

# Feed your mind

All you need for a good night in – and out

## BOOKS

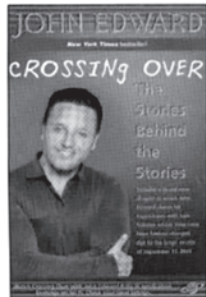


■ *Spell In Your Pocket* by Kate West (£4.99, Thorsons)

• *Reviewed by our white witch, Silja Muller*

A great read for wannabe witches, this book covers everything from the myths and reality of witchcraft to how to set up an altar and make magical tools. The actual spells are simple, and the ingredients, which are mostly herbs and essential oils, are easy to get hold of. The only problem is the book's title. Of its 177 pages only 36 contain spells. But that's not necessarily a bad thing as the

author provides the reader with the basics to be able to write their own spells, which tend to be far more powerful than anything you can get from a book. In a nutshell This is a good starting point for anyone who is intrigued by the craft.

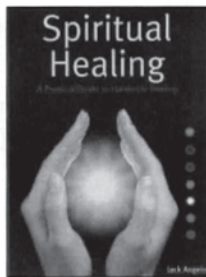


■ *Crossing Over* by John Edwards (£9.99, Airlift 2002).

• *Reviewed by medium, Craig Hamilton-Parker* This easy-to-read book gives physical proof of the survival of the human spirit after death. Talented medium John

Edwards tells the stories behind the stories from his TV show *Crossing Over*. As well as being packed with intriguing stories about the people who have sat with him, it gives a fascinating glimpse into the inner life of the man himself. He's not scared to address many of the issues raised by sceptics and hecklers.

In a nutshell A well-written and intriguing autobiography that's far from medium-ocre!



■ *Spiritual Healing* by Jack Angelo (£14.99, Godfield Press)

• *Reviewed by reiki master, Samantha Beaumont*

You could give this book to anyone who wants to improve their health and well-being. The concise explanations of the history of healing, and why healing works, demystifies the subject. It also clearly shows the benefits of practising healing techniques, teaching you how to become a channel for energising and healing others using hands-on healing treatments and both distance and group healing. The book also covers pregnancy, children, animals and plants, and includes a chapter on dealing with the terminally ill. In a nutshell This is a user-friendly book that offers a full and comprehensive guide for anyone who wants to become a practising spiritual healer.

## TELEVISION

■ *The Sixth Sense with Colin Fry*



Following the success of his first series, the UK's foremost psychic talk-show host returns to make contact with the other side on behalf of his studio audience. Colin uses his skills as a counsellor and

healer when some of the more heart-rending real-life stories are revealed. Don't miss *The Sixth Sense Celebrity Special with Colin Fry* on 13 September, featuring Daniella Westbrook, Kate Kray, Roland Rivron and Anthony Worrall Thompson. (Living) ★★★★★

■ *Scream Team*

Six brave guys and gals are thrown together to investigate spooky happenings. Their first assignment is to find out why a rumoured-to-be haunted mansion is not being sold and to see if they can go the 24-hour distance to discover if it really is the ghost that is to blame. (Living) ★★★★★

■ *Pagans And Christians*

For thousands of years, the civilised world was dominated by paganism and temples. Then, in 1AD, Christianity appeared and within just 300 years, millions of pagans had been converted. *Pagans And Christians* looks at why Christianity was so successful so quickly, and how it managed to convert millions of pagans in such a short space of time. (Channel 4, October) ★★★★★

## MOVIES



### Signs

As one might expect from the man who brought us *The Sixth Sense*, the latest offering from director M Night Shyamalan is more about fate and destiny than unexplained shapes in your cereal. Mel Gibson plays Graham Hess, an ex-priest, who lost his faith after his wife was killed in a tragic accident and

who is now bringing up his two young children with the help of his brother Merrill (Joaquin Phoenix). When mysterious crop circles start appearing on their farm – and across the rest of the world – everyone, especially Graham, has to start questioning their beliefs. Has a few comedy as well as popcorn-scatteringly scary moments along the way. In a nutshell If you want to be made to think, laugh, jump out of your seat and swoon, go see it.

■ *The Divine Secrets of the Ya-Ya Sisterhood*

With a stellar line-up, this is one of those feel-good films that leaves you feeling like a toasted marshmallow inside. Sandra Bullock plays Sidda Lee Walker, a young woman who's about to get married but is terrified that she may make the same mistakes as her eccentric mother, Vivi (Ellen Burstyn). When Sidda falls

out with Vivi, her mother's life-long friends, the Ya-Ya Sisterhood, dramatically intervene to make Sidda appreciate what turned the gregarious young Vivi (played by Ashley Judd) into the seemingly-uncaring woman she seems to have become today.

In a nutshell Leave your man at home. This is a chick-flick best enjoyed with your female pals, your loved ones and lots of chocolate.

