



# TRANSCENDENT

21 MARCH 2023

NO 1

*the new wave of spirituality*

Get the ethereal look, read all things fairy-core. P. 4

Start your tarot journey with our beginners guide. P. 16

Learn all about astrology with a professional astrologer. P. 10

Find out what type of crystal you are! P. 30

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## ***Letter from the Editor:***

**F**irst of all, I want to say thank you and a huge welcome to our first ever issue of Transcendent. I hope you thoroughly enjoy exploring our informative and lively pieces, ranging from a fun crystal quiz to dream analysis and how you can improve your life. We have worked extremely hard communicating with professionals from the spiritual community to provide a deeper insight for readers-at-home. Every single detail of this magazine has been carefully thought out in order to create truly compelling and knowledgeable content. Spirituality is something I am completely passionate about, and I have always dreamed of creating something for others who may share my passion. Once again, a very big thank you and welcome to Transcendent.

- Grace

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Credit: Bershka

# Live your fairy fantasy

Credit: H&M



Credit: Dr. Martens



Credit: Converse



Credit: H&M



Credit: Typo



# A introduction to fairycore and an affordable look-book to makeover your wardrobe.

WORDS BY ELLA REBBITT

**Y**ou'll have seen many different styles popping up over your social medias, often being '...core'. One of which is 'fairycore'. Fairycore is a way of dressing, often seen in neutral colours, mainly shades of greens and browns. This fairy look is not a Disney, Tinkerbell, bright and loud aesthetic. It is based off of a natural woodland fairy, trying to blend in with the scenery. It is a very feminine way of dressing, lots of bouncy short dresses and long skirts. It looks effortless and thrown together, in the best way possible.

You'll see photos of elegant and ethereal looking women posing in flowing lakes or creeks, often bare foot. Looking as if they are one with nature, blending in with the forest in their

neutral coloured clothing, the greens, beiges, browns, white and all in between. Whilst camouflaging into nature and being grounded to the woodland floor, it makes these women look as if they are supposed to be there. This aesthetic is all over our social media as it creates gorgeous photos, and a lot of the time gorgeous TikTok's.

Then there is the alternative, the 'grunge' side of fairycore. This is basically the same clothing, but people will layer it and throw an oversized hoodie over the top of their dainty dress. Completely the opposite of the original outfit, putting streetwear onto if something so elegant and pretty creates the grungy vibe. But of course, it will be a neutral colour to fit the aesthetic, oftentimes a chocolate brown. You'll find these grungy gals with a tote bag to hand to carry all of their fairy essentials.

With all fashion trends, there will be a high fashion version that will trickle down to a more accessible and casual look. The current very casual version of fairycore derived from a very floaty and delicate look, full of puffy dresses. The grungier side of it is a recent addition. But the original elegant look of fairycore really took off in 2006 fashion week with Alexander McQueen's Col-

lection, "The Widows of Culloden," this look had the bouncy white dresses and fairy and nymph-like accessories. A renowned artist like McQueen presenting this on runways brought this style to the mainstream, all while being so high fashion, it gave ideas to the general public.

Many of their outfits will be non-branded and look bespoke, they'll say that they thrifted it. So, it may seem hard to recreate some of these outfits. But we are not about to gatekeep here! We would like to provide you with a new, basic starter wardrobe, all at an affordable price range from your favourite easily accessible shops. Places like H&M, Bershka and Weekday. Paired with basic and classic shoes which most of Gen Z will own, or something very similar. Key wardrobe pieces like Converse and Dr. Martens.

As you can see from our small style guide, you just need a couple of cute items which pair nicely with your daily basics. A new khaki skirt paired with your white vest top will do great! All you need is a few staple, loud and standing-out items in your wardrobe to pair with what you already have. Then with your own mindset, you can embody your fairy goddess fantasy.



Alexander McQueen's Collection, "The Widows of Culloden,"  
Credit: Shutterstock

# The spiritual & the artistic

WORDS BY MILLIE EDWICK

**B**est known for racking up millions of views under the name "Carr0tstick" on #witchtiktok, Mollie Ruck is a local artist studying in London. Her content and artwork is widely admired by friends and followers alike, with its eerie faces and ethereal style. I spoke with her about how her own experiences with spirituality have impacted her distinctive pieces.

Q: What does spirituality mean to you?

A: Growing up I have been around family who all believe in sort-of pagan beliefs, so I've grown up with my family being vegan and vegetarian and that formed my thoughts on my spirituality.

I practice a lot of green witchcraft, and I hate telling people that because they have no idea what it is, but it's to do with earth and nature and plants. I got really into it from 2019/2020, learning about plants and what can be used as medicine and different crystals.

Q: Where did you learn about your beliefs?

A: My mum always taught me about the green man, which I'm getting tattooed on my back right now. We have statues of the Green Man everywhere, and he protects nature. I think my Mum is the main person who showed me this way of living and being kind to animals. It falls under paganism and green witchcraft.

Q: Does this have an impact on the art you produce?

A: It absolutely influences my art style. It also ties into my music choices... I've been going to hippie festivals

In conversation with artist Mollie Ruck on green witchcraft, early experiences with belief and the subsequent influence on her art work.



Mollie posing  
Credit: Mollie Ruck

“

There's energy everywhere and throughout everything, everything's connected

”

since I was little. My media intake is specifically and very heavily tied to folklore. All I watch is films about fantasy, like "Dark Crystal", which is about elves and fairies. Those films moulded me as a person and my art-work, and I draw a lot of elven people and trees.

Q: Can you tell us more about your practice of green witchcraft?

A: In witchcraft it's basically practicing using energy from the earth. There's energy everywhere and throughout everything, everything's connected, and you can take from that to put to yourself positive or negatively.

When people think about witchcraft they think, oh, Satanism, but Satanism is actually a Christian thing, it's not real within witchcraft thing, it's not real within witchcraft.

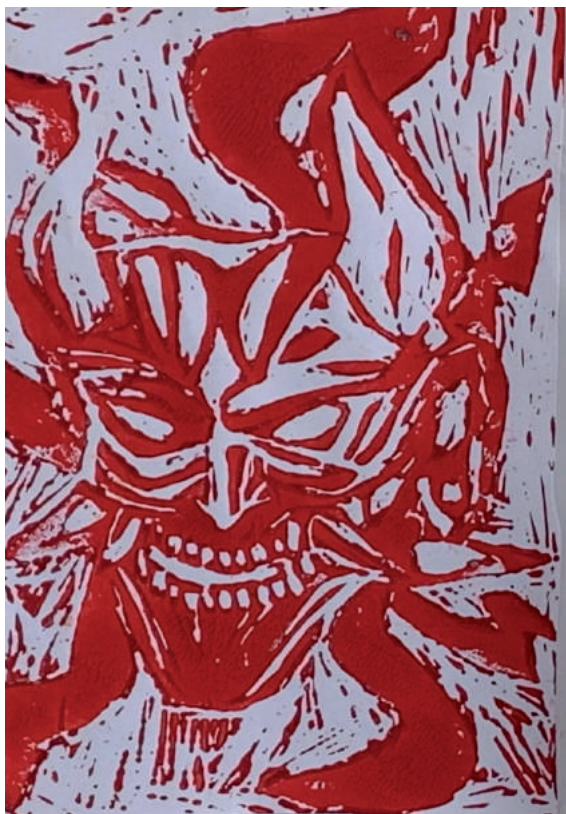
For me it involves astrology, tarot readings, herbs, spell jars and just making yourself a better person.

Q: On a day-to-day basis is there anything you do differently?

A: I get up and do yoga every single day. It's the only thing that helps me be calm. I do tarot readings everyday, so I pick one card and kind of see how my day is gonna go about, and look for things coming. I always light incense or sage my room.



Mollie's art  
Credit: Mollie Ruck





Evergreen by Mollie Ruck



GET YOUR FIX  
OF MATCHA MIX

# ANISHA

## ALL ABOUT ASTROLOGY

*WORDS BY DHARMI DAVE*

Anisha is an astrologer and a psychic – but she is also a horoscope consultant and a mental health healer. Here she talks about all things astrology including tarot card readings, horoscopes and spirituality. She adds a professional perspective and talks about personal client experiences.

# ARORA



Astrologer Anisha Arora posing  
Credit: Anisha Arora



Astrologer Anisha Arora posing  
Credit: Anisha Arora

In today's fast-paced world, many of us are caught up in the endless cycle of work and daily responsibilities, leaving little time for introspection and reflection. As a result, we often feel disconnected and unfulfilled, longing for a deeper sense of purpose and meaning in our lives. For centuries, people have turned to spirituality as a way to find answers to life's most profound questions and to connect with something greater than themselves. Here to talk about all things spirituality is Anisha Arora who is profession-

ally not only an astrologer but also a healer. Arora claims that it is important to explore the role of spirituality in our lives and how it can help us navigate the complexities of modern life.

What is Spirituality? "Spirituality is often defined as a belief in a power greater than oneself, which guides and gives meaning to life. It can take many different forms, including religious practices, meditation, mindfulness, and yoga, among others," says Anisha. At its core, spirituality is about seeking a deeper understanding of oneself and

the world around us.

Anisha talks about how one of the fundamental aspects of spirituality is the belief that we are not just physical beings but also spiritual beings. This means that there is a part of us that transcends our physical existence and connects us to something greater. Many spiritual traditions believe that this connection can be cultivated through various practices, such as meditation or prayer, which can help us tap into our spiritual essence. She says that sooner or later, most of her clients have seen a massive change in their lives after walking the spiritual path. For example, Anisha shared that one of my clients was suffering through anxiety and deeply entrenched trauma which directly affected her physical health and after seeking guidance and following rituals persistently, the client actually felt much better and showed positive results. "Starting the spiritual journey not only improves mental health but also physical health," says Arora.

In recent years, there has been a growing interest in spirituality and alternative forms of guidance and self-discovery. This is an interesting subject matter especially for GenZs and millennials as they have found themselves in their journey of healing themselves and obtaining inner peace. Arora says that the major reason why astrology is given more importance among these generations is because they are seeking deeper meaning of life. She says: "In a world where technology and materialism dominate, many people are searching for deeper meaning and connection. Astrology can offer insights into personality, relationships, and life purpose that may provide a sense of direction and understanding." She adds that social media also plays an important role in this as it is easier to find like-minded people online globally and create a sense of community. Another reason is self-empowerment as it can be seen as a tool for personal growth. Anisha says: "By understanding their birth chart and the planetary

influences in their lives, individuals may feel empowered to take control of their destiny." Furthermore, many millennials and Genzs may not identify with organised religion and are looking for alternative forms of spirituality. She says: "Astrology can offer a personalised and flexible belief system that is not tied to any specific religion."

Among the most popular practices are tarot card reading, astrology, and horoscopes. These practices offer individuals a way to gain insight into their lives, connect with their inner selves, and find guidance and direction. There is a connection between tarot card reading, astrology, horoscopes and spirituality.

Astrologer Anisha says: "Tarot card

Horoscopes, which are based on astrology, provide a general overview of what may be happening in an individual's life based on their zodiac sign. The crux of it is that astrology is a way of understanding the interconnectedness of all things and how the movements of the stars and planets can impact our lives. Some practitioners believe that astrology is a way of connecting with something greater than oneself, while others view it as a tool for self-reflection and understanding.

Although, some of you may think, why is Spirituality Important? Spirituality can play a significant role in our lives, offering a sense of purpose, direction, and meaning. It can help us navigate difficult times, cope with

fulness or meditation. Here are some practical tips for cultivating spirituality in our lives:

Make time for reflection and introspection. Set aside time each day for quiet reflection, whether it's through meditation, prayer, or simply sitting in silence. Connect with nature. Spending time in nature can be a powerful way to connect with something greater than ourselves and to cultivate a sense of awe and wonder. Practice gratitude. Focusing on the things we are grateful for can help us cultivate a sense of joy and contentment in our lives. Explore different spiritual traditions. Reading about different spiritual traditions and exploring new practices can help us find the path that resonates most

***“Starting the spiritual journey improves both mental health and physical health.”***

reading is an ancient practice that uses a deck of 78 cards to gain insight into an individual's life. Each card has a specific meaning and can be interpreted in a variety of ways." Tarot cards are often used to answer specific questions or to gain a broader understanding of a situation or challenge. All in all, tarot card reading is a form of divination, which means that it is a way of connecting with something greater than oneself to gain guidance and insight. Some practitioners believe that the cards themselves hold a spiritual energy, while others believe that it is the reader's intuition and connection to spirit that guides the interpretation of the cards. Astrology is a system that uses the positions of celestial bodies to gain insight into an individual's personality, relationships, and life path.

stress, and find inner peace. When we feel connected to something greater than ourselves, we are more likely to experience a sense of joy, gratitude, and contentment in our lives.

Anisha claims: "Spirituality can also foster a sense of community and connection with others. Many spiritual traditions have a strong emphasis on community and encourage their members to support and care for one another. This sense of connection can be especially important in today's increasingly isolated and disconnected world."

Cultivating spirituality in our lives can take many different forms, depending on our individual beliefs and preferences. Some people find solace in practicing traditional religious rituals, while others find meaning in mind-

deeply with us. Connect with others. Engaging in spiritual practices with others can be a powerful way to cultivate a sense of community and connection.

Spirituality can play a powerful role in our lives, offering a sense of purpose, direction, and connection to something greater than ourselves. Whether we practice traditional religious rituals or seek out alternative forms of spirituality, cultivating a sense of spirituality in our lives can help us navigate the complexities of modern life with greater ease and grace. By taking the time to reflect, connect with others, and explore new practices, we can deepen our spiritual connection and find greater fulfillment in our lives. Anisha says: "Don't be afraid to start your spiritual journey right now!"

# Tarot: a beginners guide

WORDS BY GRACE HUNT

If you're wanting to learn about tarot cards, and potentially start carrying out tarot card readings, you've come to the right place. Scarlett Belvedere, a spiritual life coach and professional tarot card reader, has shared her knowledge and top tarot card reading tips to help you get started.

Everyone has a different reason for wanting to indulge themselves in the world of tarot cards, it is a very intriguing practice that can help a person gain insight and clarity on the past, present or future. Tarot cards have been trending for quite a while and if you have a TikTok account, you have most likely seen hundreds of accounts carrying out tarot card readings.

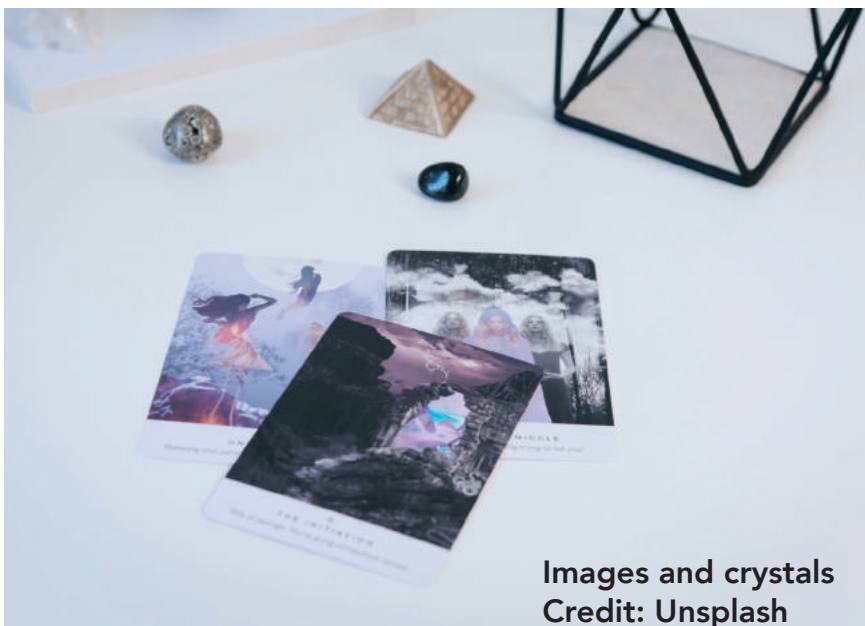
After originating in Italy, as playing cards in the 14th century, tarot cards became recognised for their occult and fortune-telling purposes in the 18th century. Tarot cards became an introspective technique used to help give guidance and insight to your life and have remained popular for centuries, the demand has increased over the last few years. The first step is picking the tarot deck that you will be using. Originally, a tarot card deck had 78 cards and had a basic design, consisting of swords, coins, wands and cups, the



original blueprint has many similarities to modern day tarot cards. There are still only 78 cards in a deck, however, the design has evolved and there is now a large variety of tarot decks to choose from. Belvedere highlights the significance of choosing your own tarot deck, she said: "Find a deck that resonates with you, one that you really resonate with, this will make it so much easier when forming a relationship with the deck you intend to interpret."

When you have picked your deck, it is advised to get to know your deck and really get into the symbolism of the cards, "learning how to read and interpret symbols and themes will make you a much better all around reader," said Belvedere. Typically, a guidebook will be included with your deck, this is a good starting point to go off, however, it is important that you "make them your own."

You need to be in touch with your own spirituality before you start, a big part of tarot reading is trusting your own intuition. Ultimately, as a mirror of the human experience, tarot is the kind of tool where it's really about what you bring to it. It's a great way to explore yourself and put yourself in the driver's seat of your life. "Tarot is about reading a story, each card has its own symbols and meanings, but paired with other cards, it can tell a totally different story. You need to be



Images and crystals  
Credit: Unsplash



Illustrated cards  
Credit: Unsplash



Tarot card  
Credit: Unsplash

able to use your intuition as to what story is being told," said Belvedere. "You basically need to let your mind wander and have an open mind to feelings, thoughts and words."

When you first start, it can be daunting, a good way to tackle this is to do readings for your family and friends to begin with. This will prevent any discomfort and can give you confidence in your tarot reading abilities. Take any advice you can, and slowly start to offer readings to a wider range of people, this will help you explore your limits within tarot. Belvedere suggests that you dive in headfirst and start doing readings, as soon as you are comfortable with your deck. Scarlett said: "if you don't take the initial leap, you're never going to grow. It doesn't matter if you look back in 6 months and cringe at your first reading attempts, in fact, that's a good thing! It means you're learning."

A lot of professional tarot readers have their own way of making readings fun and enjoyable, as well as spiritual and informative. Some readings can include a ritual at the beginning, such as, having your customer blow on your tarot deck, "this can help centre and empower your readings, but also add a bit of quirkiness to help create a

relaxed environment," said Belvedere. She adds "tarot has both lighter and more serious elements, striking the balance between the light and shade will help you keep things fresh as well as keeping you open to new ideas."

Due to tarot being increasingly popular, there is a large community of tarot readers online. One quick google search will lead you to some great resources, Youtube has some fantastic resources for beginners and intermediate readers. Scarlett said, "Don't be afraid to reach out and explore the tarot community, either in-person or online." In addition, Scarlett explains that getting to talk to other tarot enthusiasts is a great way to learn and share ideas, whatever stage you are on your tarot journey.



Tarot set  
Credit: Unsplash

# Inspire-me story

Four individuals sharing their personal experience and give review about astrology and talk about how they got inspired to start their spirituality journey.

WORDS BY DHARMI DAVE



Aedryan Wulf posing  
Credit: Aedryan Wulf

Aedryan Wulf was struggling to find a compatible partner and so he consulted with an astrologer for guidance. The astrologer analysed his birth chart and compared it with the birth chart of potential partners to identify areas of compatibility and potential challenges. Based on this analysis, the astrologer suggested specific qualities or characteristics to look for in a partner and recommended auspicious times for starting a new relationship. Aedryan followed the astrologer's guidance and found a more compatible partner and experienced greater success in their romantic life.



Camila Regina posing  
Credit: Camila Regina

Camila Regina was going through a difficult time in her personal and professional life. She had been struggling to find a job for several months, and her relationships with her family and friends were strained. She was feeling lost and directionless; and didn't know what to do to turn her life around. At this point, Camila decided to visit an astrologer. The astrologer analysed her birth chart and provided her with insights into her personality traits, strengths, weaknesses, and life path. Following the astrologer's advice, Camila started to focus on her strengths and began to pursue her passion for writing. She started a blog and began to gain a following. Eventually, she landed a job as a content writer for a prominent website. As she continued to write, Camila's confidence grew, and she began to repair her relationships with her loved ones.



Jay Kaizen posing  
Credit: Jay Kaizen

Jay Kaizen believes that his health improved through the guidance of an astrologer. He suffered from chronic migraines. The astrologer analysed his birth chart and identified potential astrological factors that could be contributing to the migraines. Based on the analysis, the astrologer suggested wearing a specific gemstone (Blue Sapphire) and performing a particular ritual during certain astrological positions to alleviate migraines. He followed the astrologer's guidance and found relief from their migraines.



Alyssa Sharpe posing  
Credit: Alyssa Sharpe

Alyssa Sharpe claims that her problems were solved by an astrologer. She shared that she consulted an astrologer during a difficult time in her life when she was experiencing career setbacks and personal issues. According to her, the astrologer helped her understand her planetary positions and recommended certain remedies that she followed. She believes that this helped her overcome her problems and achieve success in her career. Not only that but she also discovered that she enjoyed astrology too much, to the point where she pursued it as a career and is now a successful astrologer herself.

# Dream analysis

WORDS BY GRACE HUNT

Have you ever had a dream that is strange, confusing and leaves you wanting to figure out the true meaning of it..Yes? Well, that is not surprising, the majority of us have experienced this. Luckily, the confusion

*Transcendent has been in contact with Jake Hockley, a professional dream analyst who is going to help unfold and explain your dreams. Hockley has had years of experience in this field as well as tarot card reading, he has helped an immense amount of people through his work.*

*We asked you, our readers, to send in your baffling and peculiar dreams, so we can help analyse them for you, and hopefully give you some form of gratification.*



Sleeping woman  
Credit: UnSplash

**"Recently I have been having dreams that I disappear and my friends and family just forget about me. It feels like I'm on the outside watching everyone's life, and no one ever questions where I am."**

**Beth, 22, Blackpool**

**Jake said:** "Firstly, you need to make sure you do not take this dream literally, I know this kind of dream can feel very real and can be upsetting. A dream like this can indicate that you are currently feeling anxious, overlooked and maybe a bit irrelevant. You need to take a step back and look at your life and see if anything in particular is making you feel this way, and find a way to resolve this. Speak to your friends and family about this dream and seek reassurance from them, this can help."

Cloudy sky  
Credit: UnSplash

"I keep having a recurring dream that I am pregnant, but I am super excited to have this child. It is making me worry that I am pregnant, even though I know I'm not. To clarify, I do not want kids and I feel like I'm too young to even think about wanting them."

Grace, 19, Norwich

**Jake said:** "The good thing for you is, pregnancy dreams are very common, and typically do not mean you are actually pregnant. This kind of dream can mean an opportunity, and/or a new phase of your life is on the horizon. Unfortunately, I cannot predict what the new phase of your life could be, but the fact you are happy in your dream, even though this is not something you want, conveys that this is something exciting and you should fully embrace any new opportunities, even if you think you don't want it. If you are actually in labour in your dream, this could signify your hard work and perseverance will soon be rewarded."

"My favourite show is Gossip Girl, I'm absolutely obsessed. This obsession seems to have led to frequent dreams about this show, and I'm the main character. I get to interact with all the characters from the show and live through different storylines. Is this caused purely by obsession or is there a hidden meaning?"

Saira, 21, Sheffield

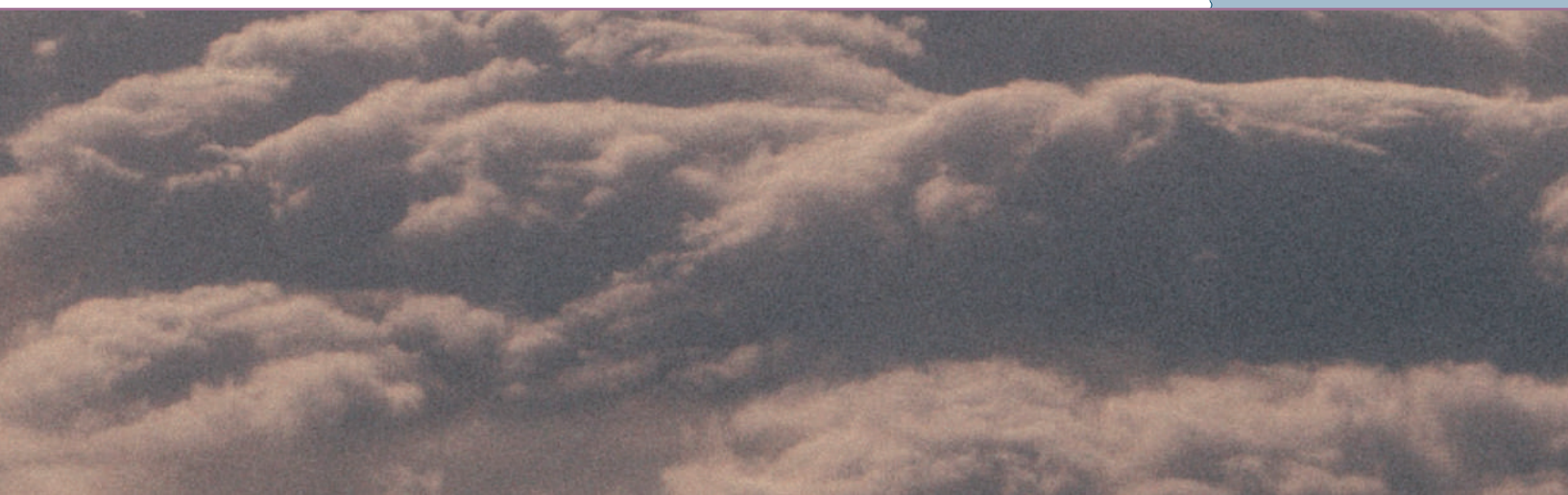
**Jake said:** "You might be right! It is very common to begin to dream about a show you watch repeatedly, you love it so much, and want to be a part of it. However, it could mean that you are potentially avoiding some sort of responsibility or situation that is happening in your own life. If the storylines you mentioned are parallel to your reality, this could be your way of imagining different outcomes to scenarios that are happening in your life."



A cloud  
Credit:UnSplash



Star filled sky  
Credit:UnSplash



# RELAXATION & regeneration

WORDS BY ELLA REBBITT

This is a review piece from when I went to my first soundbath. I have never meditated, so I threw myself in the deep end and ended up loving it.

Up until recently, I have been sceptical about all things spirituality and meditation until I went to pilates classes which incorporated them. It seems daunting at first but once you get into it and let go of your prior ideas on it, it is an amazing experience. This led me to wanting to try a soundbath. A soundbath is a type of meditation through instruments or music.

A local business, Yin and Sonic, were setting up their first few sessions so I went for a taster. We went to a trainee instructor, Zoe's house for the soundbath. Zoe is studying Group Sound Therapy with the British Academy of Sound Therapy - BAST and reached out via social media for case study participants. BAST was founded by Lyz Cooper in 1994 and was the first establishment to allow you to gain qualifications in sound and voice therapy.

Zoe and her company Yin and Sonic are based in Surrey, this session was held in her house, yet she hopes to expand to other venues. We sat in her kitchen on her cosy couches. Then we put eye masks on to block out all light so we could not tell where you were.

Yin and Sonic used Himalayan bowls to start off, followed by crystal bowls. Then followed by a group of therapeutic percussion instruments to pull you out slowly from the meditative state. The meditative state that the sound bath put me in was like nothing I have experienced.

“The soundbath can induce a deep state of relaxation and allow you to rest there.”

Zoe spoke on the benefits of soundbath's: "The soundbath can induce a deep state of relaxation and allow you to rest there, allowing cortisone, the stress hormone to reduce, blood pressure and heart rate to lower, potassium/sodium levels in the body can rebalance and cellular regeneration can take place and our autonomic nervous system to restore."

The instructor, Zoe, started off gently by just dinging the Himalayan bowls to create the deep humming sound which rings through your ears.. gently by just dinging the Himalayan bowls to create the deep humming sound which rings through your ears.

At the beginning, I was apprehensive as I had never done this before, so it took me a while to get a clear head to just concentrate primarily on what I was hearing. But after a while I lost complete track of time.

When Zoe moved onto the crystal

bowls it was a whole new sound and experience. The crystal bowls created a repetitive 'wow' sound which spun around your head. It sounded as if she was right by my head moving the bowls around as she played them. However, she was sitting on the floor about six feet in front of my chair.

Although, I went with a group of people and two out of the four people I went with found it overwhelming and did not enjoy it. One being my mum, she said she found it "too much" and wanted to remove the eye mask and leave the meditation room. However, I really enjoyed this; it was really intense yet made me feel calm. Zoe used this session to learn what worked on different people. Some of the older people could not hear certain frequencies, which took them out of their meditative state.



Soundbath bowls and acoustic instruments.

Credit: Zoe Venning-Pridham



Soundbath bowls and acoustic instruments.  
Credit: Zoe Venning-Pridham

# Your monthly horoscope

**From new opportunities, to hot dates. What do you have forecast for this month? Your monthly horoscope awaits...** WORDS BY GRACE HUNT

**Aries (March 21 - April 19):** Aries, you can look forward to an exciting month ahead, you have been down in the dumps recently and it is your time to shine. You have been working hard and it is finally starting to pay off. You will see some excitement in your love life, a very romantic date night is coming up.

**Angel numbers: 1212**

**Pisces (February 19 - March 20):** You need to be careful and watch your friends closely. Rescheduling, kicking old habits and making time for family will help you to truly evolve this month. Most importantly, you need to have fun and enjoy this month, some exciting projects are coming your way.

**Angel numbers: 000**

**Gemini (May 21 - June 20):** An important shift could be happening in your personal life this month. You need to choose whether to reconnect or let go. You need to free your life from negativity in order to fully succeed.

**Angel numbers: 999**

**Aquarius (January 20 - February 18):** You will be taking on a leadership role this month, which will help your academic career thrive. You need to be open to new opportunities and fully commit - it will be worth it!

**Angel numbers: 888**

**Capricorn (December 22 - January 19):** Moderation is key. You may have been overdoing a few things which has led to some frustration. It is time to take a step back and rebalance. Take some time out and do something fun.

**Angel numbers: 1919**

**Virgo (August 23 - September 22):** You need to broaden your horizons this month. You are feeling happy and confident, you need someone to match that energy. Try going out with friends, meeting new people,

go on the search for new opportunities.

**Angel numbers: 555**

**Leo (July 23 - August 22):** You are feeling very fulfilled, and are loaded with creative energy and exciting ideas. Try and indulge yourself in momentary pleasure, this will help you become more appreciative this month.

**Angel numbers: 1313**

**Scorpio (October 23 - November 21):** Scorpio, you've been quite the procrastinator recently. This month, you need to get your head down and you will get your energy back and pick up speed. Your work will get done, you just need to focus.

**Angel numbers: 1010**

**Cancer (June 21 - July 22):** Stop shutting people out! You have friends and family that want to support you, let them. It's hard when you don't want to be dependent on others, but sometimes you have to be vulnerable. It will get better.

**Angel numbers: 444**

**Libra (September 23 - October 22):** Your love life is looking a bit dull, you need to spice it up and go for someone that might not be your usual type. Spice it up and experiment.

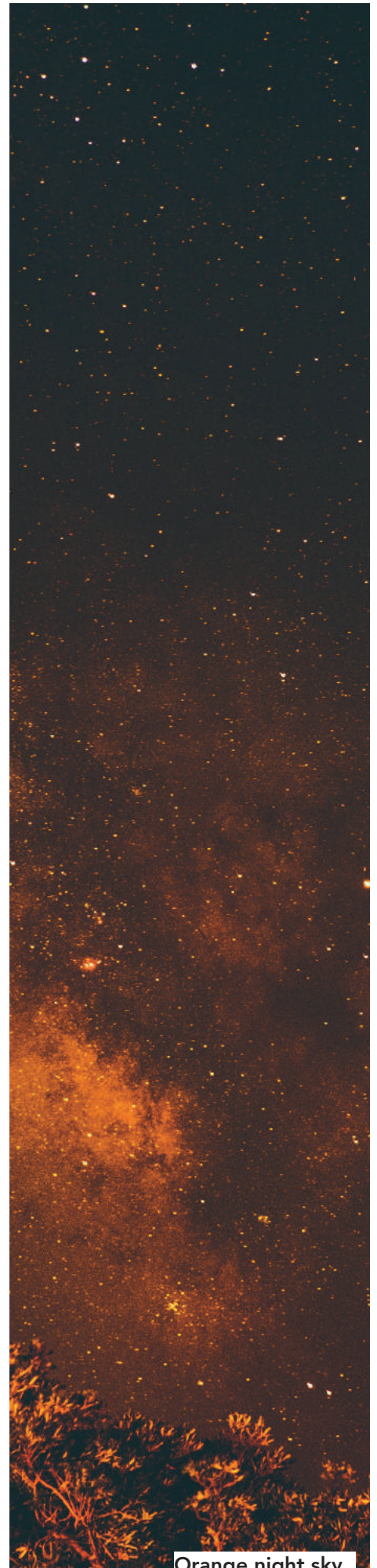
**Angel numbers: 111**

**Taurus (April 20 - May 20):** You are feeling truly happy at the moment, embrace every moment and don't be afraid to splurge. Treat yourself, buy a new outfit, and have some much needed downtime with your friends.

**Angel Numbers: 777**

**Sagittarius (November 22 - December 21):** Slow down and take a breath. You have been working so hard and it is paying off! However, it is now time to relax, time with friends and family is crucial this month.

**Angel Numbers: 333**



Orange night sky  
Credit: Unsplash

# 10 Affirmations for Staying Centred

Professional astrologer and expert healer Bex talks about how and why staying centered in life is important. Then, she gives 10 affirmations to practice every day.

WORDS BY DHARMI DAVE

Staying centered is of utmost importance. Astrologer Bex says: "Being centered is vital for a various reasons. Firstly, it can reduce stress and anxiety in your life." You are less likely to be influenced by external circumstances that can cause stress. She says that it also increases clarity and focus, resulting in you making better decisions and being productive. Moreover, she claims that it enhances emotional stability as you will not be easily swayed by your emotions which can help you maintain stability and make rational choices. Bex says that you will be more patient, compassionate and understanding, which can improve your relationships with others. "It will help you become more self-aware which can lead to personal growth and self-improvement," Bex adds. Overall, staying centered can bring many benefits to your life, and can help you navigate challenges with greater ease and grace

## Here are some affirmations that can help you stay centered:

- 1.** I am grounded in the present moment and trust the journey ahead.
- 2.** I am calm and centered even in the midst of chaos and uncertainty.
- 3.** My mind is peaceful, and my thoughts are positive and uplifting.
- 4.** I am aligned with my inner wisdom and intuition, and I trust my decisions.
- 5.** I am strong and resilient, and I can handle whatever challenges come my way.
- 6.** I am surrounded by positive energy and attract only good things into my life.
- 7.** I am grateful for all the blessings in my life and remain centered in love and gratitude.
- 8.** I am open and receptive to the flow of the universe, and everything is happening for my highest good.
- 9.** I am connected to my inner power and feel centered, focused, and balanced.
- 10.** I am in control of my emotions, and I choose to respond to situations with love and kindness.



Astrologer Bex posing  
Credit: Bex



# KAIZEN MOSS

ORGANIC SEA MOSS  
NATURALLY SOURCED FROM SAINT LUCIA



# KAIZEN MOSS

# POSITIVE MORNING STRATEGIES TO CURB ANXIETY

Here is a list of nine amazing, and most importantly practical and realistic ways to implement each morning that will help you fight back anxiety.

WORDS BY DHARMI DAVE

- 1.** Wake up at the same time every day: Try to maintain a consistent sleep schedule by waking up at the same time every day. This can help regulate your body clock and promote a more restful sleep, which in turn can reduce anxiety.
- 2.** Stretch or do some light exercise: Before you start your day, try to engage in some light physical activity such as stretching or a short yoga session. Exercise can help release endorphins, which are natural mood-boosters that can reduce anxiety and promote a sense of well-being.
- 3.** Meditate or practice mindfulness: Take a few minutes to meditate or practice mindfulness in the morning. Focus on your breath and try to let go of any negative thoughts or worries. This can help you start your day with a calm and clear mind.
- 4.** Write in a journal: Spend a few minutes writing in a journal in the morning. This can help you process any anxious thoughts or feelings you may have and can provide a sense of clarity and perspective.
- 5.** Eat a healthy breakfast: Eating a healthy breakfast can help stabilise blood sugar levels and promote a sense of well-being. Try to include foods that are rich in protein, fibre, and healthy fats to keep you feeling full and energised throughout the morning.
- 6.** Listen to calming music: Listening to calming music in the morning can help reduce stress and anxiety. Choose music that is soothing, calming and positive, and try to focus on the melodies and rhythms.
- 7.** Set intentions for the day: Take a few minutes to think about what you want to accomplish for the day. This can help you focus your energy and feel more in control of your day.
- 8.** Practice gratitude: For a few moments, think about things you're grateful for. This can help shift your focus from negative thoughts and worries to positive aspects of your life.
- 9.** Connect with others: Reach out to a friend or loved one for support or simply to chat. Connecting with others can help reduce feelings of isolation and provide a sense of community.

Remember, everyone is different, and what works for one person may not work for another. Experiment with different strategies to find what works best for you.

# GLOBAL ASTRONOMY MONTH



Moon phases  
Credit: Pixabay

# Explore all things Astronomy this April.

WORDS BY ELLA REBBITT

**N**ational Astronomy Month is a programme that started with *Astronomer's without Borders* collective. Their goal is to share their love of astronomy through both in-person and online events.

So, for the month of April, people should spend their time looking up at the night sky. Educating them-

selves on all things astronomy. Learning about moon cycles, eclipses and upcoming events that you can see in the UK.

We hope that everybody can get involved in this year's astronomy events, including meteor showers and moon events. So here is a list of easily seen events, these are our top three favourites of 2023:



Purple starry sky  
Credit: Unsplash

# 1

## The Lyrid meteor shower:

This meteor shower will take place in April and will be most visible on April 22, although running from mid-April til the end of the month. This happens every year around the same date. As defined by NASA: "The Lyrids are known for their fast and bright meteors.". You should be able to see this shower with the naked eye, no need for binoculars!

# 2

## Two supermoons in one month:

In August there will be two supermoons. This is unusual to have two in one month, they will be on August 1 and August 31. So, the very beginning and very end of August. A supermoon is when a full moon is at the closest point to earth. This makes the moon look bigger than usual. An opportunity to take clear photos of the moon at its largest.

# 3

## Partial Lunar Eclipse:

Later into 2023, on October 28, there will be a partial lunar eclipse, this will be visible in Europe. A partial lunar eclipse makes the moon appear red. Normally the Earth, Sun and Moon are aligned, but when there is a partial lunar eclipse it is not. When the Moon goes through the Earth's shadow we will be able to see a red shadow from the overlapping.





# Crystals & Candles

CHECK OUT OUR MONTHLY  
SPOTIFY PLAYLIST

