

# Jonathan CAINER



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*DEAR Jonathan,*  
 If Mars is having a powerful effect on Pisceans, what it is going to do for people like me who have Pisces rising?

Paula

*DEAR Paula,*  
 In our full birth charts, we ALL have ALL twelve signs of the zodiac. So Mars, will be having an "energising influence" on each of us in different ways.

That's why I am now so keen to look at the combined impact of all that extra energy. I suspect it is about to bring the future forward faster than we ever thought possible.

Jonathan



## Libra (Sep 24 - Oct 23)

Never ever have you grabbed hold of the wrong end of the stick. Though you always clutch every stick by the correct end, the sticks you catch have a habit of jumping out of your hand. They then return toward you with such velocity that you are obliged to catch them, if only to protect yourself. Each time this happens you discover that you now have the stick by the wrong end. The best way to make sure you are right today, is to stop worrying if you may be wrong... We did it again! Last week, we picked another five 5-ball matches. Could we work lottery magic for you? Call 0906 60 12345.



## Scorpio (Oct 24 - Nov 22)

It is a bit like clearing up a kitchen. No matter how diligently you tidy everything away, there's still a scruffy patch somewhere. And even if there isn't, you will find, after all that hard work, that you are hungry and thirsty. So then, you make yourself a sandwich and a cup of tea and, lo and behold, you make another mess. Efforts to become more conscious, or develop greater clarity, often tend to follow a similar syndrome. You can't do everything today. You can only do your best... We did it again! Last week, we picked out yet another five 5-ball matches. Could we work lottery magic for you? Call 0906 60 12345.



## Sagittarius (Nov 23 - Dec 21)

The experts say Sagittarians are excitable and like to do things in a hurry. That shows you how little they know. In fact, you will happily proceed through life at a mellow pace. The only reason you don't always do this is because you are surrounded by crazy characters. All the tension and turmoil is their fault. Isn't it? Well, perhaps not always... but right now, you seem to be dancing on the end of someone else's string. And you don't have to... We did it again! Last week, we picked out yet another five 5-ball matches. Could we work lottery magic for you? Call 0906 60 12345.



## Capricorn (Dec 22 - Jan 20)

You see them everywhere. Dynamic, go-getting individuals whose lives are packed with purpose. So determined and so assertive are they that their gross inefficiency seems almost irrelevant. We can almost forget as we watch them in action, about the futility of their ambitions - or the stupidity of their plans. You don't just prefer to look before you leap, you prefer to avoid leaping! You find the easiest way is to refrain from being overly obsessive. Don't doubt yourself today... We did it again! Last week, we picked out yet another five 5-ball matches. Could we work lottery magic for you? Call 0906 60 12345.



## Aquarius (Jan 21 - Feb 19)

Poor old Peter. All his life, people have been robbing him to pay Paul. Do you think this may be because he is not intimidating enough? Paul, presumably, is a tall fellow with muscles. Peter, by contrast, looks a little like... well, here's a question. Do you see yourself as a Peter (or a Peta)? Or do you feel more like a Paul (or a Paula)? Are you now allowing yourself to be deprived of a basic entitlement? It's time to give your all to being a Paul...

# Meditation time



MARK WINTER'S WORLD OF ALTERNATIVES

**B**EE Gee Robin Gibb says meditation helped him cope with the loss of his twin brother Maurice.

The inspiration for this inner strength, he told an audience at the opening of a £5million extension to North London's World Spiritual University this week, came from two Indian ladies, who are both now in their 80s.



CEREMONY: The Brahma Kumaris join hands

Dadi Janki, 87 (on the left of the main picture) and Dadi Prakashmani, 82, (on the right) are the leaders of the Brahma Kumaris, who teach meditation in 70 countries. Robin, who attended the

ceremony on Monday night with wife Dwina, said: "Meditation has helped me get through this difficult year." He described the new building, known as Diamond House, as an "oasis".  
 "Every city should have one," he added.  
 Perhaps one day they will. August's Time Magazine claims the number of Americans practising some form of meditation has doubled in a decade. Studies in Europe report a similar trend.



GRIEF: Robin meditated after Maurice (top) died

## POWER SHIFT

HYDROGEN, the gas which makes up 75 per cent of the universe, may soon help to break our dependency on fossil fuels. Iceland hopes to be a pollution-free hydrogen econ-

## SuperFOODS

### OPEN SESAME

REMEMBER the password, used to access the robbers' cave in the tale of Ali Baba And The 40 Thieves? The phrase was coined because ripe sesame pods burst at the slightest touch. Around 5,000 years ago, sesame was pressed for its oil, brewed to make wine and used by the Chinese to manufacture ink. But it is best-known today as a key ingredi-

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