



Soul | Life lessons

Inspirations

Holistic techniques to boost mind, body and soul



In therapy THE INNER SPA

I was feeling self critical and stressed when I visited the Inner Spa, which promises to replenish body, mind and spirit with various group workshops that focus on meeting one of our core human needs and desires such as love, confidence, happiness, creativity, harmony, balance, calm, flow and fun. As someone who loves variety, and finds it hard to commit to my own regular 'inner practices' without a class format, I thought it was worth a try. As soon as I entered the west London venue, a yoga studio set in a newly designed Zen garden, I immediately felt relaxed. The theme for the workshop I attended was The Power of Love, and we moved through several distinct phases. First we used discussion and coaching to see how I was blocking love and how I could experience more feelings of love in my life. I even took away a personalised 'recipe' for love. Then we used moving meditation, music, movement, gentle contact and a touch of massage. This was followed by a guided meditation to deepen the experience. I left feeling warm, loving and blissful! I'm pleased to hear that the benefits are cumulative and have already booked myself in for the next themed workshop – relax into inner peacefulness. **EVH.**

Costs £45 for *Natural Health* readers. Created by life coach Karen Skehel, the Inner Spa can also be experienced with friends in your own home. For more info go to theinnerspa.co.uk

THE WEEKEND LIFE COACH

How to have a stress-free Christmas

- Use the joy filter for decision-making. If someone invites you to something, ask yourself: "Will this add joy to my life?" If not, decline. You don't have to go to every party you are invited to.
- Forgive and make amends. If someone has hurt you, now is the time to call and forgive them. If you have done anything hurtful or damaging to another, make amends



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- even if it wasn't intentional. You will feel much happier immediately!
- Get the whole family involved. The Christmas preparations can be a burden if you are doing everything by yourself, but lots of fun when everyone pitches in.
- Ask everyone in your family what are the three most important things that make Christmas special. Then focus on those things. Forget the rest of the stuff. You don't have to do it all.

Your monthly **soul booster**



Remember to laugh

Never get so caught up in life's challenges that you can't laugh at the situation and yourself. One of the best times to see humour is when things get rough – it can relieve tension and put things into perspective. Surprise others with humour and goodwill and you'll be amazed at the rewards you reap in return.

Action Do something that gives you joy – be around animals or children, have a chat with a friend or watch a funny video.

For more affirmations go to seednetwork.com

My World

Caprice, the model and actress



How do you stay healthy?

I meditate regularly and take something like 25,000 vitamins daily! I also exercise three times a week, and I am a vegetarian.

Do you take any supplements?

Omega 3, 6 and 9, vitamin E and C, A adrenalin detox and liver support, D3, a multi B, multiminerals, zinc, iron, olive leaf and a multivitamin.

What makes you happy?

My family, friends, work, chihuahuas, my boyfriend and making money.

Are you religious or spiritual in any way?

I meditate and I'm always looking to improve myself through a centre I go to called Alchemy.

What would improve the quality of your life?

Constant peace of mind.

What's the best piece of advice you could give to someone?

Practise acceptance – accept the present as it is, and not as you wish it were, and manifest the future through your desires and intentions through meditation. Sometimes we're not happy with our current situation – we want more money, a bigger house or car.

The trick is to accept all situations as they are, and meditate every day. But before you go into meditation think about the things you wish to improve and the things you want in life.

Be patient and try to be detached from the result of your intention. Sometimes these things take time.

