

EXCLUSIVE OFFER: *your personal 2017 birth chart*

SPIRIT & DESTINY

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Your spiritual guide to life

JANUARY 2017 £3.80

**BUMPER
NEW YEAR
ISSUE**

*Wake up your
CREATIVE
SPIRIT!*

**7 steps to unleashing
your inner artist**

**Reboot
mind,
body and
soul with
FASTING**

New Year money blues?

**Mind power mantras to
stop you overspending**

**TIE THE
KNOT!**

**Ribbon magic
for health,
love, luck**

Your amazing 2017 revealed

Year ahead starcast – inspirational 15 page guide

PLUS

**Patrick Holford • Animal retreat breaks
Shamanic healing • Easy angel meditation**





Be wild at HEART



Journeys of
DISCOVERY

Love animals? There are now lots of breaks where you can connect with the creature kingdom and reap the spiritual rewards

Animals live in the moment and as nature intended, and part of the reason we are attracted to them is because there's a bit of us that would love to live that way too.

Life is complicated and full of responsibilities, tricky situations and tough emotions like guilt, disappointment, jealousy, anger...

A connection with animals takes us back to our true self, simple beings connected to planet earth.

As well as being exceptional companions and loyal friends, animals also have the ability to help us heal and rediscover our inner selves; many people allow themselves to open up emotionally to an animal, where they may not for another person. Perhaps this is because we know that animals do not judge us.

Not only that, animals have the ability to 'read' us and connect with us. Horses, in particular, have a highly developed ability to respond to our energies and emotions.

While we often cannot explain this incredible


equine perception, just being in the company of horses can help us feel happier and even more grounded.

Intuitive healer Sarah Jones believes that interacting with animals can increase levels of the 'happy hormone' oxytocin.

'Oxytocin has some powerful effects on us, for instance, helping us be in a state of mindfulness during which we physically heal and even regenerate new cells.'

There are many retreats and workshops in the UK and overseas which give you the opportunity to connect with animals in beautiful, peaceful locations, and get those oxytocin levels flowing.

No matter what your budget, whether you want to experience a life-changing spiritual swim with dolphins in the Bahamas, immerse yourself in nature in the Amazon or simply strengthen the bond you have with your own beloved pooch in the Welsh countryside, we've put together a few ideas for where you can find some soul-healing creature comfort. ►



Bond with birds in the Peruvian rainforest

It's not just furry beasts that encourage the feel-good factor, our feathered friends do too. At the Strip Back and Rebuild wellness retreat in the rainforest of Peru, you can enjoy the company of more than 800 exotic birds including hummingbirds. This retreat is all about stripping back the material baggage and stresses of life, leaving you free to rebuild your appreciation for the natural world. Stay at four different locations, including a tree house in the rainforest and the Inkaterra Machu Picchu Pueblo Hotel, set in a native orchid garden. Prices for the seven-night full-board retreat including accommodation start at £3,927, excluding flights. Visit inkaterra.com/en