

## Blog Entries going back from July 2014 to May 2010

### Tuesday 29th July 2014... Talking Matters! What we say impacts our life experience.

I wanted to share something that I've become increasingly aware of over the years, which is the way in which whatever we focus on, especially what we talk about, becomes bigger, more important, more solid, more real. A tangible example of this is when you have two vague ideas of what we would like to do for a holiday, let's say either Madrid or Paris and you go out with friends for an evening and one person says that they have recently returned from Paris. So a happy hour or more is spent with people contributing their memories of Paris, describing what they experienced, where they stayed, what they ate and places they visited. By the end of the evening (unless something was said that made you feel it wasn't the place for you) it's very likely that you are now erring towards choosing Paris rather than Madrid as a destination. You mention to your partner that it sounds great, and the next day you do some research and start firming up travel plans. You might have a cursory look at websites relating to Madrid, but it's very likely that you will choose Paris. Because you are focussing on that, feeding the idea... you are talking about it, thinking about it, you can imagine how it will feel, look, taste and smell... you could almost be there already. This isn't a blog about travel advice of course! It is about how whatever we focus on, think about in great detail, imagine and especially what we talk about, affects our life. It affects our experiences and what happens to us. When it leads us to choose a particular holiday destination it's probably quite useful, but it isn't so great when it affects our wellbeing.

The reason I want to share this is that I believe it is useful to be aware, when something unpleasant or difficult is happening that focussing on it by talking about it continually will not help it to mend. Of course there are situations when talking things through help you to gain clarity, feel supported and perhaps vent irritation or unburden yourself of something that is upsetting. I am totally in favour of this kind of "talking about". What I am referring to as potentially unhelpful is where you talk about the same thing so often, perhaps to many different people, that it begins to take on a life of its own. An example; you have been seeing someone for several weeks or more, which you've enjoyed and have started to hope that you might have a relationship with the person, but then they stop calling. They don't respond to your communications. You might feel hurt and confused about what went wrong. In this situation, it is very normal to tell a close friend all about it and speculate about the whys and wherefores and what could have been. However, if a month later you are still having the same conversation, not just whenever you see that good friend but with work colleagues, your aunt, the person you met last week on the bus and are also endlessly discussing it with yourself then it's fairly likely that you now feel even more upset than when you first realised that the relationship was over. It's also very unlikely that you're going to meet anyone new whilst spending so much of your energy reliving what has happened. My recommendation to start the healing process is to try to notice when you are having either an inner conversation with yourself, or are beginning to introduce the topic once more with friends, and deliberately direct yourself away from it. Have some ideas on hand for other things to speak about, to think about... different things work for different people but you might prefer to focus on your next holiday, a special meal plan, an item in the news, planning a party or what you hope to achieve at work in the coming year. Have a beautiful mental image available to visualise every time your mind wanders to the person's face. Distract yourself as much as possible, refuse to feed the issue, and the upset and hurt will begin to diminish.

Another situation where it can be really important to limit how much you talk about something is when you are feeling unwell or are in pain. I hope this doesn't sound harsh, it is certainly not meant to be, but in the same way as my previous examples, talking too much about feeling unwell will not make it better. Of course you will need to tell the people in your life that you are suffering, and how it affects you. You may also need to discuss your symptoms with medical professionals and other healers. To clarify, here's a personal example of what I am referring to... I'm generally the sort of person who, when asked how I am, says

"I'm fine, thanks" even if I feel rubbish, but earlier this year having been unwell and in pain for several months I began to notice that describing how I was feeling was gradually becoming my main topic of conversation. This was partly due to well-meaning people saying "how are you today?" and the temptation to answer with quite a lot of detail, in a woebegone tone, was often enormous. I was feeling pretty sorry for myself! Eventually I pulled myself up sharp, because I knew that I was just making the situation worse. So I resolved to stop talking about my health, except when it was completely necessary. I told my partner that when he asked how I was I would just say "I'm good thanks", because I no longer wanted to focus on feeling bad. I explained to him that I still needed practical support, but that going forward I would just say "please can you get the shopping, make this call, cook my dinner" or whatever else I needed at the time. I reminded him of my theories about not giving energy to negative situations, and luckily he was able to embrace it and still help me out when I needed him to. I felt lighter within days, partly from turning my attention outwards to other things and other people, and soon I began to feel significantly better physically too. I believe that my decision sent a message out to God, or the Universe, the Source or however you like to think about it, that I was now seeing myself as a Well Person. By focussing on the good things about how I felt, I fed that sense of wellbeing and it grew.

The same theory works in all manner of situations... perhaps you might try experimenting to see what changes you can bring to your life by taking care with your words. It isn't always possible to control our thoughts, but we have more ability to choose our words, so focus them on what you do want, the positive things, everything you love about life! ©Annie Andrews 2014

## **Tuesday 11th June 2014... Sharing some of my thoughts about Food**

One of the things that I am passionate about, in terms of wellbeing, is eating food that is natural and simple. I believe that eating good nutritious food can create an improved state of wellness; physically, mentally and emotionally.

I have a dream about a time in the future when supermarkets will have evolved into stores filled with high quality, traditionally produced and organic food... fresh vegetables and fruit, rice, nuts and seeds, dairy products that are not treated and adapted more than necessary, eggs from cheerful chickens and meat from animals who have had happy lives grazing in fields.

I don't know whether there is any possibility of my dream becoming reality, but I hope that at least things will shift towards it as more and more people begin to demand "real food". I usually shop in quite a small supermarket, and I know which aisles I need to visit to gather my fairly simple range of shopping, but when I shop in unfamiliar supermarkets whilst on holiday I trail up and down long aisles packed with garishly coloured soft drinks, cakes and biscuits, crisps, ready meals etc etc... and I wonder how it came to be that the majority of food on offer is processed, full of sugar, trans fats, colourings, preservatives and goodness knows what else. And then the powers that be seem surprised about the poor state of people's health.

When I started to take an interest in eating a more wholesome diet, back in the nineties, I spent a lot of time reading labels on food to see what each item contained. But fairly early on I realised that generally the best foods to eat are those that have no list of ingredients... they just are what they are, as they grew, unadulterated and ready for us to combine with other simple ingredients to prepare meals. For example, I might buy organic steak or chicken, some carrots and broccoli, and serve with organic butter over the vegetables. It is quick and simple to prepare, tasty and easy to digest. Often, people tell me that they don't have time to cook from scratch, but cooking steak and vegetables takes less than 15 minutes, including peeling the carrots! There are many other, equally speedy, possibilities for meals that really feed us. Surely our incredibly wonderful and complex bodies deserve at least that much

care? ©Annie Andrews 2014

## **Tuesday 7th January 2014 New Year Thoughts**

Happy New Year! I hope that you are beginning this new year with positive expectations and in good health. If you have been struggling with illness, are feeling gloomy or have been affected by the flooding and power cuts over the festive period, or are beset with any other problems then I sincerely wish that this year brings better times for you.

When we begin a new year, it is usually just a calendar thing, entirely man made... but this year there was a New Moon in Capricorn on the morning of January 1st. New moons are always a perfect time for new beginnings, and for making wishes and plans for the coming time, so for this to happen at the very beginning of a new calendar year is special. For anyone who made resolutions and wishes, or dreamed dreams of how they want their life to be, this is very auspicious.

If you didn't make a new year's resolution, or wishes for the coming year, it isn't too late... I don't believe it is ever too late to decide on something that you want to change, create, stop doing or start doing or learning. We create our lives as we go along by what we think, what we say, how we respond to situations that arise and the people around us, how we look after ourselves and by what we imagine and how we visualise our future will be. I am not suggesting that we have total control over everything that happens to us, but I do believe that we have the ability to make shifts if we can become aware of what we want and what we don't want, and then act on those realisations.

Even making a new year's resolution that you break by the middle of January is useful if it demonstrates something about you to yourself. Perhaps what is needed is a modification to the resolution so that it is closer to what can really work for you. For example, if you decided to go to the gym three times a week but are finding that less than enjoyable, perhaps you'd prefer to go for a country walk at the weekend, go swimming one evening and to the gym on another. I enjoy all three, so my resolutions don't tend to be about exercise, but I know it's a favourite because the gym is always very busy in early January. Exercise can be fun; it's just a matter of finding the right sort. If you asked me to join a netball team, or play tennis, I would politely decline, but I know many people thrive on team games and competitive sport. It's all a matter of what resonates! The same principle can be applied to many areas of life and resolutions.

As so often happens I have digressed completely from the topic I meant to write about... the astrology at the present time is very earthy, with the Sun, Mercury, Venus and Pluto all in Capricorn, so I feel this is a good time for reviewing the practicalities of our relationships. What is working for you? And if something isn't, what changes could you make that would improve things? Mercury meets Venus this evening, so the next couple of days could be a good opportunity for serious conversations about love and relationships. And with Venus retrograde as she is, perhaps also a good time to discuss what's been happening, resolve any niggles and so move forward into the year in greater harmony. Tomorrow Mars will square Jupiter so just a word of caution to keep a realistic approach, and broach any delicate topics with diplomacy and compassion. You might even ask for a little help with tricky conversations from your Angels... they are always ready to help if we remember to ask!  
© Annie Andrews 2014

## **Friday 29th November 2013 Autumn into Winter**

As we approach the end of November, with a mixture of dark rainy days and crisp colder bright days it begins to feel as though we are already in winter. In less than a month it will be

the Winter Solstice when the days begin to slowly stretch out again and winter officially begins, and then Christmas of course. Whether or not you are Christian by faith, living in the UK it would be very difficult not to be affected to some extent by Christmas... the shops are full of bright lights and colours, not to mention people, searching for the perfect Christmas gifts. When watching TV, browsing online or just walking through a town we are bombarded with adverts inviting us to buy, eat, drink and play with various products. Although it's all very commercial there are also many opportunities and ways to experience Christmas in a more meaningful way; offering something to help someone, perhaps giving some company to a person who feels alone, showing love and appreciation to the people in our lives and taking time to feel gratitude for the good things we have and experience. Christmas offers a reprieve from the gloom; it gives us a bright focus with extra social events to keep us cheerful, baking to add warmth and homely scents to kitchens across the country, if we're lucky a chance to join in with some carol singing, or at least listen, and much more.

This blog wasn't meant to be about Christmas, but it seems I got swept along with the thought! I planned to write about suggestions for feeling better throughout the autumn and winter months if you are affected, as I am, by the limited hours of daylight. I think that one of the most important things is to be understanding with yourself if you find that you need more sleep, or different hours of sleep, during the darker months. I believe that we are meant to sleep more at this time of year, but it can be difficult in modern society to go into a state of semi-hibernation. One option worth trying if you find that you are constantly feeling tired is to try getting to bed earlier, at least a few times a week. Sleeping late in the morning is also beneficial if your working hours accommodate this, but it does have the disadvantage that if you sleep beyond a certain time you are of course missing out on those precious hours of daylight. Maybe a late afternoon nap, once it is already dark is the answer!

It is also really important to get outside, whenever possible, during the daylight hours to breathe some fresh air and to have a chance of getting some Vitamin D from the sun. This is necessary for both physical and mental health, and a deficiency can contribute to various health issues. Another way to get Vitamin D is to eat meat! I speak from experience when I say that eating meat helps me to stay healthy, strong and positive, especially through the winter months. Some people find that taking a Vitamin D supplement can help. (Please note that I am not offering this as professional medical advice, and if you suffer badly with physical, mental or emotional problems during the winter months it would be worth discussing them with your GP.)

Going outside for a walk, or a run or bike ride, also provides some exercise which is a great way to relieve stress and heavy feelings... try to sometimes go where there is water, or the woods. Locally to Ruislip, where I work, there are lots of woods to explore, Ruislip Lido, the canal at Harefield and the Aquadrome at Rickmansworth. Those are just a few suggestions! It can be uplifting to go to these beautiful places and if you wear warm clothing it is well worth venturing out!

Make your home cheerful and cosy, some throws on the sofa perhaps, so that when you come in from the cold you have somewhere warm to snuggle. Hot water bottles are great. And candles are a nice way of creating a warm light that is peaceful. This leads me on to the next suggestion... meditation! If you haven't already started a regular habit of meditating, winter is a great time to begin. On dark evenings, regularly spending twenty minutes sitting quietly focussing on your own breathing, just being peaceful, can have a big impact on how calm and relaxed you feel throughout the days. There are many CDs and online sources of guided meditations available if you prefer. It is a habit that you won't regret forming.

These are just a few tips from my own experiences, and I'm sure you may have found many other ways of feeling better through the winter yourself. I hope to add more ideas as I discover them... and please do email me if you would like to share any suggestions that you have! © Annie Andrews 2013

## **Thursday 31st October 2013 Halloween**

Wishing my clients and anyone who reads my blog here a Happy Halloween, or Blessed Samhain, whichever you prefer! Apart from all the pumpkins and scary costumes, tricks and treats and parties, this is a special time of the year when the veil between the dimensions is very thin. This allows us to more easily communicate with those who have passed to Spirit. It is also a time for honouring our ancestors, perhaps by lighting a candle and sitting awhile in contemplation of those we have loved who have now passed. I also include those that I have never personally known in this life, those who lived in earlier times but whose actions, beliefs and physical characteristics have to some extent passed on through the various family lines to me. As a Medium, perhaps these things are especially important to me, but I believe that we can all gain from having an awareness, even if only occasionally at times like Samhain, of those who have lived before us.

On a slightly different note, the astrology tonight is very powerful as many of the planets arrive at 9 degrees of various signs... Uranus and Pluto reach another exact square, in Aries/Capricorn, and Mars will be in Virgo, whilst the Sun and Mercury will be in Scorpio. And not forgetting the wounded healer, Chiron in Pisces. All at 9 degrees! So if your Sun or Moon is around that point of any sign you may be feeling this build up, and it could be an "interesting" time (and I don't necessarily mean difficult or doom laden)... and ultimately a healing time. That it's Samhain makes it all a little more interesting I feel! © Annie Andrews 2013

## **Tuesday 22nd October 2013 Why we shouldn't worry about Mercury Retrograde!**

Yesterday morning, an astrological phase known as Mercury Retrograde began. This occurs three times a year and lasts approximately three weeks, longer if you include the "shadow period". Although the name implies that the planet Mercury is going backwards through the zodiac, this is not actually the case; it just appears that way from the Earth. In recent years Mercury Retrograde has achieved quite a reputation for causing problems, and anyone who occasionally glances at their horoscope in magazines or newspapers will likely have heard about it, and be aware when we are approaching such a phase.

The planet Mercury is named after the Messenger of the Gods and is the planet of communication, mental activities and connections, and so it is often said that during a retrograde phase we should take extra care when making arrangements, and be vigilant when signing contracts, ensuring that we read the small print carefully. Some astrologers recommend putting off certain activities until Mercury Retrograde has finished... but this is not always possible. It is also common that when people say they are having problems with their computer, their phone or that an important item of mail has been delayed that someone will respond "Oh, well it's Mercury Retrograde". It's reached a point that some people almost seem to live in fear of this phenomenon!

My personal view is that things can go wrong at any time of the year. Communications can and do break down, travel plans get messed up (it would be wonderful if trains only got delayed when Mercury is retrograde, but this just isn't the case). I also feel that it is always wise to take care when reading important documents, signing contracts or making arrangements. And when we have conversations with friends, colleagues and relatives it's generally good if we take care to be attentive!

I am extremely interested in astrology, and have been studying the subject as a hobby for around 15 years... and I do believe that the planets can have an influence on our lives, both on a global and personal level, especially inwardly in terms of evolving and gaining

understanding of ourselves better through our experiences. But I do not believe that movements of the planets force things to happen to us, or that we have no control over the way our lives unfold. This would be very disempowering! I feel that what we expect affects outcomes to an extent, and that if we expect problems then that is likely to be what we will get. So, for what it's worth, I'd like to encourage you to maintain a positive view during this period of time... it can offer an opportunity to sort out any past misunderstandings, as this is also a time for review. If you really feel you don't want to press forward with instigating new ideas, making deals or buying a new phone then perhaps instead use this time to reflect on your plans and your inner processes, do some research, or just find an absorbing book... but whatever you choose, don't spend the time feeling paralyzed by a sense of doom and trepidation, there really is no need. Ultimately life is too short to feel stymied for several weeks, three times a year! © Annie Andrews 2013

## **Tuesday 24th September 2013 Some Thoughts about Smiling!**

Some thoughts about smiling... I like to smile, and I like it when people smile back at me. So here are my thoughts about the advantages and benefits of a smile:

Smiling makes you feel good; truly, no matter how bad you feel, if you force your mouth into a smile your body will start to release endorphins and serotonin which will make you feel better than you did. It even acts as a natural pain killer.

Smiling creates better interactions with other people, whether they are friends, colleagues or clients, or people we're dealing with in the bank or supermarket. Even when talking on the phone smiling helps positive communication, as it surely comes across to the other person.

Smiling helps us relax, which has so many benefits. Stress; which few of us manage to avoid feeling at times, can cause health problems, difficulties in relationships, accidents, weight problems, issues at work and a whole host of other nasties... so if smiling can help lift you above at least some of the tensions in life it might be worth doing!

Smiling boosts energy when exercising... I don't know if this is proven, but it works for me! When I'm struggling up the final hill when out running, smiling gives me the extra burst of energy that I need. And I also like to smile while running because so many people smile back!

Smiling creates much more attractive wrinkles than frowning... really!

It's almost impossible to clench your teeth when smiling, so if you ever suffer from an achy jaw, headaches or ear pain it a good habit to adopt.

A confident smile makes us appear more positive and self-assured... even when we may be quaking inside.

Smiling encourages social interaction, which of course needs some moderation in certain situations, but on the whole I feel exchanging pleasantries with other people is an good thing. On occasion it can make all the difference to someone's day if they happen to be feeling lonely or sad... and then perhaps later they'll smile and chat to someone else too!

There are so many reasons to smile; all around us there are beautiful things to see, listen to, and experience and maybe a practice of smiling helps us to notice them.

A final thought... I've yet to meet someone who doesn't look more attractive when they smile! © Annie Andrews 2013

### **Friday 20th September 2013 Peace One Day**

Tomorrow, Saturday 21st September is the annual day for "Peace One Day", and I thought I would give it a mention as I feel it is such an important and inspiring movement. Please take a look at the website [Peace One Day](#) to find out more about this... but briefly the idea is that for one day of the year there should be a cessation of war, conflict, domestic violence and all other forms of hostility and aggression, so that there is peace and harmony for that one day.

Last year I attended a concert to raise money for this organisation, which was a mixture of music, and also presentations about the work they do to persuade governments and other authorities to honour this day of peace. It was a rather wonderful evening with Sir Elton John, among others, giving a fantastic and lengthy performance, but the thing that stayed with me most strongly was one of the speakers explaining that when people ask what difference it can make to stop wars for one day, if they will then resume... is that if you, or one of your loved ones, would have been one of the people to be injured or killed on that day, then it makes all the difference in the world. How very true! If there is any way of bringing more peace to this troubled world, both on a global level and for each of us personally, it is surely valuable. Wishing you a day of peace and contentment! © Annie Andrews 2013

### **Wednesday 18th September 2013 The Full Moon in Pisces**

The moon is virtually full this evening, and she's looking very beautiful in the dark sky. As I was running home from the gym this evening I was glad that she was providing extra light on some of the darker roads... but more importantly than that, I love the power that she beams down on us when she is full, inspiring us to reach out and fulfil our potential.

Tomorrow lunchtime(Thursday) at 12.12pm is the moment of the Pisces Full Moon, when the Sun in the sign of Virgo, is exactly opposite the Moon in the sign of Pisces. Pisces is the sign of intuition and feeling, going with the flow and sometimes not really feeling a part of the more earthy realities of life, whilst Virgo is the sign of organisation, perfectionism, grounded-ness and all things practical... so perhaps this is a good time to stop for a few minutes and reflect, imagine and gather together your dreams, and think about how they might become a reality.

What steps could you take to start moving towards the life you'd really like for yourself? Is it time to look at the routines and habits you have developed over the years and consider whether they still work well for you, or could benefit from updating? Sometimes by changing small aspects of our lives which are no longer useful, we can create a much bigger shift than would seem possible. Maybe you've become stifled by too many routines and rules that you've set for yourself... or perhaps you are at the other end of the scale and feel that you would like to bring a bit more order in your life? We are all different, and what works for one person will not necessarily suit their neighbour, friend or co-worker; the important thing is to find what works for you, as the person you are today!

If you would like encouragement and support while you bring change to your life, please do get in touch with me to discuss how I can help. © Annie Andrews 2013

### **Thursday 5th September 2013 The New Moon**

It's a new moon at 12.36pm, lunchtime today... when the sun and moon meet in the sign of Virgo. New moons (and the couple of days afterwards) are always a great time for making wishes and dreaming about your hopes for the future. This Virgo new moon is an especially

good opportunity to consider new ways to organise aspects of your work, your home and how you look after yourself. So if you love making lists or spread sheets, go for it... and then relax and believe that wishes can, and often really do, come true. © Annie Andrews 2013

### **Friday 22nd April 2011**

Yesterday evening I wished my Facebook friends a "Happy Easter", and then found myself wondering whether that was appropriate, given the somewhat serious nature of the Christian Easter. What I actually meant was to wish my friends a happy time over the four day break, but it's important to remember that for a lot of people this time means more than a chance to relax and meet up with friends.

My mother was brought up with the belief that there are three times in the year that a Christian should definitely go to church: Christmas day, Good Friday and Easter Sunday. As a child I was happy with the Christmas service, especially once I was old enough to go to midnight mass, but at Easter, the idea of going to church twice in one week seemed a bit excessive. Having explored my own beliefs over many years, I feel that whatever works, in terms of faith, for anyone, is important and should be respected. Faith can give us comfort when times are difficult, and therefore is worth nurturing. For some this means worshipping in a central place with a congregation and spiritual leader, whilst for others it feels right to communicate alone, in the privacy of the home or in a place close to nature. I really do feel that this is such a personal choice, but however we choose to celebrate our faith, it is the belief in something, the "having faith", which is important for our emotional wellbeing. © Annie Andrews 2011

### **Tuesday 21st December 2010**

On this cold snowy evening I would like to wish you all a wonderful time over the festive period. Whether, like me, you celebrate Yule and Christmas, or a different festival... or whether you just enjoy a break from the usual routine, I hope that you will have a truly enjoyable time filled with a mix of excitement and peace, with good friends and family... and I wish you a happy, healthy and fulfilling year ahead. © Annie Andrews 2010

### **Friday 27th August 2010 on Spiritual Practice at the Gym!**

Sometimes in modern life it is hard to fit in all the different things that you know are good for you. There's exercise, and eating healthy freshly prepared food, and spending time with people you care about, and relaxing with a book and a cup of tea (or juice or wine or whatever takes your fancy), getting enough sleep... and then there's meditation.

For me it is meditation which tends to get missed out when life is busy... or rather, it was until I found that I could combine meditation and mindfulness practice with my regular gym sessions. I know that traditionally yoga or tai chi are considered to be the way to go if you want a spiritual form of exercise, but so far I've not felt drawn to those, probably because I enjoy the gym so much.

I've been meaning for some time to blog about how I combine exercise with spiritual

practice, so here it is. As a caution to anyone who chooses to try it though; please do make sure that you are in a safe environment to do this and that you feel completely comfortable about it. I have not found any ill effects but I do not know what a medical professional or fitness instructor would make of it. Also, I have been going to the same gym for twelve years and I feel very safe there... however I would not meditate or similar on a particularly busy evening when the gym is heaving with people.

When I want to meditate whilst doing cardio vascular exercise I choose to use an exercise bike. The fact that I am sitting securely on the saddle rather than moving around enables me to close my eyes, and with some peaceful music coming through the headphones it is possible to relax into a reasonable level of meditation. I do not ever use a guided meditation recording though, as it could take me too deep... this could cause a problem if a friend arrives and slaps me on the back by way of greeting just at the wrong point. I probably do not pedal very hard when meditating... it is more a regular relaxed rhythm, but less frantic exercise done for a decent period can be good for fat burning... or so I've been told!

An alternative, whether I am using a bike or rowing machine or cross trainer, is focusing on the repetitive movements that my body is making and how it feels. This is mindfulness practice... I become absorbed in the action and the feeling, which reduces the busyness of my mind. This can be extremely soothing and calming at the end of a hectic day.

When doing weight training using dumbbells, I can again focus on the movements to bring myself into a state of mindfulness; I also find it useful to focus on my breathing during this type of exercise. Since it is important when lifting weights to breathe in and out fully, at the correct times, it is something I am already doing... so I just increase my focus a little more. The same applies when I am doing floor based exercises for toning and stretching. On occasion I have relaxed so much that I've nodded off on the mats, but nobody seems to mind too much!

I also find mat work very grounding as it is one of the few times that I actually lie flat on the ground. Children do this a lot... they race around and then suddenly fling themselves down on the ground, and I've come to believe that they naturally know when they need to ground themselves. As we grow up we tend to sit in chairs most of the time but I find it useful sometimes to lie flat on the floor and allow my whole body to connect to the earth. Ideally this would be on the grass outside, however it does work indoors too!

I'll do a blog about grounding sometime soon! © Annie Andrews 2010

## **Tuesday 24th August 2010 about Wiltshire and Crop Circles**

I've just returned from a wonderful weekend in Wiltshire... perhaps it may seem a little odd for someone living west of London to book a holiday there, but it has really been an amazingly relaxing and uplifting break from "normal" life. The weather wasn't perfect and things got off to a debatable start as we spent the first day in Salisbury due to the rain... I have to say that it would probably have been better to get soaked walking somewhere pretty!

Anyway, the next day was sunny and we headed to Avebury... something I usually do as a day trip, but it was good to have more time. I've been wanting to experience a crop circle

but last year I was thwarted as I couldn't find the right location... as a towny person it's quite hard to find a circle that's in a field in the middle of nowhere!

The week before I had an email from Crop Circle Connector (see my links page) about a new crop circle shaped like the Holy Grail which was just outside Avebury. I said a little prayer that it would still be there when I was in the area... it's harvest time now so a lot of circles are vanishing... but sure enough, when I asked at the Henge Shop in Avebury, they said that it was still there, and kindly gave details of how to find it. As it turned out, it was relatively easily, as it was close to a main road.

So... I traipsed through the field, keeping to the tram lines so as not to damage any crops, and there I was, IN A CROP CIRCLE! It really did feel very wonderful... the energy was warm and soft, as you might expect when sitting in the grail cup! I spent quite a while there, absorbing the energy. I've never felt anything quite like that, and perhaps this sounds daft, but it did feel very special. I certainly plan to visit more next year. I'd also like to thank the farmer, who I know won't see this, for holding back on harvesting the field... otherwise I'd have missed something that is intangibly important. If there's one thing that the world needs now, more than ever, it's love... and that's what the energy felt like. © Annie Andrews 2010

### **Friday 30th July 2010 about Exploring Tarot 2010 Seminar**

Thinking about the Tarot Seminar at the College of Psychic Studies tomorrow... it feels like the quiet moment that often occurs before a holiday... you're all packed and ready to go, but the flight isn't until early next morning so you try to relax and get a few hours sleep, but really you just want to get on with it.

Avril and I have been planning this event for about a year and it's been quite an experience. Speaking for myself, it's been a learning curve which has taught me a lot about myself and the way I work best; it's also shown me how satisfying it is to help to organise something which I hope will give pleasure and interest to a lot of people.

Until a couple of weeks ago ticket sales were quite slow, unsurprisingly given the current financial uncertainty that a lot of people are experiencing, but this week the tickets have been selling fast... at the last count we have 50 people attending and expect more to buy tickets in the morning. So, it should be an exciting, busy day ahead... everything is ready that can be, and I'll be up with the lark (or maybe just slightly after) so that we have everything ready for the 10am start... no easy feat for a nocturnal being like myself!

For now I'm having a quiet evening with a glass of wine and, before I go to sleep, perhaps a little prayer to the Goddess, to Gaia, for a smooth and happy day tomorrow.

© Annie Andrews 2010

### **Wednesday 28th July 2010 about Spiritual Book Chat**

I'm very happy with the way that the Spiritual Book Chat groups are developing. I organise two groups, one in central London and one in my local area of North West London. The idea of the Spiritual Book Chat is to bring people together to share information about the very best

of the spiritual, esoteric and personal development books that they have read. Each group meets monthly for an informal evening in a pub, chatting and looking through books that others have brought along over a few drinks.

Unsurprisingly the conversation tends to wander to various relevant topics over the course of the evening, which is part of the fun as we find ourselves exploring all sorts of different things that are relevant to living well, or attempting to at least! Whilst the intention of the groups is to be fun and upbeat, it can also be helpful at times to be among likeminded people who can offer advice and suggestions at difficult times.

If you are interested in joining one of the groups please have a look at the Books and Links page where you will find further information and links. There is also a link to a mini Amazon store which I have set up to promote my favourite books. Every book that I recommend is one that I have personally read and enjoyed... the list is getting longer as I'm reading books others have recommended as fast as possible! © Annie Andrews 2010

### **Friday 2nd July 2010 about Fate and Free Will**

When I am working as a Tarot reader it is not uncommon for clients to ask me questions about the outcome of certain things that are happening in their lives, or to predict when they will have a new relationship or job. I try to respond to my client's questions and concerns... however prediction is something that I prefer not to do, largely due to my personal beliefs about fate, destiny and free will.

I believe that before we are born into each life that we have (and I do feel that we have many) we decide what we want to learn during that lifetime which will enable our soul, which is eternal, to evolve and grow. We are then born into a family or other situation which will set us off along a path of experience appropriate to what we have come here to learn.

So, we begin with this situation, our childhood, which some may think of as fate... because we have not chosen it in this lifetime, and have no conscious recollection of having done so before being born. As young children it is likely that most decisions are made for us by parents or other caregivers, but gradually we take more control our lives, until ultimately we (hopefully) are making healthy choices in each area of our lives and living as a fully self empowered adult.

Going forward, the one thing I believe to be fated is that at some point in the future our physical body will become tired and worn out, and we will pass over to Spirit. What happens before we get to that point is up to us... depending on what choices we make we will have different experiences, happy and sad, positive and negative. Although it can appear that some people are "luckier" than others I don't know of anyone who lives a charmed existence with never a moment of pain and worry. What I do believe is that some people are more weighed down by the difficulties of life, whilst others are more able to see the positive in situations... especially the fact that we really do learn and grow from life's difficulties. If we ignore the lessons then life can get tricky as we crash from one problem to the next trauma, repeating the same mistakes and old reactions. If however we can spot the pattern and decide to consciously change our reactions and behavioral patterns this can help to bring about a more positive life experience. We have a choice how to react in any situation, but

often we give the response that we have always given, without even considering if it is useful or will bring us the outcome we want. A friend of mine often says "if you always do what you've always done, you'll always get what you've always got"... which is so very true! A Tarot reading can be useful in looking at patterns of behavior that may not be serving you well.

I feel I've got a bit distracted so although I will leave my ramble in place, as I believe it may be useful, I will get back to the original point... I do not feel that it is for me to tell you about the future as if it is fixed and definite... there may be opportunities arising, but whether they come to fruition will depend on you, not on the Tarot cards. For example, the cards may indicate that there is a possibility of a new relationship for you in the near future... but if you stay at home, reading and watching TV every day and evening then it is probably unlikely that you will meet a potential new partner. Also, you may go to any number of bars and clubs, but if you sit in a corner with your arms folded and your eyes never looking around then you could still miss a chance for a happy new relationship. Life may throw opportunities our way, but without a positive attitude and openness to what is available a lot may pass by unnoticed.

When asking questions of the Tarot it is worth considering what will really help you to get what you want in life... what information will you find helpful to move forward from feeling stuck and unmotivated, or lonely, or frustrated and bored? It may feel nice to be told that you will meet your prince (or princess) in November, but perhaps it could be more useful to explore how that might happen, and how to make the most of it when it does! © Annie Andrews 2010

### **Saturday 19th June 2010 about the Oil Spill**

Briefly... about the oil spill... spill being a huge understatement for the environmental catastrophe that's happening... looking beyond who is responsible, and who should pay, even beyond the unbelievable harm it's doing to wildlife, nature and livelihoods, isn't it time that we realised that maybe it's not such a good idea to keep removing things from the core of the Earth... how well would a car engine, or even a sewing machine, run with no lubricant? At what point will someone say "hey, let's leave a little oil to lubricate the Earth's plates"? © Annie Andrews 2010

### **Tuesday 18 May 2010 about my love of Books**

Books are amazing! No two ways about it, they have the power to change lives.

I have always loved books and in difficult times of my life they have probably been the main source of inspiration which has led me through to a better and more satisfying way of being. I can't imagine that I would be doing what I am now if I hadn't read many of the books that I have over the last twenty years.

I own many books that are still waiting to be read, and I seem to acquire more on such a regular basis that I'll probably never catch up... but what I have noticed is that often, when I become interested in a new topic, a new aspect of my spiritual growth, I find that I already

have the perfect book on my shelf... so there is some method in all this! Perhaps!

I feel that there will never be enough time to learn everything that I want to know... and I'm truly grateful to the people I meet who are able to teach me about certain areas, and inspire me to learn more. .. usually from books! One thing that I've noticed is that some books are more easily absorbed than others... with some it's probably a personal thing, but by talking to other people I've realised that some books come out as resounding favourites, whilst others get a loud uh-ohhhhh!

This is the reason why I have started the Spiritual Book Chat Groups (see links page)... I have such a strong feeling that by bringing together people who love spiritual and esoteric books, we can pool information and each get the best from the many books that are available, and the new ones published each month.

Another thing I love about books is their ability to get people talking... I've lost count of the times when I've been travelling on the tube, sometimes late at night, and a fellow passenger has asked me about the book I'm reading... I love that... in a world that is often distant anything that gets people talking and sharing ideas is truly worthwhile! © Annie Andrews 2010

## **Tuesday 11 May 2010 about what matters to me!**

Hello... and welcome to Annie's blog! Now that I have this blank page on which to express myself I feel suddenly rather shy about doing so. It feels so much more serious to be writing about these things than talking... it seems so definite, and permanent. So, I would like to begin by saying that I am very aware that in the sort of areas that I am likely to be writing about there are probably as many different opinions, understandings and views as there are people having them. All are equally valid as each person's own take, for example on Spirituality, is deeply personal and individual.

The thing that most inspires me in life is the natural world; the oak tree outside my window which is now just coming into its full leafy glory, the pictures that the clouds form in the sky, waking up to the sound of birds celebrating the day and even the pounding of a heavy downpour of rain on my skylight make me feel alive, and remind me how special it is to be here living on this wonderful planet.

I have tried to create a website which reflects this... the primroses at the top of each page are one of my favourite wild flowers. These beautiful delicate flowers are among the earliest to be seen each year and so seem to herald the warmer weather and brighter longer days. A new beginning after a long winter... which is so often reflected by our life experiences; as we reach the end of a difficult time suddenly everything seems wonderful again. To me all flowers represent love in a pure form, and primroses epitomize this. I would like to share this special verse by William Blake...

*"To see a World in a Grain of Sand  
And a Heaven in a Wild Flower  
Hold Infinity in the palm of your Hand  
And Eternity in an Hour"*

I will leave you with that for now!

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