

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

Your words will be taken out of context. Put your time and energy into home improvement. Drastic changes are evident. Your lucky day this week will be Friday.



TAURUS
(APR. 21-MAY 21)

Emotions will run wild this week. Compromise may be necessary. Opportunity to make money will be present. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUNE 21)

Travel will be fun. Spend a quiet day with your love. Don't let children hold you back from doing things. Your lucky day this week will be Saturday.



CANCER
(JUNE 22-JULY 22)

Find ways to spoil yourself. You will be emotional. Someone you live with may cause drastic alterations in your routine. Your lucky day this week will be Tuesday.



LEO
(JULY 23-AUG 22)

Make sure your plans are realistic. Compromise to balance your situation. Emotional disputes will only end in sorrow. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEPT. 23)

Don't interfere with someone's methods. Romance is possible if you take initiative. You must consider yourself for a change. Your lucky day this week will be Tuesday.



LIBRA
(SEPT. 24-OCT. 23)

Work hard on improving your home. Opportunities for romance are present. Don't jump to conclusions. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Help others solve their dilemmas. Use discretion. Do not count on correspondence to clear up major problems. Your lucky day this week will be Tuesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Visit someone who is ill. Your depressed mood has been hard to shake. Put all your energy into moneymaking ventures. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)

Avoid any petty ego confrontations. Try not to let anyone cause friction with your mate. Take care of yourself. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Expect changes in everything. Avoid the issues for the time being. Take advantage of opportunities that exist. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MARCH. 20)

Your lover will be extremely sensitive. You may find yourself caught in a triangle. Curb your bad habits. Your lucky day this week will be Wednesday.

KUNDALINI RISING

BY SHAZIA OMAR
is a yogini. Her classes are available at
studio 107. shaziaomar@gmail.com



Emotional Freedom



We all at some points in our lives must cope with physical ailments. Flu, fever, endometriosis, slip disk, torn ACL, ulcers, acid reflux, piles, heart conditions, diabetes, chronic pain, etc. Some people know the name of their condition and reach out for allopathic remedies, homeopathy, witch doctors, prayers, etc. Others do not know the cause of their suffering but struggle on in confusion trying to deal with the symptoms they experience.

Most of us also face mental illnesses such as depression, obsessive compulsive disorder, attention deficit disorder, bipolar disorder, schizophrenia, anorexia, addiction, etc. Some people are aware of their condition and are trying to heal themselves while others are in ignorance or denial and feel they are hopeless. Suicidal thoughts possibly cross their minds.

On top of this, we are all getting older, losing loved ones and facing our own mortality. Factor into the equation low-self esteem and stressful, fast-paced, modern life and you are looking at the general population's cognitive space. So how can we cope with the pressure?

Be positive.

To do so, we must learn how to release negative emotions and harness inner strength to create positive energy. There are various methods and means to help us be

positive. Meditation, prayer, chanting, singing and doing kind services for others are some such ways. Another tool is called the Emotional Freedom Technique (EFT).

The body, mind and spirit are connected. Negative feelings are not only stored in our minds, but also our bodies, as aches and illnesses. If we let these emotional blocks fester, they not only prevent our growth but also make us sick.

Tapping on acupressure energy meridians or hotspots (on your face and chest) while repeating positive affirmations can create kinetic energy which speeds up the rate of absorption of affirmations by sending them straight into your subconscious mind. Like yoga, massage or acupressure, EFT works on the physical as well as the psychological plane.

Our book, *Intentional Smile*, offers a simple guide to EFT.

"Begin by creating a script suitable for you:

1. Start with an admission of the negative feeling bothering you. (I feel afraid.)
2. Accept and acknowledge the feeling and repeat positive affirmations about yourself. (Even though, I feel afraid, I love, forgive and accept myself.)
3. Programme your mind to release the negative feeling. (I feel afraid sometimes,

but I choose to let the feeling go. I choose to release my fears. Slowly, gently, I surrender my fears to the universe.)

4. Set out a series of beliefs that support your transformed state of being which is free of that negative feeling. (The universe is a safe and secure place. There is nothing to be afraid of. I have released my fear. The universe loves me. All is as it should be. There is nothing to fear. I am at peace. I am in joy.)

5. Keep track of how much negativity you feel after each series of affirmations, on a scale of 1-10. Ten is the highest level of negativity we can experience and one is the lowest. Our goal is to come down to the lowest level of negativity possible.

6. You may not succeed in liberating yourself of all negativity on your first try. Modify your affirmations in free flow and keep repeating till you feel their truth manifest.

The script in this example was a Fear Releaser. You can prepare a similar script to release any negative feeling."

Excerpt from *Intentional Smile: A Girl's Guide to Positive Living* by Shazia Omar and Merrill Khan (<https://www.facebook.com/wellnessjoy/>)

The emotional freedom technique can be used to help you release stress, depression, fear or pain. It can be used to relax, improve sleep and feel good. Give it a shot, perhaps it will work for you.

To learn more about this technique, please contact certified EFT master Merrill Khan: merrill613@gmail.com

(Art by Lara Salam - from *Intentional Smile: A Girl's Guide to Positive Living*)

Shazia Omar is a writer, activist and yogi.
www.shaziaomar.com