

What happens when...

YOU VISIT AN ASTROLOGER

Amy reviews a session



HOW TO... BOOST YOUR CHAKRA POWER

We each have seven main energy centres in our bodies known as the chakras. Maybe you've heard of them before or maybe you haven't, but the chakras have a direct impact on our physical, emotional and spiritual wellbeing.

When our chakras are functioning properly, we feel happy, healthy and light. When our chakras are blocked we may feel emotional, upset, stuck, stiff, fearful or like our lives are lacking 'flow' or joy. It's important to do what we can to keep the energy flowing freely between each of our chakras. Here are some simple ways to balance each chakra.

ROOT

Try connecting with the earth in some way. Sit with your back against a tree, walk barefoot in your garden or spend some time in nature. This will help to ground you.

SACRAL

This is the seat of your emotions. Try taking an Epsom salt bath – this will help to wash away any negative energy and rebalance your chakra.

SOLAR PLEXUS

The solar plexus loves mindful movement. Try dancing or literally jumping for joy. This will help to energeise you.

HEART

Love is the keyword for this chakra and to balance it and boost it, try doing things that you love. Spend time with loved ones, pet an animal or sing or paint. Do anything that makes you feel a profound sense of love and joy.

THROAT

The throat chakra loves making noise, so try humming or singing or chanting. All of these things will help to release any blockages.

THIRD EYE

Your third eye is the seat of your imagination and intuition. With this chakra it's important to dream big. Indulge in daydreaming and visualisation to give this chakra a boost.

CROWN

The crown chakra houses your connection to the universe and the divine. To help balance this chakra try saying a prayer or doing some meditation. You can also visualise a white light pouring down from the heavens and gently 'washing' your crown chakra (see it as a diamond that sits on the top of your head).

When it comes to astrology, most of us have a limited idea of what it entails. We know, for example, that our zodiac sign is Gemini and we happily read our daily horoscopes (and subsequently rubbish them when their predictions don't come true).

Since sitting down and having a session with psychological astrologer Margaret Gray, I can honestly say that my views regarding astrology have changed dramatically and I'm eager to learn more.

Margaret is a wonderfully welcoming person and as soon as we meet, I feel at ease. She's friendly, warm and has a high level of genuine empathy for her clients.

From the outset, it's clear that astrology is Margaret's passion and she has a unique way of communicating things in a succinct way that's very easy to understand.

At the start of the reading, Margaret explains that our astrological birth chart represents the lessons that we're meant to learn during our lifetime.

One of the things that I like most about Margaret is her honesty. Straight up she tells me that she will not tell me anything that I don't already know.

My reading will, essentially, remind me of things I'm already aware of. She encourages me to ask questions as we go along and says something very few practitioners will say: "You're the expert on you, I'm not."

I find Margaret's reading incredibly empowering. She describes my personality down to a tee by looking at my sun and moon signs. We talk about relationships, career,

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personal life and even though Margaret has told me she's simply interpreting the chart, I'm surprised by how accurate she is.

I'm told that my life's purpose is communication. Margaret also uncannily picks up on a few areas of my life where I have been thinking about taking action.

Leaving Margaret's session I feel energised and very empowered. I have a stronger sense of who I am and I'm eager to start making plans for my future. I found this to be so worthwhile and I will definitely return to Margaret in the future.

She's incredibly skilled at what she does and I would encourage anyone who is curious about astrology to pay her a visit. **WW** Margaret Gray MSW D. Psych. Astrology is a Psychological Astrologer based in Dublin, with a foot in Hawaii. She offers individual and couple birth chart consultations as well as classes. For more information call 085 814 4135, email: graymgt@gmail.com or log on to www.astrologypsychological.com

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