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# 'Law of Attraction gave me belief'

**Pallavi Prasad** discovered everything she needed to create the life she desired lay inside her

**C**utting out the pictures, I began to diligently stick each one on my vision board. Cot, highchair, nappies, car seat, pushchair... the list went on and on.

My husband Kiran and I were expecting our first child and I was determined to use the power of manifestation to get everything we needed for our little girl.

Looking at the vision board covered with pretty much all a newborn would need, I set the intention that I would win everything on that board.

And I did – I won competition after competition, signed up to be a mystery shopper for baby items, and pretty soon we were totally kitted out for our new addition, Swara.

I'd been aware of the Law of Attraction since I was 24 when a friend of mine told me about this amazing book she'd read – *The Secret* by Rhonda Byrne.

I got myself a copy and, come the end of the book, I'd realised how many things I'd been doing wrong if I wanted to live the kind of life I desired. I'd wasted so many thoughts thinking how I couldn't do this, that or the other, have this, that or the other, and speaking negative self-talk.

After reading *The Secret* I was a different young woman, one filled with confidence and self-belief.

I pledged I would take a step each day towards a dream of mine, set my intentions, and have total faith the universe would deliver.

## Can-do attitude

At the time, I was in the final year of my degree in engineering and print technology, studying in Bangalore, where my family and I are from.

With the bulk of the course behind me, I'd been wondering what I'd do after university.



Inspired by *The Secret* and my new can-do attitude, I decided to apply for the prestigious and highly competitive Emerging Professionals Programme, a 10-day course in Germany for students from print engineering and print technology schools across India.

When I was in the interview for potential candidates for that year's programme, in 2007, it felt like someone else was speaking through me. Maybe my higher self. I was saying all the right stuff, and it paid off!

I was so proud to be one of the first women to be selected for the programme.

After completing it, I came back to India and pursued my career in print technology.

Around that time, I was of an age at which my parents, as tradition dictates, started to look for a suitable husband for me.

I had something in the region of 20 meetings with potential suitors, but none of them felt right.

I knew I hadn't met the man for me, and my parents respected that.

How it works is there are consultants who, taking into consideration astrology among other things, match women with potential husbands.

After so many fruitless meetings, I was beginning to wonder how long it would be before the man I knew was right for me showed up.

I'm only 5ft 1in and people had often said, 'you're very short, you'll need a short man.'

No – that was not the soulmate I was going to manifest.

I wrote down the qualities I was seeking in a husband, and they included: 'he must be tall, love travel, be spiritual, have a good heart and not be materialistic...'

As I knew would happen, I found that soulmate. All 5ft 8in (and a half) of him!

Kiran was from the same part of India as me but when we first connected with each other, he was living in the UK.

*'We trusted our intuition. We knew we were right for each other'*



With Kiran and our daughters Swara and Dhvani

I had a rocky relationship for eight years.

Then I realised I had the power to change this. I had the power to heal this relationship, not only for myself but for everyone around me.

I needed to look at my mother-in-law through different eyes and appreciate all she had been through in life, and everything she'd done for her only son.

I made a vision board and decorated it with pictures of my mother-in-law. As I stuck the photos to the board, I said: 'We are like good friends,' and, 'We have a really beautiful time together.'

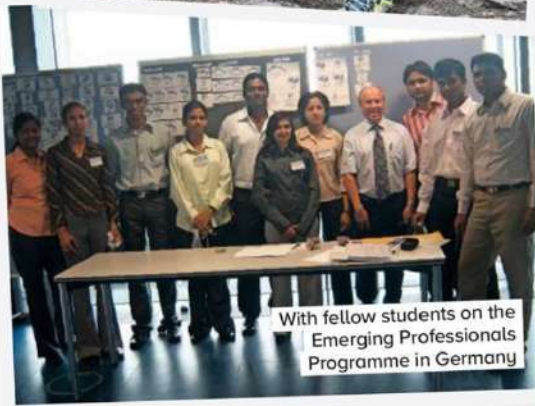
I repeated those manifestations, knowing full well the power of words, and I manifested a new relationship between Kiran's mother and me. One of love and friendship.

My mother-in-law comes to stay with us in the UK for several months at a time, and we have a really joyful time, with her supporting me and helping me look after my two daughters.

### Lesson in self-love

For me, children had always been part of my dream life. Two girls, to be precise.

It wasn't an easy road to manifesting



With fellow students on the Emerging Professionals Programme in Germany

We had seen photos of each other and spoke regularly on the phone for a couple of months, but we got engaged *and* set our wedding date before we met in the flesh.

Kiran, like me, trusted his intuition completely. We knew we were totally right for each other.

My sister couldn't believe it when I said I was marrying a man I hadn't met properly – never mind one she hadn't met!

When we did finally meet, at an airport in India, five days before our wedding in August 2009, we were overwhelmed with joy.

I looked at Kiran and knew deep in my heart, 'This is it! All I've wanted. He is the one.' And Kiran said it was the same for him.

### Healed relationship

I couldn't be happier with Kiran, who has been my beloved husband for 12 years now. But finding him also taught me a valuable lesson.

Because I was so focused on manifesting my soulmate, I didn't pay much attention to the relationships that came along with it – in particular, Kiran's mother.

In Indian families, it's expected that when you marry, you don't just show respect for your husband, you respect everyone who comes with him. I didn't truly appreciate that and for that reason my mother-in-law and



### Fluid thinking

Pallavi teaches this meditative water manifestation exercise to her clients

There is energy in the elements – water, earth, air and fire. Nothing is stationary. Everything is vibrating.

When we talk to water, its molecular structure changes. It has even been scientifically proven that water has a different molecular structure when we show it gratitude and love, compared to when we show it a negative emotion such as anger.

I use water manifestation during my shower. I don't think of my past or the future. I just connect with water and simply be

present in the moment.

I hold water in my palms and talk to it. Ask for what I want, smile and show gratitude. It's only for a couple of minutes but

*'Visualising a waterfall helps me raise my vibration'*

it's very meditative.

The water carries energy and intentions with it. I also sometimes visualise waterfalls when I shower as this helps me raise

my vibration.

Two of my favourite memories are walking under Henrhyd Falls in the Brecon Beacons National Park in Wales, and standing under the cooling waters of Pamukkale water terraces in Turkey.

No matter what's going on in my day, when I need a moment to connect with myself or a moment to disconnect with my busy energy, I take a shower and plug myself back in with the water manifestation method,' says Pallavi.



## REAL LIVES



With my mother-in-law

this dream, however, as I suffered two heart-breaking miscarriages between summer 2013 and January 2014.

After the first, I was desperate to find out what my body needed in order for me to have a healthy baby, and I put so much pressure on myself to eat well and not do anything that wasn't good for me. On top of that there was the guilt that, somehow, I was to blame for losing our baby.

I tried so hard to look after myself to the absolute maximum, but I went on to have a second miscarriage.

Then Kiran and I had a realisation. We said to each other, 'We have to be happy and not stressed if we are going to have a beautiful pregnancy.'

That was a lesson in self-love. I realised I needed to heal myself by letting go of the fear of another miscarriage, and the guilt.

Instead of asking myself, 'why did this happen?' I chose to believe it was a learning experience that would enrich my soul.

### Giving thanks

When I fell pregnant with Swara, now seven, I wanted to find out if we were having a boy or a girl, but Kiran wanted it to be a surprise.

With our second daughter, Dhvani, now three, I knew without a scan I was carrying a little girl.

It is very important to me that my daughters learn the importance of gratitude and every night they spend a bit of time before bed, saying what they're thankful for.

I love hearing them say, 'I feel so happy I have Mummy and Daddy and Granny,' or 'I am grateful for the chocolate I was allowed today.'

When I first came to the UK with Kiran, it wasn't easy to find a job in print engineering and so I trained myself – with the help of Google – in digital marketing and got a job in that industry.

Let's say the manager didn't make the job pleasant for anyone, but I decided I could choose how I responded to that.

I opted to practise gratitude and look at



it like this: 'I am grateful for this opportunity, and to learn and get out of the house and earn money.'

Gratitude is a family affair. My husband, a manager for Jaguar, practises it too. We also practise visualisation together.

### Heart and soul

Last year, a friend of mine told me she'd been to see a manifestation coach. She had no idea I knew all about the practice of manifesting

and could tell her all she needed to know! 'A manifestation coach... I can do that...' I thought.

So that's what I did. I now help other people heal relationships, manifest their dream life and reset their mindset in order to attract what they want.

I do one-to-one sessions and online classes, alongside my role as a digital marketing manager for Mantra Jewellery/Fabulous Collections.

Whatever manifestation I unfold, I make it with my heart. I call my manifesting methods 'heart and soul-led manifesting' because manifesting is not just wanting physical things but also about finding out who we truly are through our ability to understand how the universe works.

I feel like I've found my purpose in life which is to teach others that we each have, inside us, everything we need to create the life we want.

✦ **More info** [positivepowercoaching.co.uk](http://positivepowercoaching.co.uk)  
Instagram, Facebook, YouTube, Tiktok  
[@positivepowercoach](https://www.instagram.com/positivepowercoach)



### The power of reflection

Mirror work is a simple and effective manifestation technique, explains **Pallavi**

**H**ave you paid attention to your inner voices? Are they positive or negative? Do you need a boost of energy? Want to train your subconscious mind? Mirror manifestation is a simple way to reconnect with yourself and attract everything you want from your life.

The very nature of a mirror is that it reflects

back to us what we see. You can use it to amplify your energy, your feelings, your emotions. Consider what you would like to see in yourself. Ask yourself, 'who do I want to be?'

Sit comfortably in front of a mirror. Be present in the moment and observe your breathing. Look into your eyes in the mirror and start saying affirmations to yourself. Keep them short,

in the present tense, and use only positive words.

Every thought has a vibrational energy. Practise mirror work every day and see how your confidence starts to grow and your reality starts to shift.

✦ **More info** For more manifestation techniques from Pallavi, visit her website for details of her five-week mindset makeover programme. ●