a silver platter there is little incentive to work for it.

Trines do promise rich rewards but only after the necessary spadework. Nonetheless such types appear naturally lucky and the trine can be a real blessing showing untapped talents waiting to be exploited.

Uranus is the popular choice for number 4 but the square's nature is more akin to Mars. As with the opposition there is a conflict of interests but here the issues are interlinked and less easy to resolve: there is a sense of working at cross-purposes.

Always on the lookout for a challenge, these folk relish the chance to prove themselves and will fight the good fight with anyone daring to throw down the gauntlet. But they are their own worst enemies: for-

ever in top gear, their competitive streak stirs up no end of problems. Their path is fraught with difficulties, many of their own making.

The quintile, 5's aspect, is often overlooked: a pity since it's a good indicator of creativity, more intellectual than artistic, as befits its associate Mercury. It isn't the most energetic of aspects but, if highlighted, shows a dextrous thinker and original problem-solver.

Highly inspired, these people have a unique view of life but may lack the practical grounding required for their dreamy visions to progress beyond pipe dreams.

Venus' number, 6, is the sextile which, like the trine, shows many artistic gifts but these are more in evidence here as the sextile is more dynamic: these people know they must apply effort to get results.

Variety is the spice of life. They enjoy a broad spectrum of social contacts and a healthy social calendar. Very adaptable, they come to grief when their curiosity betrays them or their attempts to keep one step ahead backfire.

Finally, the inconjunct does not fit neatly into number divisions, being 5/12 of the zodiac, but it shares an affinity with Saturn. Frustration is common: ambitions are thwarted and nothing is achieved without some sacrifice.

Such types fare best in service to others, rather than pursuing purely individual goals. Their lives undergo upheaval through circumstances beyond their control but experience moulds an unrivalled strength of character. As they mature, disappointments become fewer since they readily learn from past mistakes and become aware of the limits of their endurance.

LEO 2

by JOHN YATES

OK. Camera, lights — action! Enter our subject this month, Leo, the star of the show — or so he/she likes to think. Overblown, overdone, an attention-seeking show-off who absolutely must have centre stage and star billing (dahling!) and generally is just too much to take — that's what his/her detractors will tell you.

Well, yes, I suppose the negative side of Leo, gone over the top, could appear like that. But, as usual, it is only the flipside of the astrological coin. Having got the negative clichés and the common insults stated and over and done with, we can now go on to look at what really is powering that admittedly grandiose exterior.

This series has concentrated on looking at each sign with the idea that its respective house of the zodiac has a specific place within the development of a human being from birth onwards. By the time we arrive at Leo the basic groundwork has been done. The individual has understood who he is (1st), how that relates to others (2nd) and is able to deal with them (3rd). From that stems a sense of identity and belonging (4th). Now what?

The next stage, having settled in, is to do something, to begin making a contribution. So the 5th House represents creativity and this, basically, is what Leo is all about. The point is not what is created (or recreated), hence the somewhat diverse collection said to be the province of the 5th House — children, love affairs, art, sport, hobbies, to name but a few. What matters is that all contain that element of something entirely new being brought in to



enhance or to renew life and the joy of living — just for itself (or just for the hell of it).

Even if Leo rampant thinks he is God's gift to whatever it happens to be, strange though it may seem, this is a valid part of the picture. The message is that all creativity is a gift of oneself, spontaneously and generously, without considering the cost beforehand. It's the urge to let

Leo's year ahead

Your coming year is most likely to be characterised by a sense of 'ringing out the old and ringing in the new' and just about every factor in your Solar chart points to this in some way.

The most startling aspect is an opposition between the Sun and a conjunction of Uranus and Neptune — and I use the term startling advisedly. Anything to do with Uranus can, and usually will have that quality of the sudden and unexpected. With Neptune there, too, an element of confusion is also something to be prepared for.

Of course, there is no reason why the negative side of this configuration should have to be the case. Both planets, in their own ways, can also represent very positive inspiration. Neptune can give a sense of truth from a much higher level and, in Uranus' case, the penny can drop extremely quickly and with great clarity. However, precisely how these energies manifest will depend very much on your being prepared to handle them — so take note. With the Sun involved it could feel like having a tiger by the tail!

Both ends of the opposition have good aspects to Pluto, in your natural house, the 5th. This bolsters the idea of big changes since Pluto's job is major transformation — always, ultimately, for

the better. This particular placing is excellent for having an in-depth clear out of any junk which may have accumulated in your life over recent years and Pluto's easy aspect to the Sun will give you the necessary power to do it even if hard decisions will sometimes be required.

It doesn't matter whether the clutter is on the material level, such as an attic full of useless rubbish, or of a more inner nature; nameless fears or outworn attitudes, for instance. It's time to examine what you need for the future and to get rid of any useless structure which now only exists for its own sake or which holds you back for no greater reason than its having become a habit.

The Sun Pluto aspect also forms one side of a Grand Trine with Saturn which, in turn, is one leg of a T-square with Jupiter and a Moon/Node conjunction. Synthesised in plain language, this has a lot to do with self-reliance, feeling able to react confidently and effectively with the rest of the world and generally being in control of one's life.

In effect, you are being given the chance to examine your current state and to organise your life strictly for your own benefit and satisfaction. This doesn't mean ignoring others' rights and needs but rather achieving that confident state of

something become and be what it must. And that Fiery generosity which has to give wholeheartedly without always knowing why is definitely one of Leo's strongest and most endearing qualities, as anyone who knows him really well and loves him or her will tell you.

And that is the heart of it (Leo rules the heart, too — surprise, surprise!). It really is the power of love, for life itself and all the goodness that it can contain.

As usual, the picture is made even clearer when we look at the sign's ruler. As a basic rule of thumb, the planets are like people with specific characters, the signs they rule are their domains, their own homes, and the houses of the horoscope their spheres of influence, their workplaces. Leo and the 5th House are ruled by the Sun and everything about the Sun suggests appropriate symbolism.

The Sun is the centre of our Solar system; everything revolves around it. Translate this into human terms and it's easy

POSITION IN THE ZODIAC	FIFTH SIGN
CORRESPONDING TO	JULY 21 TO AUGUST 21
PRINCIPLE	THE POWER OF LOVE
ELEMENT	FIRE
QUALITY	FIXED
PLANETARY RULER	THE SUN
SYMBOL	THE LION

to see why Leo wants — expects even — to be centre-stage and the life and soul of the party.

However, the motivation is not power. The Sun is also the epitome of genuine generosity. Without its energy and heat there would be no life on Earth or, as far as we know, anywhere else in this neck of the galaxy. And that appears to be its sole purpose, to be a huge source of light and warmth.

Yet our Sun is actually burning up its own substance and will eventually die when it has none left. In symbolic terms that is some sacrifice indeed! In real terms, however, the Sun just can't be anything else.

Seen in this light it's easy to understand that Leo is totally unselfconscious about the way he is. His happy, giving disposition just comes naturally — and he's mortally wounded if his largesse goes unappreciated. He is a Fixed sign, after all and, like his symbol the lion, the king of the beasts, he does consider respect to be his due.

So, get out the tanning oil and bask in Leo's rays. It will make him feel fulfilled and you feel marvellous. The world would be a poorer place without the happy warmth of his friendship and all the new, exciting things he can and must create to honour it.

knowing that you are able to act with clarity and purpose so that, whatever legitimate demands may be made of you, you are able to respond in the the most appropriate, effective and caring manner.

You won't get there without considerable effort. Saturn as the fulcrum of several patterns is likely to be a strict taskmaster in all of them but get it right and it will all have been well worthwhile. Get it wrong and others will see you as dogmatic, oppressive and bullying. Not for long though. Leo's innate generosity and desire to be popular and loved is much in tune with the subtle signals which people give out and these should soon alert you if you are slipping off track.

Much will depend upon how well you express yourself — or keep mum if that is what the situation demands. Another important factor is Mercury in 1st House, one of the placements that suggests you will be putting yourself about more than usual and keen to have a say in just about every situation you encounter. A busy year indeed with your fingers in all sorts of pies.

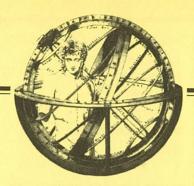
Your powers of analysis will be much to the fore also. There is a minor difficulty between Mercury and Jupiter which is most likely to mean that your analytical and critical faculties

will be more evident in your work. You are likely to be called upon for all kinds of advice on a plethora of topics and this you will welcome as a chance to be more involved. Provided that you don't get carried away on this tack and begin to antagonise others by being over critical, all should be well.

The same aspect also signifies increased activity, some of which might turn out to be relatively fruitless. This of course takes us right back to the main task of knowing precisely what you want and where you stand so that you don't take on things which are leading nowhere. Purposeful action rather than mere activity should be the watchword. All hell and no notion is also all hell and no profit!

Venus' position suggests that your usual comforts may sometimes have to take a back seat in favour of progress but that you are unlikely to resent this in view of what there is to be gained. Mars entering the picture only via minor aspects could pose a slight health risk if you overdo things. But, all in all, it's a year when you really can set out your stall for how you want your life to be.

Don't waste it. Be prepared for far-reaching changes but pace yourself for best results.



BIRTHDAY BIR

- Around June '97 you may act out of character as people or things tend to gang up on you.
- 2 An old relationship eases but then someone new enters your life.
- 3 Work and social life promising but keeping up with it all can stretch resources.
- 4 Reasonably steady until around May '97 when the heart will rule the head for all the wrong reasons.
- 5 So much will be going on you could easily lose sight of your aims.
- 6 Largely successful and profitable

 with solid gains.
- 7 Buy or sell property. Listen to your sixth sense, make use of what you have not what you want.
- 8 Most favourable, especially for young couples. Patter of tiny feet?
- Quiet, emphasis is on family and general domestic matters.
- January sees a period of hard decisions that must be made.

- 11 More caring or understanding of others and their needs.
- 12 Intense period. Perception and reactions sharpen considerably.
- 13 Past issues and experiences influence your planning
- 14 Tried and trusted ways of doing things prove the best way of getting what you want.
- 15 Career and social ambitions take a very big step forward.
- 16 Enjoyable; but may savour the good times a little too much.
- 17 Personality and character tends to become more direct in relationships.
- 18 Wake up! Not realising what is going on around you may create inner tensions.
- 19 New work or family responsibilities weigh quite heavily at first.
- 20 Favours study of art, religious or spiritual matters.
- 21 Just about everything goes your
 ★ way precisely when you need it.

- 22 Private life takes a downward swing while job/career matters take an upward direction.
- 23 People oppose ideas and schemes out of hand. It is up to you to show how they will work.
- 24 Dot your Is and cross your Ts— pay more attention to what you do or suffer losses.
- 25 A quiet period with some reversals from those who oppose your wishes.
- 26 Very busy indeed. Complete projects properly before moving on.
- 27 Highly sensitive and emotional relationships can form.
- 28 Finish what you can, start what you can then sit back and enjoy the profits.
- 29 A super year for all romantics.
- * Wedding bells for many.
- 30 Too many fingers in too many pies not helpful at all. Concentrate on one thing at a time.
- 31 Close relationships not easy to maintain as people come and go.



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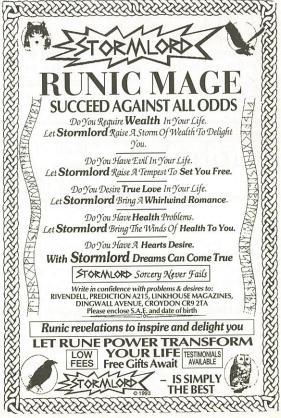
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PHILADELPHIANS

In response to an enquiry about The Philadelphians (April issue), a reader has sent in some information about this little-known sect. Founded during the latter part of the 17th century, they were influenced largely by the mystic writing of Jane Leade, author of A Fountain of Gardens and The Laws of Paradise.

Members of the sect had a strong faith in the wonders of God and nature, the profound spiritual experiences of regeneration and soul resurrection and the Second Advent. In 1693 some of Mrs Leade's writings were translated into Dutch and the sect later became established in Holland and Germany.

By the early 18th century the sect was in decline and appears to have been forbidden to meet by the English government. Now in obscurity, the Philadelphians did arouse strong interest in its heyday and many of Mrs Leade's writings were considered proof of her divine calling even many years after the sect's fall from popularity.

Another reader offered the intriguing suggestion that several religious organisations founded in the mid-1800s may well have been influenced by the religious philosophies of earlier sects. If so, the Philadelphians would seem likely candidates, especially for those sects that have based their beliefs around the Second Advent.

FOOL'S GOLD

What is fool's gold, please, and is it in fact a gemstone of some kind? — E.G., Stamford. Fool's gold is the nickname

of pyrite, a kind of marcasite. Although not strictly a gemstone, it has very special qualities and is said to aid digestion and circulation. It can also lift depression and ease pain, help to calm temper and reputably enhances virility.

Carry a small piece of pyrite in a pocket or purse and it will wrap its healing properties around you. With such an impressive list of positive associations, it would be a pleasing mineral to have close to hand.

TEMPLAR CHURCHES

I know the Knights Templar often build round churches, based on sacred geometry, partially recreating the Church of the Holy Sepulchre in Jerusalem linked to the ancient idea of the Tabernacle, which became the Temple, also in Jerusalem. But, apart from the famous Temple Church in London, are there any others still to be found in Britain?—L.W.G., London.

As it happens, there are still six surviving Templar churches but most were constructed in the last century. The octagonal principle, rather than completely round, was adopted and they are located in London, Northampton and Cambridge.

graphology

(continued from page 15)

we know that, on occasions, there is hidden within a feeling of insecurity: well disguised but nevertheless present. The pressure in this instance is rather light, alluding to an emotional sensitivity which responds to the finer aspects of life.

The occasional leftward slant implies the wish to keep feelings secret and private. The light pressure also refers to a

touch of introversion in the background. One may notice the angularity in the *m* forms which display some slight tension at the time of writing.

The writer of the third example has managed to keep to the guidlines quite effectively, showing a broadly dependable individual. There is indication of conventional concepts seen by the lack of originality and a clinging to the school copy. The *t*-bars are short, informing us of a limited drive and power.

The average pressure implies a sensible approach to daily activities. The speed is normal and implies a slight de-

gree of vitality without much spontaneity. One is dealing here with someone who seldom makes rash and impulsive decisions. The slight rightward slant is a feature of care in demonstrating any feeling responses. Stimuli from the outside world are accepted and heeded.

The starting strokes to some of the letters confirm a conventional approach with a reliance upon traditional opinions. Care and caution appear throughout this writer's script.

The lower extensions are not abnormally enlarged as there is no great interest or ac-

Two others remain, in a fragmentary condition I am told. But still to be seen to this day is the famous hexagonal church at Little Maplestead, Essex, which belonged to the Knights Hospitaller, a sister organisation of the Templars.

There are also several round Templar churches on the Continent. All these churches are based on sacred geometry dating from so-called pagan times and adapted to Christianity in quite an effective way.

TAROT INTERPRETATIONS

How can one resolve the conflicts caused by the fact that different books give different interpretation for the cards of the Minor Arcana? — Dr C.K., Alexandria, Egypt.

No single interpretation should be regarded as always totally right no matter what the circumstances of the querent. Best advice, therefore, is to study the cards and read what various writers have to say about them, then choose the interpretation that accords most closely to one's own intuitive feelings.

Although the alternatives offered by different writers can be very interesting, the Minor cards do have basic traditional meanings that any good writer would acknowledge before expressing his/her own view.

The true, real meaning of each card should, therefore, be obvious and similar no matter whose book is read. This will provide the basis for formulating your own interpretation through intuition and experience.

TALISMANIC COLOURS

Recently I made a talisman and want to keep it safe from outside influences. Can you recommend a suitable receptacle and suggest which colour would provide protec-

tion? — Y.K.L., Southampton. It might be helpful to chose a colour that vibrates well with your own zodiac sign. You are, I understand, a Taurean, so choose a piece of green or light blue velvet, silk or other suitable material; even appropriately coloured tissue paper will protect your talisman from unwanted vibes.

Suitable colours for the other signs are red or scarlet for Aries; yellow for Gemini; silver for Cancer; gold for Leo; soft brown for Virgo; pink or blue for Libra; black for Scorpio; purple for Sagittarius; charcoal grey for Capricorn; silvery blue for Pisces

Once the choice of colour

and material has been made, make a pouch to the required size, either with a fold-over flap or drawstring top so that the talisman can be enclosed safely within. Alternatively, wrap the appropriately talisman in coloured paper or material and place this in box that is used for no other purpose.

ANTARCTICA

Is there any special reason why Antarctica has so many links with UFO sightings? –

P.D.S., Sunderland. Both North and South Poles have a reputation for UFO sightings, the theory being that there are 'entry' corridors at each pole that allow the traffic of such craft. Though whether they originate from inner Earth or use the Poles as a kind of terminal has never been fully explored.

There is one fascinating reason why the two poles are significant. The radiation belt that circuits the Earth is dangerous to penetrate except at the Poles which it does not quite cover. This means that the only truly safe areas for anything to enter the Earth's atmosphere through the radiation belt is above each pole; which does make the UFO theory rather more explicable.

tivity in sexual matters. Nor are there any unusual drives towards ambition, as can be observed by the height and shortness of the t-bars. Similarly one does not see any imagination applied to the spheres of intellect, theory, abstract and spiritual realms as most upper extensions are compressed.

The last example has writing a little above the guidelines. Anything reaching upwards has connotations of the sphere of aspirations, philosophy and idealism. Consequently this writer is not without thoughts of the 'upper levels' sometimes.

The letter-forms are round which implies a basically affable and friendly disposition. A very small leftward slant indicates reluctance to exhibit true emotional reactions and the tempo is tolerably slow nothing rash or impulsive. Word-spaces are even but perhaps a little wide. This points to rational care in interpersonal relationships. But the height of the middle zone is 5mm. Accordingly there is effective contact with others and an acceptable level of self-esteem.

Numerous word endings have a garland appearance suggesting again that basic friendliness and a noncompetitive nature. Most of the ovals are closed. Such a trait indicates the ability to keep one's own counsel so there isn't too much chattering and gossip.

One should never jump to conclusions or make snap judgments about handwriting. There may be various opposing characteristics which require careful attention to tease out their meaning. Many of us have contrary traits needing some sorting out.

Whether you need guide-lines or not, your writing will reflect the true you.

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eerie places, off the beaten track, sometimes almost inaccessible. Caves were among the first religious sites, where our ancestors came to make contact with the power of the Earth, to feel and benefit from its energies. They were places, too, of prophecy and healing.

Pan's shrine in Lykosoura was the site of an ancient oracle, as was Albunea in central Italy, dedicated to Faunus. Here, the questioner would, after performing the necessary sacrifice, lie down to sleep in a ram's skin; the answer would come in the form of a dream.

In other places, Pan's name was linked with that of Aesculapius, the Greek god of medicine. A legend says that Apollo tricked from Pan the secret of prophecy. But even at Delphi, Apollo's greatest shrine, a famous statue of the goat-footed god reminded people of his ancient skills.

Panpipes

The panpipes, Pan's trademark, were an ancient peasant instrument, much used in rustic merrymaking, but they had a melancholy tinge. In legend, Pan made the pipes from reeds to console himself after Syrinx, a nymph he fancied, transformed herself into a reed bed to avoid his attentions. There was an unearthliness about the sound that gave it a supernatural impact. When unexplained sounds were heard in wild places people said Pan was playing his pipes.

If you were unfortunate enough to hear Pan you might be driven out of your wits by divine terror. All inexplicable fright was attributed to Pan—hence our word panic. For Pan was a god of tricks and surprises, a subversive figure whose power, exercised capriciously,

was inescapable.

According to the historian Herodotus, Pan appeared to the messenger Pheidippides (famous for running the first Marathon) promising victory to the Athenians over Persia if on-

ly they would worship him. Pan might seem an unlikely war god but it would have been useful to have him on your side, instilling panic into the enemy. When in the heat of battle an army became disorientated and took to flight, it was said to be the work of Pan.

Popular

Whether or not he helped the war effort, Pan became very popular in this period, the early 5th century BC, his worship spreading beyond Arcadia. In Athens, a shrine was dedicated to him beneath the Acropolis.

He must have felt surprisingly at home in the city. Like many today, sophisticated Greeks sought to return to simpler ways of relating to the earth. Pan was a bridge between civilisation and nature, between order and anarchy.

His power to instill panic made him a channel for the divine forces of chaos, before which mortals were helpless. His worship, like that of Dionysus, could be accompanied by frenzy and abandonment. There was an element of passion attached to him that contrasted with the coldly formal rituals of other gods.

Perhaps more unexpectedly, Pan appealed to intellectuals. Poets honoured him in verse and he began to feature in plays, stories, even in works of philosophy. Much was made of his name: Pan, in Greek means everything. This was a coincidence but it led some commentators to call him a universal

god. God even.

His association with music reminded others of the Pythagorean theory of the Music of the Spheres, in which the entire cosmos resounded with harmonious sound. In mystical philosophy it was Pan who inspired the cosmic harmony, his pipes a metaphor for the different notes and characters of the planets.

According to a later legend Pan died. The essayist Plutarch wrote that during the reign of Tiberius (Roman emperor AD14–37) a ship was sailing from Greece to Italy. As it passed by the island of Paxi, a voice was heard from the shore calling for Thamous, the ship's pilot. Thamous was given a message to pass on at Palodes, to the effect that Great Pan is dead. When he delivered the news, a great wailing arose and, mixed with the wailing, were cries of astonishment.

Was Pan after all no more than a daimon, a demigod, doomed to die? That was Plutarch's own interpretation of this haunting tale. A more recent explanation is that the story is a garbled version of a well-known ritual, the annual mourning for the death of Adonis who, in the Middle East, went by the older name of Tammuz. In Greek, 'Thamous, Great Pan is Dead!' would have sounded nearly the same as 'Tammuz, the all-great, is dead!'

Whatever the true explanation, the story was widely reported. It appealed especially to Christians who not unnaturally liked the idea of pagan gods dying and were struck by the fact that the incident happened in the reign of Tiberius—that is, in the time of Christ.

After the triumph of Christianity, which might have been expected to finish Pan off once and for all, he survived in a disguised form. The popular image of the Devil, with horns and cloven hooves, owes much to Pan, the pitchfork perhaps a reminder that we are dealing

with a rustic figure.

Theologically, Satan was the Prince of Darkness, fount of all evil but in the popular imagination he was still Pan: a mischievous, somewhat malevolent but basically amusing character in country tales. The very word pagan, meaning a country dweller, was once a contemptuous term defining those in less civilised regions who clung to old ways and old gods, among whom Pan

perhaps the most persistent.

Pan's image also blended imperceptibly with the elves and sprites of popular folklore. The English rural spirit, Robin Goodfellow (also known as Puck), has many similarities with Pan: pictures of him look like pictures of Pan, with goat's feet and horns. They were both notoriously unpredictable, mischievous entities, blamed for sudden frights.

Appeal

Pan has appealed to writers and artists down the ages. The idea (as opposed to the reality) of Arcadia is of a way of life that is natural and uncomplicated and also spiritually enlightened. It is linked to dreams of a Golden Age, located in the mythical past but also potentially in the future. Pan is the presiding spirit of this vision.

In our own century, Aleister Crowley tried to revive the worship of Pan, seeing in him a pre-Christian figure embodying wildness and sex. For many modern pagans, Pan is an easy god to visualise, deeply symbolic but also (as gods go) un-

usually down to earth.

His appeal today is likely to lie in his role as guardian of the unspoilt countryside. He was the personification of nature, raw and untamed, unpredictable and full of life. In our own era of environmental crisis, Pan's spirit has never been more in demand.





by LINN BRANSON

A peculiar type of apparition is the one which can appear to someone else exactly at the time the person dies.

The subject of countless works of fiction, film and farce, there are literally thousands of accounts of ghostly sightings that have passed into legend, ranging from spectral armies fighting phantom battles to the archetypal 'little grey nun' or haunted castle.

Whereas a classic ghost will appear at a certain time or on the anniversary of a notable event and is generally seen several times, there is one type of ghost which only ever ap-

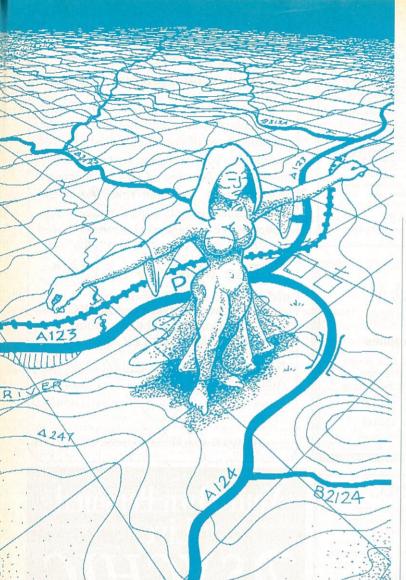
pears the once.

The Society for Psychical Research (SPR) conducted a 3 year project between 1889 and 1892. When they questioned 17,000 people on whether they felt they had ever experienced seeing or hearing an apparition for which they could not discover any external physical cause, 1,684 re-

sponded that they had. What was also established from identifying the types of experience was that many of the apparitions appeared at the time of death of the real person.

These crisis apparitions, as they are known, occur specifically to a close friend or family member of a person who is either near death or undergoing some mental or physical crisis. The theory behind the phenomenon is that the sender beams out a cry for help (either consciously or unconsciously) which is picked up by the receiver, either at the same time the sender is going through the traumatic experience or later in a kind of delayed transmission (although the picture would have been recorded while the person was still alive).

Why these crisis apparitions should occur is easier to under-



Riding

out-of-body travelling difficult when first attempting it. For, although body and mind are each dependent upon the other, both usually need a degree of discipline and training to make them work together as a team. Not surprisingly the Tibetans have devoted an entire system of yoga (dream yoga) based solely upon astral projection.

For many, out-of-body travelling is a subconscious act, frequently performed when the logical part of the mind is off guard, during sleep for example. However just as it is possible, with practice, to control subconscious functions of the body — such as raising and lowering blood pressure, altering body temperature and even slowing the heart — so it is possible to train the mind to trigger an OOBE as and when required.

Lucid dreams

There is a strong connection between dreams and OOBEs, especially lucid dreams, those dreams in which we suddenly seem to awaken and realise we are existing within a dream. During these moments of heightened awareness, the dreamscape can be altered and shaped to the dreamer's will, even to the extent of being able to change the flow of the dream so that an event may be relived again in order to correct its outcome.

From this it can be seen that the lucid dream in itself is an effective introduction to astral travel and, once mastered, is often the first step taken by

Imost everyone has left his/her body at some time in his life, often without even remembering it. While such a splitting of the astral body from the physical frequently occurs in times of stress, as in accidents for example when a person's life force is at a low ebb, it is also possible for this separation to take place during sleep and moments of deep meditation.

Out-of-the-body experiences (OOBEs) are popular areas in occult literature and have caused a great deal of controversy in the medical and psychological fields as well, usually appearing under the heading of

near death experiences (NDEs).

Often known as astral projection or remote viewing, the main attraction for people attempting an OOBE is the exciting notion of being able to see and experience other worlds, places and times while the physical body rests. In such cases astral projection can be very illuminating, frequently changing the practitioner's outlook on life by making him/her aware just how closely linked are the webs of life and matter.

Although there is a wealth of literature on the subject, most people tend to find the practice and sometimes the concept of

The Web

Out-of-body experiences (OOBEs) are not difficult to achieve but do require discipline and a fair amount of practice.

many along the road to full OOBEs.

The ability to induce lucid dreams again calls for practice and above all perseverance. One obvious method for inducing these dreams is mentally to suggest to yourself, before going to sleep, that you will wake up within a dream with the knowledge that you are dreaming. Just by this simple practice alone many dreamers find themselves becoming automatically alerted to the fact they are in the dream state by noticing something strange is going on around them.

First steps

Ritual is the keyword. By repeatedly following the same set of procedures prior to attempting an OOBE, the mind gradually becomes accustomed to events and will easily slip into the correct state necessary for travelling.

This is exactly the purpose of ritual in magic. It attunes mind and body, bringing them together thereby creating the right conditions for success.

Let the thoughts of what you are going to do dominate your mind at least several hours before you start. By picturing within yourself the steps you are going to take and anticipating the possible end results, you will find that you are infusing both mind and body with the will to succeed.

Certain dietary practices can also be an aid in establishing the right conditions for an OOBE, especially at first. These are not difficult techniques, merely sensible ones, including fasting and vegetarianism. In general the eating of light foods such as carrots and raw eggs is especially beneficial — with nuts and overeating definitely not on the menu.

No food should be eaten just before an OOBE attempt and, if you intend to practise during sleep, have no food or drink (except water) for at least three hours before bedtime.

Relaxation

While there are many ways to induce an OOBE, it is really up to you to experiment and find the best method for you. First and foremost, all methods involve physical and mental relaxation — not as easy as it sounds. Because the human mind has a natural attraction to sounds, try not to have any distractions around such as a chiming clock, etc. Using earplugs, especially during initial attempts, is an idea worth adopting.

For those who have difficulty learning to relax — and these days it is an art within itself — the easiest and most efficient way is to learn self-hypnosis through the guidance of an experienced and qualified hypnotist. In this case a post-hypnotic suggestion can easily be set up ensuring almost immediate results.

One system of relaxation known as the 'borderland sleep method,' is perhaps the most natural method to try, preferably when tired. Making sure you won't be disturbed, settle down into a comfortable posi-

tion just as you would prior to sleep. As you feel yourself drifting off, fix your mental attention onto something pleasant while keeping your eyes closed.

Next gradually focus your concentration upon the blackness beyond your eyelids, letting yourself be drawn into it. Care must be taken to ensure you remain aware at all times of what you are attempting.

Progressive muscular relaxation is a method commonly used by practitioners in hypnosis and self-hypnosis to induce a state of relaxation. As its name implies, this technique involves progressively relaxing the muscles of the body, usually from the toes upwards.

Again making sure you will not be disturbed, lie down comfortably and concentrate upon your body. Starting with the toes, first tense then relax all the muscles in your body, moving from one to another upwards towards the head.

Savour the sensation as each muscle relaxes before moving onto the next. By the time the head is reached you should be in a state of complete relaxation.

Breathing also plays an important part in all relaxation techniques. Properly carried out it can help to trigger the body's built-in relaxation mechanism by effectively lowering blood pressure and heart rate while stimulating the production of alpha waves in the brain.

The knack is to use only the muscles of the diaphragm, or abdomen, when breathing. Take the deepest breaths you

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Ithough coming into its own nowadays aromatherapy is an ancient art, chiefly practised by the ancient Egyptians during their embalming rites. But essential oils were not only employed in the pursuit of immortality. They were burned during other religious ceremonies and used as medicines and perfumes.

higher quality oils such as rose or jasmine a process called enfleurage is used. The flower petals are spread on fat-lined trays and the essential oil gradually seeps through — a time consuming method! The oil is then separated from the fat.

As if we need reminding, the key to perfect health is to achieve a calm and secure balUsing essential oils in the bath is another popular method. Normally, oils used in this way are either to stimulate or relax. Whichever the case, again depending on the oil, around seven or eight drops in a generous bath is sufficient—though with some of the citrus oils, such as lemon or orange, caution is advised as they can



by BARRY COATES

In today's increasingly stressed-out climate the subtle and soothing pleasures of aromatherapy are finally being recognised and valued.

But what exactly is aromatherapy? Well, put simply, it is the use of plant extracts for mainly therapeutic purposes. These extracts, or essential oils, come from different parts of a varied spectrum of plants. Sometimes the oil is gathered from the roots, sometimes the leaves or even, in some cases, the bark.

Oils are obtained from plants using several different methods. The most common of these is distillation where steam is forced over the flowers or leaves to vaporise the oil. After cooling the essences are then collected. Pressing is a process usually used to collect essential oil from the rinds of citrus fruits, the oil being simply squeezed out.

For the more expensive,

ance between body, mind and soul. Essential oils help us to do this in a multitude of ways.

By far the most popular, and possibly the most effective, is massage. The combination of a gentle touch and a perfumed essential oil is simply irresistible! Oils are applied to the body after being first diluted in a base carrier oil. Normally a base oil, such as sweet almond or grapeseed, is chosen for its own characteristics — some base oils are light, some heavy.

As essential oils are highly concentrated they should never be applied directly to the skin. Normally five or six drops in 15ml of carrier oil is sufficient for a small massage. However, this amount can vary depending on the oil to be used and the body area to be covered.

btle nally

irritate sensitive skin.

Another way of using essential oils is by inhalation — the preferred method for anyone plagued with sinus trouble. Fill a bowl with boiling water and add several drops of eucalyptus

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oil. Then place a small towel over the back of your head and lean forward, inhaling deeply. The distinctive aroma of this oil will help to reduce congestion

and clear the head.

Burning is also popular and is good for dispelling negative atmospheres or for creating a more relaxed environment. You can buy oil burners or lamp rings at most New Age stockists, alongside many cheap oils to be used for burning ONLY.

Don't be fooled by these! If you want the proper high quality essential oils suitable for massage then be prepared to pay more than a couple of

pounds!

Last, but by no means least, some essential oils like pine and citronella, for instance, make very effective household cleaners. And they leave the house smelling fresh too!

Aromatherapy can be a very expensive hobby and the oils will not normally retain their potency for more than a few months, especially if they are not stored in small glass jars and kept cool. So, for the beginner, it is probably best to have only a small collection of regularly used oils.

It is also worth bearing in mind that essential oils can be mixed if necessary, although as a general rule no more than three oils should be mixed together. However, some oils lavender for instance — are better mixers than others.

A basic collection of essential might contain the following:

Lavender

This oil is generally regarded by most aromatherapists as the one that everyone should have in their collection. Lavender oil can both stimulate and relax depending on how it is used. For instance, mixed with ylang ylang and used in the bath it will help you to unwind — excellent

after a stressful day at work. But, with a few drops of peppermint, it can be quite a potent stimulant! Also, this versatile oil will help you to sleep, a few drops on your pillow will put an end to insomnia.

Lemon

One of my favourite oils and possibly one of the most refreshing available. Lemon is good for when the spirit is running low and it's also handy for boosting circulation which makes it an extremely essential oil during the Winter months! Mixed with eucalyptus and tea tree it makes an excellent massage for combating the common cold.

Eucalyptus

Along with lemon, eucalyptus is the other main stimulant in this basic collection. It is used in the bath to refresh and soothe any muscle aches and. as noted above, it mixes well with lemon to combat the common cold. Also, with its distinctive aroma, it is an excellent oil for anyone with sinus problems. Like many essential oils, eucalyptus is a powerful antiseptic.

Frankincense

One of the gifts offered to the infant Jesus by the Three Wise Men. It's an excellent oil for burning. Frankincense creates a powerful mystical atmosphere for both meditation and contemplation. Very effective.

Tea Tree

Used for centuries by the Australian Aborigines, tea tree, like lavender, is another must to have. It is one of the premier healing oils, being both antibacterial and viral. Using tea tree can also help to clear the skin, hence the appearance of a booming range of ready-made tea tree skin-care products.

Ylang Ylang

Popularly known as 'the poor man's jasmine, ylang ylang performs a similar role and is one of the most popular of the floral essential oils. It is easy to place too much emphasis on the healing qualities of essential oils but with ylang ylang the sensual side of aromatherapy cannot be ignored. A warm room, low light and a ylang ylang massage — few can argue with that!

Orange

A refreshing citrus oil, ideal as a moisturiser and for brightening up a dull complexion, orange oil can also be used in the bath and can be inhaled. Both methods help to lift the spirits. Like the other citrus oils, though, orange, can irritate if used generously!

Pine

Last but not least, pine essential oil comes in handy for killing germs around the house. In massage it is used for boosting circulation and for soothing tired muscles. Pine can also be used as a decongestant.

Of course, these are the oils that I would choose and your own collection will probably vary from this. There is a large range of essential oils available and it is a certainty that no two home collections will be the same! And not only is there a large range of oils, there is a huge number of uses to which

they can be put.

This may all seem somewhat daunting to the beginner but there is a steadily growing li-brary of new texts on the subject which take you step by step through every aspect of this ancient art. However, if you really want to understand the magic of the oils, why not make an appointment with your nearest aromatherapist for a soothing massage and watch the world fall away.

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These simple rites have never before been made public! These are far simpler than the only other salt rituals previously published (in Marcus Bottomley's 'Salt Power' book, now out of print).

Jason Pike, the author of this new book, has presented these Salt Magick Rites in such a way that even a child can perform!

The magic use of salt is of great antiquity but the new rites in this book are made simple for today's busy woman and man!

Mr Pike's own marriage was saved from divorce, thanks to Salt Magick! He writes, 'The end was at hand – we just couldn't live together any longer.

I tried the salt rite in desperation . IT WORKED IMMEDIATELY! The peace that entered our home was unbelievable!

'Now we are happier than ever before!'

In this book you will find the precise New Salt Magick Rite that saved his marriage. It takes only minutes to do and yet what wonders it can bring!

You will find in this book

 New Salt Magick Brings Money. See in Chapter 1 how it can solve your money worries! Receive cash from unexpected sources! Money seemingly out of thin air!

Command Another Person's Thoughts And Actions! This seems unbelievable - but see Chapter 12! (Important: this cannot be used to harm someone. Salt Magick cannot be used in this way.)

New Salt Magick For Regaining Youth. This is an age-old formula. Those who have used it swear it works! But it takes 14 days to see results. Chapter 8 explains.

 New Salt Magick For Protection.

Protect yourself and loved ones from physical injury! See Chapter 7!

 Salt Rite To Get A Job. Carry a pinch of salt when you go for an interview. See in Chapter 6 exactly what to do! Incredibly simple, but those who have tried it swear that this ancient formula works!

 New Salt Magick For Bringing A Lover! The person you want in your life can be yours. Also try this on someone you have parted with. See Chapter 2.

Diseases And Ailments Healed. Salt Magick should not be used as a substitute for your doctor; but those who have tried it are convinced it helped them! Even total cures of serious health problems have been reported! See Chapter 11

 See Behind Walls; Read Other People's Minds; See The Future. Chapter 3 reveals what to do!

You can bring love back into your life with this power! The one who doesn't want to know you now can have a change of heart once you use this potent magick! And you don't need a photo or any article that belongs to this person for the magick to work!

Also in this remarkable new book are the actual Salt Magick Rites that can help you: TRAVEL OUTSIDE YOUR BODY An incredibly simple astral projection technique which the author swears by! SUMMON YOUR PERSONAL GUARD-IAN ANGEL TO MATERIALIZE BEFORE YOUR VERY EYES. It can happen! See Chapter 5 for creating the salt circle in which to see this phenomenon. When he appears ask for what you want in life so that he may bring it to you! PROTECT YOUR HOME FROM FIRE AND THEFT Simple New Salt Magick gives you not only protection but peace of mind ... PSYCHIC DEFENCE. Has someone placed a curse on you? Are you a victim of evil black magick? Salt magickally dissolves such evil vibrations and sets you free. See Chapter 14.

Would you believe you can actually control the weather through Salt through Salt Magick? Author Jason Pike has kept records of using magick to control the elements and is convinced it works. This is the only Salt Magick Rite in the book which needs to be performed outdoors.

The uses of Salt Magick are practically without limit. All the ancient peoples Egyptians, Hebrews, Greeks, Romans, to name a few - believe in its power; millions still do. Use the amazingly simple New Salt Magick Rites and find out why

The price of New Salt Magick Rites is only £5.50.

To receive New Salt Magick Rites please send just £5.50 to: FINBARR (P), 16 Turketel Road, Folkestone, Kent CT20 2PA.

If you are in a real hurry send £5.90 and write 'PRIORITY' on front of envelope. Overseas send £6.95 to cover airmail. Catalogue 50p. Callers can collect from our warehouse at 113 Dover Road, Folkestone (Mon-Fri 8.30-5.30). We have advertised in Prediction since 1972 - order with confidence

PERSONAL CLASSIFIED

PENFRIENDS

FEMALE, Virgo, 31, Tarot reader and training to be a counsellor. I am interested in Wicca, healing, candle magic and meditation. I would like to write to anyone, anywhere about anything to do with psychic, magic, New Age and occult life styles. Box E585.

ARIES female, born 27.3.51, especially interested in ancient Egypt, would like to correspond with like-minded people. Other interests include the Celts, Crowley, Led Zeppelin, UFOs, strange phenomena, Tarot, art, litrature, history and most occult subjects. Write to Box E595.

I AM a Piscean male, 37, interests include magic, precognitive dreams, astral plane, arts & crafts and music. I would like to correspond with intelligent, caring, spiritually-aware friends who share my love of the countryside. ALA. Box E596.

FEMALE, 22, likes mythology, dreaming, magic, Startrek, reading, writing, poetry, music, vampires and rubber stamps. If you can keep me laughing, then please write! Box E597.

SAGITTARIAN pagan female, 28, interests include art, poetry, reading, music, cats, Tarot, Cabbala, lucid dreaming, astral projection, magic, spirits and herbs, seeks like-minded people, any age, anywherel Box E599.

LIBRAN male, 30, seeks intelligent and challenging coversation. Interests are varied; paganism, Wicca and intuition. Pretenders to the Goddess throne epecially welcome. Write box E601.

CRAZY Aquarian female, 41, interests include wildlife, Wicca, standing stones, wild places, trees, crystals, legends, totem animals, nature, ancient civilisations, esoteric art, Renaissance, faries, Medieval history, Gothic architecture and more, seeks like-minded, long letter penpals. Write to Box E602.

SAGITTARIAN female, 27.11.77, 17:16pm GMT, beginner seeks more experienced people to discuss old knowledge, new knowledge and genre-fiction. There are worlds to be explored! Box E603.

CONTACTS

AQUARIAN, male, 28, seeks enlightened individuals interested in Rasta culture, shamanism, Spiritualism, metaphysics, astrology, travellers experiencing life at first hand and astral projection. Likeminded welcome to correspond or meet. London area. Box E586.

LIBRAN lady, 36, into Tarot, Spiritualism, Celtic shamanism, lord/lady art, would like to meet/correspond with likeminded friends anywhere, maybe form a local disussion group in Irlam, Manchester. Box E587.

This page is intended primarily for individuals wishing to locate or dispose of occuli titems and those seeking astrological twins; it is NOT A DATING SERVICE. However, those wishing to contact other likeminded groups/individuals for correspondence or debate on subjects covered by this magazine may take advantage of this free service if limitations of space permit. Entries should not exceed 50 words (Contacts, 30), the age limit is 18, no repeats are accepted, box numbers, compulsory for Contacts/Penfriends, cost £2, postal order/cheque only, DO NOT SEND CASH, and the Editor has the right to reject any that she finds unsuitable and is not obliged to give a reason for so doing. Address your advertisement to the Editorial Offices, PREDICTION, Link House, Dingwall Avenue, Croydon CR9 2TA.

ARTIST would like to make contact with people who have had OOBEs. Genuine creative enquiry for genuine replies. Contact Box E589.

SAGITTARIAN, academic, Asian-born male, 40, into astrology, numerology, palmistry and interested in the history of religions/cults, would like to hear from like-minded people in the Yorkshire area/anywhere. Box E593.

MALE occultist, 24.8.60, seeks friends involved in the theory and practice of magic, Cabbala, Western tradition, paganism, paranormal, writing, music, poetry, litrature, walking, nature, art and social activities. I have worked alone for too long, London/environs. Box E594.

CAPRICORN male, 11.1.61, Gemini rising, would like to meet/correspond with other like-minded souls. Interested in astrology, aromatherapy, channeling, dreams, flower essences, healing, meditation, metaphysics, UFOs, and most other PREDICTION subjects. ALA. Romford/Essex/anywhere. Box E598.

WILL John Thomas, who gave Yvette Mitchell of W London a face-to-face reading, please contact her ASAP. Box E584.

PAGAN male, 35, musician, Sagittarian, would like to meet/correspond with other pagans and Wiccans with interests in things magical and musical. Any age and any area. Write Box E604.

REPLYING TO A BOX NUMBER

To reply to a Box Number advert on this page, write your reply, seal it in an envelope and mark the Box Number ONLY (eg Box E1234) on the outside. No stamp is required on this first envelope. Then put your sealed first envelope into another envelope which should be stamped and addressed to: PREDICTION Editorial, Link House, Dingwall, Avenue, Croydon CR9 ZTA. Replies received in this way will be passed on to the advertiser concerned. There is no charge for sending in a reply to be forwarded to a Box Number in this way.

FEMALE, 27, wishes to meet/correspond with others interested in Cabbala, creative visualisation, mythology, ritual magic, worshipping the God and Goddess, meditation, music and the countryside. SW Devon/anywhere. Box E583.

TYPICAL Cancerian artist, interests include runes, magic, Spiritualism, *X-Files* and crystals. Seeks anyone of any age or sex to exchange ideas and thoughts on anything at all. Box E588.

'ORPHEUS played his lyre and the underworld fell silent.' Have you ever heard the sound? In any form, any language, anywhere? Female Scorpio artist, 24, is curious. Box E591.

FEMALE, Sagittarian occultist, 7.12.67, single mum, seeking like-minded people to correspond/meet with. Interests include magic, Cabbala, Tarot, poetry, music, dreams, OOBEs, Egyptian/Greek religion. Box E592.

VIRGO male, 31, invites correspondence/meetings with those interested in Wicca (practising or otherwise). Recently attracted to the subject, I have a particular interest in the aesthetic and cultural aspects. I also like music, particularly The Waterboys, Kate Bush, The Mission and AAE/Mice, The Big Yin and Hardy's Bitter. The South/anywhere. Box E605.

FEMALE, Capricorn, 30s, interests include spiritual & psychic development, veganism, alternative medicine, nature, art, etc seeks others with similar interests, London only (especially North and East) Box E600.

WANTED

I WOULD like to make contact with someone who has sucessfully cast love spells. This is a genuine request. Write to Box E582.

OLD/secondhand books on the subject of Chaos magic wanted. Please contact Mr J. Coker, 24 Gardener St, Dundee, DD3 6DT.

THE Tarot Handbook: Pracical Applications of Ancient Visual Symbols by Angeles Arrien, published in 1987 or address of stockist, ISBN 0-26166-578-2. Please write with price to Mr Andy Rouillard, Petit Bois, Bordel Lane, Vale, Guernsey, C.I., GY3 5DB.

MISCELLANEOUS

PISCES female, 17.3.63, interested in many subjects including aromatherapy, crystals, healing, cats, meditation and past lives. I discovered a while ago that I had healing abilities and would like to use them well. Any advice appreciated as I am still searching and need a direction in life. Box E590.

August, 1996

BUKS

(continued from previous page)

EVERYDAY MAGIC by Marion Green (Thorsons, £5.99)

(Thorsons, £5.99)
THE PRACTICE OF magic is a subject which has often been written about but is seldom explained in simple terms for the layperson. Green has been writing and lecturing about the subject for over 25 years, is the editor of the long-running Quest magazine and author of numerous books, so is ideally placed to present the theory and practice of magic to a wider audience.

In this new work Green gives the benefit of her many years of experience to beginners who are taking their initial steps on the occult path. She offers a modern vision of magical practice supported by the background of the ancient mysteries that have always existed behind the religious scenes.

Simple exercises, basic rites and the usual pathworkings are provided to ease the novice into the idea of practising magic for him/herself. Economically priced, this is an introduction to the magical arts for those who have often wondered what it was all about but did not dare to ask. — M.H.

THE ILLUSTRATED
ENCYCLOPAEDIA OF
ARTHURIAN LEGENDS
by Ronan Coghlan
(Element, £12.99/£18.99 hbk)

THIS IS THE perfect book for all lovers of Arthurian myths and legends. Beautifully produced and illustrated in full colour throughout its 256 pages, it is a superb work containing a wealth of wonderful paintings, engravings, maps and family trees that really bring these romantic tales to life.

We also discover among the well researched and written text many familiar heroes and heroines who have been capturing the imagination of young and old for over 500 years. Here, our heroes are placed in historical context which, over the centuries, gave rise to the many different versions of Arthurian legend from various sources.

This is indeed a comprehensive and impressive book written by an acknowledged authority on Arthurian and Celtic tradition. A must for the library of anyone who shares, with the author, a love for the fascinating legend of King Arthur. — C.B.

FINDING THE SACRED SELF by Susan Gregg (Llewellyn/Airlift, \$12.00/£9.99) ANOTHER ADDITION TO the burgeoning pile of 'DIY Shamanism' books. The author, who has a PhD in hypnotherapy and is ordained in the Universal Church of the Master in Santa Clara, California, aims to guide the aspirant through a set of 40 exercises which will enable him/her to become 'a person of power ... and come to know the happiness in every moment when you live from your Sacred Self (which) is the essence of who and what you are.'

These exercises include meditation, both individual and group, how to find power points, one's own and others', and how to tap the innate healing powers and, of course, how to dream well. In itself this is fine and there is no doubt that following the whole course will help you to become a more spiritually aware person and to lead a more fulfilled life.

However, this is not shamanism and you will not become a shaman by reading this book. — J.T.M.

THE INDESTRUCTIBLE QUESTION by Jacob Needleman (Penguin/Arkana, £7.99/\$10.95)

In THIS COLLECTION of essays, the author explores the question of meaning in a world seen to be riddled with contradictions. He reasons that our technocratic society, religion, politics and medicine are so fragmented and out of control because human beings have forgotten how to cultivate the power of awareness; indeed, they have no inkling what it is.

Most of us view and react to life through an almost automatic and blind (unaware) pattern of conditioned habits that make us see everything in terms of black and white, us and them, good and evil. Thus what we believe, know and judge is largely not based on real self-awareness.

The Buddhists call this state mindfulness. Needleman stresses that achievement of real awareness is no easy task because it entails a deep questioning of our own beliefs and what we have come to imagine ourselves to be.

On the whole, this is a masterly attempt to generate real insight into the human condition, reflecting the author's lifelong quest to redefine and renew our spiritual awareness. — R.H.

AZTEC ASTROLOGY by Michael Colmer (Blandford, £7.99)

I REALLY DON'T know why this book has been published. Sure, as slim paperbacks go, it looks all very nice and interesting; attractive cover, fancy typeface, stylish illustrations and five pages on each of the 20 signs in Aztec astrology.

So what's the beef? Simple: nowhere in the book does it tell you how to calculate your particular sign;

which makes it useless to the average interested person who has browsed through it in the bookshop, bought it and taken it home hoping to learn about the subject. It's about as enlightening as a book of monochrome photographs to teach you about the colour spectrum.

The book's recommendation (unless you are prepared to send off to the USA to buy a printout or the relevant computer programs or return to the bookshop and buy yet another book that does contain the calculation method) is to read all 20 descriptions and guess! — J.T.

WITCH AMONGST US: The Autobiography of a Witch by Lois Bourne (Hale, £6.99)

THIS ACCOUNT OF the author's life and the steady realisation that she was in fact a witch makes mesmerising reading.

Born the seventh child of a seventh child, her powers soon began to reveal themselves to her during her earliest years in the form of ghostly apparitions. What follows is an extraordinary record of the life of a practising witch in one of the oldest natural crafts.

This first person account is entertainingly written and provides us with a unique and fascinating insight into the ways and experiences of a lifelong occultist. The visions she sees and the emotions she feels are spelt out in the pages of this book in a serious way with an aim to lend credence to this age-old supernatural craft.

Lois Bourne has a fluent and easy writing style which never makes for heavy reading. An enjoyable book for the layperson and a compelling read for serious followers. — D.K.

THE ENNEAGRAM by Don Richard Riso (Thorsons, £8.99)

LONG BEFORE FREUDIAN structural concepts and Jungian archetypes, long before even psychology was a word, man was obsessed with understanding himself and those around him. To this end, he used the Enneagram.

he used the Enneagram.

With its origins lost in Pythagorean and Neoplatonist obscurantist romanticism, the Enneagram first surfaced among the Naqshbandi Brotherhood, a certain Sufi order, in the 10th or 11th century and was transmitted to the West in the 1920s.

At its most abstract, the Enneagram is a universal symbol. At its most prosaic, a 'by numbers' approach to understanding the human personality.

standing the human personality.

There's no doubt that Riso believes in what he writes. It lacks the backing of solid scientific evidence but then, as psychoanalysis is as much an art as it as cience, what decides its efficacy is the same power of belief that has given us the placebo effect.

If you're happy with who you are, there's no reason to reach for Riso's work. On the other hand, if you'd like to delve into a world that's a lot more straightforward and simple than anything Freud or Jung have come up with, it might be worth a look. After all, you never know. — D.A.

PSYCHIC SELF DEFENCE by Jan Brodie (Capall Bann, £8.95)

THE COVER PRICE is a trifle expensive for a slim volume of 130-odd pages, about a third of which is taken up by interviews with people who have had occasion to need protection, nevertheless I

liked this book.

It's all basic common sense, a due sense of reverence for the forces of nature, respect for the dangers - without going over the top — and simple rituals and visualisations for basic protection devoid of any arcane mumbo-

As a way of understanding the fundamentals of the territory into which one is venturing, this is the kind of thing that any budding student of the occult should read before starting out on the journey. — J.T.

KEEPERS OF THE GARDEN by Dolores Cannon

(**Gateway, £6.95)** This work, subtitled 'An Extra-Terrestrial Document,' is the story of Phil D., a young man who is living on Earth for the first time, his previous lives having been on other worlds and in other dimensions. This tale was related to the author by the 'actual starperson' during a year of hypnotic regressions.

The story unfolds via extremely detailed question and answer sessions although these generally display a low technical understanding. For instance, 'The Moon was ripped from the Earth during a collision with a wandering star. No need to worry, though, as these aliens wish to save the Earth, apparently, not conquer it.

This reviewer accepts that the sheer number of UFO sightings and abduction stories prove that something odd is going on but this book, for me, was 300 pages of dull, unconvincing twaddle. — J.T.M.

WAS YOU EVER IN DOVEDALE? by Edward Garner (Sigma, £5.95)

ANOTHER VERY READABLE tourist/local heritage book from Sigma Leisure, this time focusing on Derbyshire. The author is a journalist and, as one would expect, has written a concise, enter-taining and valuable introduction to this area of England.

The mixture of stories dealing with celebrities, witches, wife selling and murder provide proof that we are all much the same, no matter where we come from or what period of history we live in.

This book is useful for the serious tourist who likes to have as many interesting anecdotes about specific locations as possible as well as those into local myths, legends and famous or infamous personalities.

The illustrations are rather disappointing but, then, the book is very reasonably priced. — M.R.

THE NEW LIVING QABALAH by Will Parfitt (Element, £9.99/\$15.95)

A REVISED EDITION of a book first published in 1988, there is an awful lot of information in this tome for a very modest price. Almost too much. It is, in fact, probably the most comprehensive primer on the subject in recent years but might leave the beginner with 'input overload' unless he/she paces himself initially.

The text is written in modern, easily accessible language, liberally interspersed with clear diagrams and tabulations followed by 12 pages of tables of correspondences describing in detail the sephiroth and paths of the Tree of Life. More than just an introduction to the subject, this is also a well organised reference work that deserves a place on the shelves of more than student Cabbalists per se.

Above all, the point is made right at the start that this particular path is not about transcendence; this is spirituality with one's feet firmly on the ground. If you're on this planet, where else do you begin and how else would you do it?

Here is something that works, not mere theory. Written from that viewpoint, I'm not surprised that the book has been successful enough to be re-

vised and reissued.

Recommended. — J.T.

THE SABBATS by Edain McCoy (Llewellyn/Macmillan, \$14.95/£11.99)

FOR THOSE WHO don't know, sabbats are the eight seasonal festivals traditionally celebrated in the old religions of Europe. Other traditional societies have also preferred similar times for sacred rites and celebrations.

The eight that form the subject of this book are Samain (October 31st), Yule (December 22nd), Imbolg (February 2nd), Ostana (March 22nd), Bealtain (May 1st), Midsummer (June 22nd), Lughnasadh (August 1st) and

Mabon (September 22nd).

Firstly, the author explains what paganism (ancient and modern) is all about. This includes a basic understanding of the sabbats, the tools you need to create a simple pagan altar and to practise the various magical rituals associated with sabbats.

All of which is geared towards putting you into deeper attunement with the energies of the Solar year and of the Earth itself. But there is very much more in this very practical book, such as recipes for traditional sabbat meals and numerous ideas on how to make various items like walking-sticks and 'dream pillows.' There is also much information on the language of symbols, omens and dreams.

Whether interested in the modern pagan movement or not, you'll find that this book has great charm. — R.H.

CHINESE HERBAL MEDICINE by Stephen Tang & Richard Craze

(Piatkus, £8.99)

FOR THOUSANDS OF years the herbal remedies of China have been used by millions of people throughout the Far East. Now Tang and Craze introduce many of these remedies in their book so that Westerners can benefit from the ancient knowledge of Chinese herbalists. Tang is himself a practising Chinese herbalist with a practice in Manchester, so is well qualified to write about the subject.

The traditional principles of Chinese medicine and herbalism are based on the ancient doctrine of Taoism and the cosmic symbolism of the yin and yang energies that keep the universe in balance. The four seasons and five elements also have their unique role to play in diagnosis and how various health conditions are treated with herbal combinations.

Despite the apparent metaphysical underlining complexities Chinese herbal medicine, this work is easy to read and understand. It lists the common disorders which are likely to affect the human body and mind and provides the corresponding herbs and remedies to facilitate recovery to full health. There is also a helpful list of suppliers in the UK and abroad.

This is a very useful guide to a subject that has been little explored in the West and can be recommended to all who wish to broaden their horizons and extend their knowledge of the use of herbs in the healing arts. — M.H.

HECATE'S FOUNTAIN by Kenneth Grant (Škoob Books, £24.99/\$39.95 hbk)

I FIND IT hard to define or understand this work yet it will doubtless appeal to those who are drawn into that strange world of occult imagination of which H.P. Lovecraft and Aleister Crowley are perhaps the greatest exponents.

Here we meet a whole battalion of macabre and formidable sounding names such as the 'Elemental minions of the Great Old Ones.' 'Transplutonic

(continued overleaf)

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(continued from previous page)

forces,' 'The cult of Ku' and the 'Voodoo mystere with its 256 ven-

Open the book randomly and discover wonderful gothic horror phrases. reference to strange rituals, invocations and unworldly entities and forces everything to make the flesh creep. More remarkably, the writing style is serious and matter of factual.

I had great difficulty making sense of this work; but perhaps that was the author's intention for he does stress that he is dealing with those shadowy realms that are, by nature, nonrational. If this book had been presented as occult fiction, I would have enjoyed it enormously — but others may disagree with me. — R.H.

LORE OF THE SACRED HORSE by Marion Davies (Capall Bann, £10.95)

IN COMMON WITH our oldest friend, the dog, the horse has always held a special place in human civilisation. In fact it was the taming of wild horses on the Russian Steppes that completely transformed European culture, for better or worse, and created the basis of the civilisation that we know today.

Little wonder, therefore, that the horse has been deified and surrounded in myths, magic and mystery through the ages, as this book explains. Davies explores all aspects of the magical, mythological and religious lore of the horse from earliest times to our mod-

Included are equine deities, centaurs and unicorns, the sacrificial horse, the hobby-horse of folklore, phantom horses, the Wild Hunt, secret societies such as the Horseman's Word, the Toadmen and the magical lore of the blacksmith.

If interested in horses or just fascinated by the folklore associated with them, this well-researched book will provide several hours of compulsive reading and a reference work to keep. - M.H.

THE NAME BOOK by Pierre le Rouzic (Souvenir, £10.99)

AFTER A QUICK look at my own name's meaning, I was hooked for life on this book, as were several friends when I tested it out on them. The whole idea really works and is based on the premise that certain personal names have an individual meaning that is both mundane and spiritual; practical too, for that matter.

The index, divided into feminine and masculine names, provides a reference number for each; then the section dealing with that name (shared, incidentally, with 40-50 others, but I still maintain the system works) gives a detailed analysis. This is made up of personality type, basic character, psychology, how you act and react, the intuitive personality, intelligence, emo-tional nature, health and social re-

The insight, though shared with other names, is still amazingly accurate. The associated names for each section are detailed clearly, so there is no confusion and it is simple to discover a great deal about one's personal

nature.

There is plenty of enjoyment here, too, in what is an ideal book to share with one's friends. My copy is already well thumbed but, despite pleadings, I refuse to loan it out. Buy your own is my advice — to friends and PREDICTION readers. You won't regret the outlay.

— J.C.T.

THE KINGFISHER BOOK OF **MYTHOLOGY**

(Kingfisher/Larousse, £14.99 hbk) FABULOUS FULL-COLOUR guide to mythology from around the world, from the North American plains to the Island of Oceania.

Since time began, people have created a fascinating history of stories and beliefs to explain the world around them. Here, in simple terms, is the full guide to all those fascinating tales and legends in this well researched work.

There are some superb colour illustrations and A-Z glossaries of over 500 mythical characters, deities, beasts and lands plus an easy to use index for quick reference. Ideal for use in schools and colleges, this super book will appeal to everyone interested in mythology not just the younger student. - C.B.

THE HOUSE CONNECTION by Karen Hamaker-Zondag (Weiser/Airlift, \$14.95/£12.99)

ONE OF THE best books I have read in ages: it kept me involved and eager to experiment and I know that this will become one of my most prized astrological manuals.

The theme is House rulers and how they interrelate. Every aspect of rulership, connections between houses (or lack of them), the strongest house and so on is explored with incredible results, in a way that provides explanations for hitherto inexplicable charts.

The author, who is becoming a very significant figure in the astrological world, explains her theories succinctly. She uses actual charts to advantage and includes 'cookbook' delineations that actually work and can be applied to charts.

This is a book that no student can afford to be without; even those a little bit higher up the ladder of experience would do well to read her work and remember the rudiments of their art/craft. I cannot recommend this book highly enough — buy it and read it again and again. — B.L.

MILLENNIUM PROPHECIES by A.T.Mann (Élement, £4.99/\$7.95)

FOR SOME TIME I have been searching for a clear, concise but well-researched book dealing with the cataclysmic events prophesied for the year 2000 and thereabouts. This book fits the bill since it collates the predictions of all the seers from ancient Mayan times through Nostradamus and Malachy to the 20th century's Steiner, Bailey, Cayce, etc.

Many seers had predicted the 'fall of communism' for example and it is equally interesting to note that the apparent inequalities still pertaining in the 'Land of the Free' (the USA) are due for a major revolutionary shuffle around the millennium. This will undoubtedly surprise some ardent Rightwingers who imagine all is perfect in that land.

trouble with millennium prophecies or any other type of prediction is that it is hard to be truly objective. The only occult certainty is that we are in for some interesting times in the very near future!

This could mean, at one extreme, the annihilation of the human race or a time of gradual change spread over centuries rather than encapsulated in one or two years leading up to the year 2000. We'll find out soon enough. -M.R.

AROMATHERAPY A-Z by Patricia Davis (C.W. Daniel, £9.95/\$19.95)

THIS IS AN up-to-date encyclopedia on the popular healing art of aromatherapy. Once considered a fringe subject and part of the New Age movement, aromatherapy has come out of the closet and into the High Street.

Many thousands of people now find relief from various health conditions by using essential oils and it has become an accepted treatment: within the wider health and beauty market. With over 380 pages and 360 entries, this is

a very comprehensive guide.

Listed are over 200 medical conditions and 74 essential oils for treating them. The author is the founder of the London School of Aromatherapy and an honorary member of the International Federation of Aromatherapists so, with such expertise and experience, the reader is in safe hands.

This work provides an exhaustive introduction to a delightful form of healing. — M.H.

KATIE LEIGH

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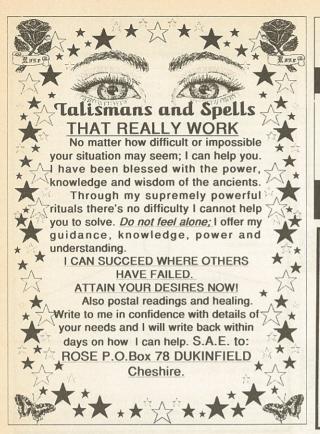
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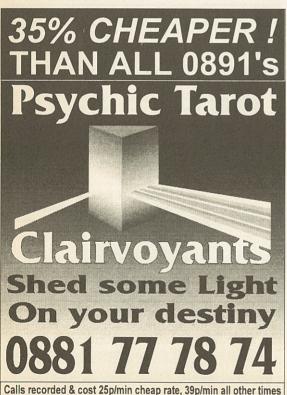
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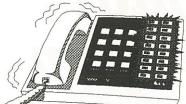
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