

YOUR GUIDE TO WELLNESS AND HEALTHY LIVING IN THE UAE

Awakenings

MIDDLE EAST



ISSUE 16 | SPRING 2019

SAGE
the superhero

SPARK
JOY
with Marie Kondo

ASHTANGA
For Anxiety



HOW TO REALLY CHANGE
YOUR LIFE

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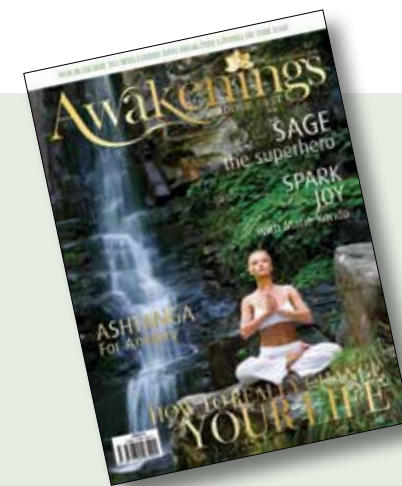
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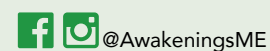
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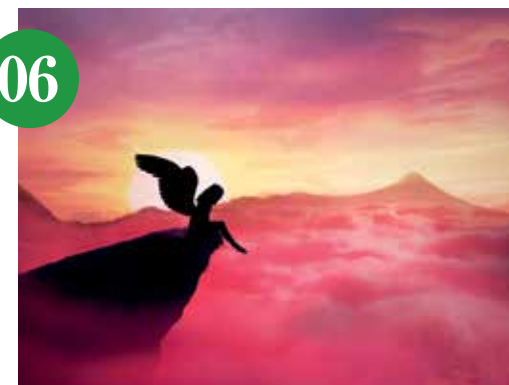
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Sleep your way to wellness!

To understand why sleep is important, think of your body like a factory that performs a number of vital functions. As you drift off to sleep, your body begins its night-shift work:

- Healing damaged cells
- Boosting your immune system
- Recovering from the day's activities
- Recharging your heart and cardiovascular system for the next day

We all know the value of sleeping well, and we've all experienced the feeling of being refreshed after a good night's sleep – and the feeling of fatigue after a poor night's sleep. But even though we know this, in our busy society, many of us are not getting the quality sleep needed to truly receive the health benefits of sleep.

Amatara a luxury destination spa in Phuket are offering a sleep optimizing retreat to get you back on track to wellness. The Amatara experience is a personal journey to your most vibrant self. Their holistic, professional, 'middle way' approach to wellness means that you can enjoy the journey while achieving the results you seek.

THE SLEEP OPTIMISATION RETREAT

Many people in developed countries find that quality sleep is an increasingly missing element in daily life. With complex and busy lives, we demand much of our mental energy and are exposed to more information and stimulation than ever before. This way of living is often counteractive to healthy sleep unless we take specific measures to nurture it.

Beyond making us feel uncomfortable, prolonged insufficient sleep (6 hours or less as a routine is insufficient sleep for most people) leads to a number of health concerns, such as;

- Difficulty comprehending or solving problems
- Not performing optimally at work
- Inability to focus or perform well
- Loss of memory
- Depression and increased anxiety
- Weight gain and increased intake of food
- Hormonal disturbance
- Low immunity
- Increased risk of high blood pressure and diabetes
- Physical symptoms such as general tiredness, irritability, sore eyes and headaches

If modern living is the yang, this retreat is the yin. Starting at 7 nights, it's a time to rest and reset, and to be with oneself. It is a way to find your inner stillness and come back to your body's own natural sleep-wake cycles. We combine a medical understanding of your sleep pattern through an in-house polysomnography (overnight sleep test) with therapies that soothe and calm the mind. We encourage a pure healthy cuisine diet without caffeine, chocolate or other foods that overstimulate the nervous system. This retreat is a partnership, as we ask each guest to commit to zero screen time after sunset (around 6pm) and to not switch on any devices until after breakfast.

Sleep is the best meditation

DALAI LAMA



BENEFITS OF THIS PROGRAMME

- Release stress, in find inner calm and stillness
- Promote deeper, healthier sleeping patterns
- Gain a deeper understanding of your sleep patterns and gain expert advice on improving your sleep duration and quality from both a medical and holistic perspective
- Rejuvenate body and mind
- Learn relaxation and breathing techniques to help reduce stress and promote better sleep
- Optimize health and wellbeing through calming the nervous system

THE PROCESS

1. The process starts at home as the week before we ask that you gradually reduce your caffeine intake, if taken usually, to a limit of one coffee, tea, or green tea per day, in the morning. We also ask that you avoid sugar and chocolate as these too have a stimulant effect.
2. Your wellness consultation helps us to understand your recent health and wellbeing history, your goals, and importantly your sleep patterns and habits. Your programme can then be personalized according to this information.
3. You are then ready to embark on your personal wellness journey to inner calm. Enjoy daily morning exercise, healthy cuisine meals and holistic treatments with the common theme of calming the nervous system and promoting better sleep.
4. On the 2nd or 3rd night of your programme your sleep test is arranged. This is performed in your guest room by qualified sleep technicians from Bangkok hospital Phuket and interpreted by a doctor of neurology. You will receive your results and accompanying

recommendations during your stay.

5. On completion of your programme, it is our hope that you are sleeping sounder, longer and deeper and you feel the benefits of this – refreshed and rejuvenated in body and mind. You will leave the resort with the experiential knowledge to apply elements of your stay at home so you can continue to cultivate healthy sleep in the long term.

WHO IS THIS RETREAT FOR?

The best way to establish who this retreat is for is to look at the symptoms that poor sleep creates; if you have any of the following symptoms, this retreat may be for you;

- weight gain
- tiredness
- feelings of sluggishness and poor concentration
- waking unrefreshed
- habitual device/ screen use long into the night
- busy mind at night
- restless, light sleepers
- stressful lifestyle, frequent colds and flues (low immunity)
- can't switch off at night
- would like to be generally calmer

WHO IS THIS RETREAT NOT FOR?

As this is a more holistic approach to sleep, this retreat is not appropriate for serious health conditions with concurrent insomnia, such as mental health disorders, drug addiction or those looking to come off prescription sleep medication. 🌸

For more information contact visit www.ttc.ae



Siobhan Coulter

International Speaker, Corporate Trainer,
Director and Practitioner of The Golden Space

Siobhan Coulter dreams of a better world where love flows freely regardless of ability, race, age, gender or religion; where relationships are founded in love, kindness and respect; where people are cooperative, inclusive and compassionate; where interactions are joyous and positive. A dream where the world is fueled by equality, positivity and love.



Siobhan believes that most people want this too; especially relationships lived in love. Since 2015, she has been assisting couples and individuals through her workshops, meditations and talks in Singapore, Malaysia, Indonesia and London. Siobhan's workshops and meditations teach participants how to live a love-focused life using practical exercises and love-focused strategies and models. Participants are empowered by their own learning and experiences to start living with more love for themselves, others and the world. Participants learn to connect to Infinite Love and share it through openhearted communication, authentic commitments and deeper connections.

Trained in psychology, Siobhan is a Director, Practitioner and Meditation Facilitator at The Golden Space, Singapore. She is a graduate of the international, certified, life-transformational "Awaken ~ the Divine You"® Program (completed to Egypt) and Instructor's Certification Course Level One and Two, conducted by international, metaphysical, spiritual Master Umesh H. Nandwani of The Golden Space Centres. As such, Siobhan has been aligned, certified and approved to conduct meditations and life transformational workshops.

Siobhan loves to combine positive psychology research with energetic awareness to help create a more loving world. Prior to moving to Singapore, Siobhan completed her psychology degree in 1999 (University of Queensland) and honours in 2000 (Griffith University). She worked as a psychologist in private practice specializing in anxiety and panic treatments in Brisbane, Australia from 2002 to 2006 whilst also facilitating past life regressions, energy alignments and meditation classes. Siobhan has also worked with a broad range of clients including people with Intellectual and Developmental Disabilities; victims of crime as a locum psychologist and telephone counsellor at Victims of Crime, Queensland; people with severe mental illness as a research assistant at the Queensland Centre for Mental Health Research; and students at Griffith University teaching Group Facilitation and Interpersonal Skills. Siobhan has personally undertaken extensive post-graduate studies into personal empowerment and its links to workplace health and happiness. 🌸

Workshops coming soon in Dubai

How to live in love

(22 March 2019, 10am-1pm)

"If you want a relationship that looks and feels like the most amazing thing on earth, you need to treat it like the most amazing thing on earth" Anon.

Create amazing relationships with the fundamental skills that can transform your love life, easily and quickly. Learn how to manifest the love your heart desires, how to hold and nurture that love in every moment and how to interact with yourself and others with true, authentic love.

Powerful and playful, this workshop will also share how to reignite your relationship through love, how to maintain a fully present connection with your partner and how to expand together into a higher consciousness of Oneness through empowered techniques.

Love is light, fun and expansive. Infuse it into your love life and watch your whole life transform as you truly Live in Love.

Matrix of Love

(23 March 2019, 10am-6pm)

Join the relationship revolution!

Are you ready to live with less drama?

Are you ready to open your heart and love yourself and your partner fully? To live with more freedom and happiness overflowing from your loving heart? To receive more love and have more relationships founded in greater love, respect, tolerance and joy?

It is time to re-write what we think we know about love and relationships; to upgrade our love energy and revolutionise relationships forever!

This channelled workshop has been created specifically to activate very pure, high dimensional love energy within you. Using heart-focused exercises and meditations, you will become less affected by relationship challenges and better able to maintain authentic, trusting, loving relationships.

With Love Activation Codes:

- Activate pure, high dimensional love energy
- Become secure in the love you hold
- Transcend relationship patterns
- Create authentic relationships
- Grow with greater freedom and joy
- Deepen your connection with yourself and others

Upgrade your love energy and revolutionise your relationships. It's time to open up to the most powerful force of the universe and allow it to create the world you truly desire – a world of Infinite Love.

For bookings: Email: info@thegoldenspace.ae
or call +971559594751

ASHTANGA

YOGA FOR ANXIETY, ANCIENT ANSWERS TO MODERN STRESSORS

As our lives become more hectic, pressures increase and time seems to keep decreasing, 'stressed' has become a word in our everyday vocabulary. Many women are taking to the ancient Indian practices of yoga and meditation (myself included) to manage the stress that our fast paced lives are bringing along with them. Medical studies have shown that yoga and meditation may also be helpful for those with a variety of conditions, including heart disease, asthma, epilepsy, multiple sclerosis, PMS, anxiety, and stress. It does this by stretching the body and relaxing the mind, experts say that the benefits of yoga and meditation are enormous. Which makes you realise how negative our stressful lives may be on our health.

What Is Yoga?

For those of you not yet familiar with Yoga, it is a practice built on three main 'structures': exercise, breathing, and meditation.

When yoga is practised regularly, these systems are designed to work together and produce a clear mind and a strong body.

There are four types or "paths" of yoga:

Jnana, also known as jnanamarga, (the path of knowledge/self-realisation) which focuses on pursuing knowledge and truth.

Bhakti, also known as bhakti marga, (the path of devotion), which focuses on the loving devotion towards a spiritual god.

Karma, also called karma marga, (the path of unselfish action), considered the most effective way to develop spirituality.

Raja, otherwise known as the Royal yoga and sometimes Mental yoga, (the path of

self-control), it emphasises the benefits of meditation and self-realisation.

For each path, there are a number of different styles of yoga practised. For example, Hatha yoga (which is actually part of Raja yoga) is the form most popular in the West and focuses on postures and breathing.

Due to the mental aspect of yoga and how meditation is incorporated, all forms of yoga should be thought of as a process rather than a type of exercise. It is different from standard exercise,

When people start a fitness programs, they usually begin with goals, a goal of touching one's fingers to their toes, training for months to achieve a goal of completing a marathon, or to be able to lift a certain weight.

With yoga, by contrast, the focus is on what you are doing in that moment—specific postures (asana) and breath-work

(pranayama) — and how you feel while you are doing these.

Of course there are still goals to aim for, a headstand, the perfect downward dog, or that tricky back bend, however, what is more relevant is your path, what you hope to get out of your practice, both physically and mentally.

What Is Meditation?

Meditation becomes a part of most yoga practices. It involves concentrating on something simple — for example, the breath, to take attention away from the random thought activity that occupies our busy minds.

Meditation allows people to slow the high speed movies that run through their heads and put them in touch with the quiet that is so often craved.

Studies show that regular meditation is great therapy for those recovering from

surgery or an emotional trauma.

Meditation has also been shown to relax tension and provide freedom from mental stress. Sounds good right?

I will always remember my first meditation, a guided meditation in Thailand during a detox retreat, I had been very reluctant, (I had never found it easy to quiet my mind) but gave it a go. The most difficult part for me was removing thoughts from my mind, however a guided meditation is exactly what I needed. focusing on someone's voice instead of my own! so, if meditation is new to you and something you would like to try, maybe starting here is a good idea.

Everyone starts somewhere, if you feel like meditation might be good for you, here are some simple tips to begin:

- Sit in a comfortable position, either in a chair or on the floor, with your back and head straight.

- Warm up with a couple of deep, cleansing breaths.
- Close your eyes, breathe through your nose.
- Focus on your breath — slowly breathing in and out. If your mind wanders (which will likely happen), just bring your attention back to the breath.
- Start with a 5-10 minute meditation and work up to 15-20 minutes or more.

There are also some great apps to assist you on your journey, one I love is the Calm app. It features guided meditation journeys, some for specific areas you may want to focus on. For example; '7 days of calming anxiety'.

The Calm app is free and even has a 'beginners' category.

There is no one, "right" way to meditate; however, here are some guidelines to help you achieve the greatest benefit:

- Meditate every day, ideally at the same time each day (most people agree morning is best).
- Designate a special place for meditation and use it only for meditation.
- While meditating, sit straight and vertical.
- Meditate before a meal (not right after one).

There are many places you can visit that teach yoga and meditation, different techniques are taught, some more spiritual in nature and others are mainly concerned with stress-reduction and gaining a little peace of mind. Every yoga class is different and all will have varying levels of meditation involved. You may want to go to a couple of different classes before choosing a style that works for you.

The path you choose could change your life... 🌸

VEG R US

Founder of Dubai Vegan Days, Ananda Shakespeare, tells us what's hot and what's not for vegans in the UAE



How long have you been vegan for and why did you become vegan?

I turned vegan around 25 years ago when I left home to go to university. I actually don't remember my exact motivation, but it was what seemed right to me. I was brought up vegan and vegetarian, so have never eaten meat, fish or eggs. It really wasn't that difficult cutting out honey, eggs and dairy.

What do you think about the vegan food offerings in Dubai and the UAE?

There's much more on offer in the UAE now for vegans than there was 14 years ago when I moved over. I found it quite difficult and had to rely on samosas, falafel wraps and similar foods when eating out. Having lived in London for seven years previous to that, I was used to going out at lunchtime and popping in to health food shops full of dynamic, bright and tasty salads with seaweed and all sorts. I even remember picking up non-dairy lattes, vegan croissants etc on the way to work. Being vegan in London is easy and there is an abundance of choice. It's nice to see that lots of cafes and restaurants are starting to cater to vegans beyond a penne arrabiata or Thai green curry.

How can restaurants be more vegan friendly?

I'd still implore restaurants to have more vegan options, sometimes you go to places and there might be one or two vegetarian options, but nothing vegan. By having something vegan on the menu, both vegans and vegetarians are satisfied, so why not do this?

Do you have a favourite vegan restaurant in Dubai?

Most cafes aren't 100 per cent vegan, but there are many which have a lot of vegan choice. I love Little Erth, Carluccio's, Wagamama, Wild & Moon, Comptoir 102, Taqado and Tribeca to name a few.

When is the next Dubai Vegan Days?

We have an exciting venue that is not announced yet. Keep an eye on our Facebook Page, DXBvegandays, for details. 🌱

What is veganism?

Veganism is about what you eat, what you wear and to some it goes beyond food and is about a compassionate way of living.

For me, it means I don't eat meat, fish, eggs, honey or dairy. I don't wear leather, suede or nubuck, but now I've heard that the production of silk and wool harms animals too, so I no longer buy these materials.

I also make an effort to buy vegan toiletries and make up. You can find these at places like The Body Shop, Lush and specific brands at Sephora like Kat Von D.

What is Dubai Vegan Days?

I set up Dubai Vegan Days around May 2018 with food journalist and PR, Will Rankin. It's a community day for vegans and non-vegans who'd like to find out more about the food and lifestyle. We found a venue, rounded up some of our favourite vegan local businesses and worked with a hotel to create an optional vegan buffet for those attending. We like to provide things like free yoga, book exchanges, nutritional talks and much more at these events, so that it's not only about eating.

Why did you start Dubai Vegan Days?

We thought it was time to have something more than a simple meet up and meeting of minds over dinner and widen the happening to appeal to those who are 'vegan curious' too.

Who is Dubai Vegan Days aimed at?

Dubai Vegan Days isn't just for vegans. We welcome non-vegans to come along and try some different food, listen to a talk or buy some cruelty-free products. It is always family friendly and we welcome everyone to join. The vegan community is a friendly bunch, so if you are new to the city, come along and make some friends too!

What type of businesses should we expect at Dubai Vegan Days market?

Not every social will have a market attached to it, so it's best to check beforehand. Stallholders have vegan chocolates, vegan cheese, vegan make up, vegan toiletries, vegan wholefoods and there are eco products too, such as bamboo toothbrushes and much more.

OPPOSITE PAGE CLOCKWISE FROM TOP: Ananda Shakespeare; Quinoa Crunch; Vegan Tartar.

THIS PAGE CLOCKWISE FROM TOP RIGHT: Edible Garden; Vietnamese Spring Rolls; Vegan Garden Lasagne; Vegan Days at Eat Well.

Sage

Herbal Superhero for Holistic Healing

Sage is an herb with several promising health benefits. It’s high in antioxidants and may help support oral health, aid brain function and lower blood sugar and cholesterol levels. This green spice is also easy to add to almost any savoury dish. It can be enjoyed fresh, dried or as a tea.

The leaf is used to make medicine. Sage is used for digestive problems, including loss of appetite, gas (flatulence), stomach pain (gastritis), diarrhoea, bloating, and heartburn. It is also used for reducing overproduction of perspiration and saliva; and for depression, memory loss, and Alzheimer’s disease.

Sage is a staple herb in various cuisines around the world. Its other names include common sage, garden sage and *Salvia officinalis*. It belongs to the mint family, alongside other herbs like oregano, rosemary, basil and thyme.

Sage has a strong aroma and earthy flavour, which is why it’s typically used in small amounts. Even so, it’s packed with a variety of important nutrients and compounds. Sage is also used as a natural cleaning agent, pesticide and ritual object in spiritual sage burning or smudging.

Here are some surprising health benefits of sage.

1

THEY’RE LOADED WITH ANTIOXIDANTS

Antioxidants are molecules that help fortify your body’s defences, neutralising potentially harmful free radicals that are linked to chronic diseases. Sage contains over 160 distinct polyphenols, which are plant-based chemical compounds that act as antioxidants in your body.

Chlorogenic acid, caffeic acid, rosmarinic acid, ellagic acid and rutin — all found in sage — are linked to impressive health benefits, such as a lower risk of cancer and improved brain function and memory.

One study found that drinking 1 cup (240 ml) of sage tea twice daily significantly increased antioxidant defences. It also lowered both total cholesterol and “bad” LDL cholesterol, as well as raised “good” HDL cholesterol.

SAGE TEA – HOW TO MAKE IT:

Fresh or dried sage makes an aromatic tea, which we’ve found to be quite soothing to sore throats. To make sage tea, pour 1 cup of almost-boiling water over 2 tablespoons of fresh or 1 tablespoon of dried sage leaves. Cover and steep for 10-15 minutes and strain. Add honey and/or lemon, if desired.



2

MAY EASE MENOPAUSE SYMPTOMS

During menopause, your body experiences a natural decline in the hormone oestrogen. This can cause a wide range of unpleasant symptoms. Symptoms include hot flashes, excessive sweating, vaginal dryness and irritability. Common sage was traditionally used to reduce menopause symptoms.

It’s believed that compounds in sage have oestrogen-like properties, allowing them to bind to certain receptors in your brain to help improve memory and treat hot flashes and excessive sweating.

In one study, daily use of a sage supplement significantly reduced the number and intensity of hot flashes over eight weeks.

3

SUPPORTS MEMORY AND BRAIN HEALTH

Sage can help support your brain and memory in several ways.

For one, it’s loaded with compounds that can act as antioxidants, which have been shown to buffer your brain’s defence system.

It also appears to halt the breakdown of the chemical messenger acetylcholine (ACH), which has a role in memory. ACH levels appear to fall in Alzheimer’s disease.

In one study, 39 participants with mild to moderate Alzheimer’s disease consumed either 60 drops (2 ml) of a sage extract supplement or a placebo daily for four months.

Those taking the sage extract performed better on tests that measured memory, problem-solving, reasoning and other cognitive abilities.

In healthy adults, sage was shown to improve memory in low doses. Higher doses also elevated mood and increased alertness, calmness and contentedness.

In both younger and older adults, sage appears to improve memory and brain function.



4

OTHER POTENTIAL HEALTH BENEFITS

Sage and its compounds are linked to several other health benefits.

Fresh sage is a traditional remedy for diarrhoea. Test-tube and animal studies found that it contains compounds that may alleviate diarrhoea by relaxing your gut.

Vitamin K, which sage offers in large amounts, plays a role in bone health. A deficiency in this vitamin is linked to bone thinning and fractures.

Several test-tube studies suggest that sage compounds may help fight signs of ageing, such as wrinkles.

EASY TO ADD TO YOUR DIET

Sage comes in several forms and can be used in a variety of ways.

Fresh sage leaves have a strong aromatic flavour and are best used sparingly in dishes.

Here are some ways you can add fresh sage to your diet:

- Sprinkle as a garnish on soups.
- Mix into a stuffing in roast dishes.
- Combine chopped leaves with butter to make sage butter.
- Add chopped leaves to tomato sauce.
- Serve it with eggs in an omelette.

Dried sage is often preferred by cooks and comes ground, rubbed or in whole leaves.

Here are some ways you can use dried sage:

- As a rub for meats.
- As a seasoning for roasted vegetables.
- Combined with mashed potatoes or squash for a earthier flavour.

You can also purchase sage products, such as sage tea and sage extract supplements.



DOES IT HAVE SIDE EFFECTS?

Sage is considered safe with no reported side effects.

However, some people are concerned about thujone, a compound found in common sage. Animal research has found that high doses of thujone may be toxic to the brain.

That said, there is no good evidence that thujone is toxic to humans.

What’s more, it’s nearly impossible to consume toxic amounts of thujone through foods. However, drinking too much sage tea or ingesting sage essential oils — which should be avoided in any case — may have toxic effects.

To be on the safe side, limit sage tea consumption to 2-3 cups a day.

Otherwise, if you are concerned about thujone in common sage, then you can simply consume Spanish sage instead, as it does not contain thujone.

Get Smudging!

Benefits of Burning Sage. How to Get Started and More

WHERE DID THE PRACTICE ORIGINATE?

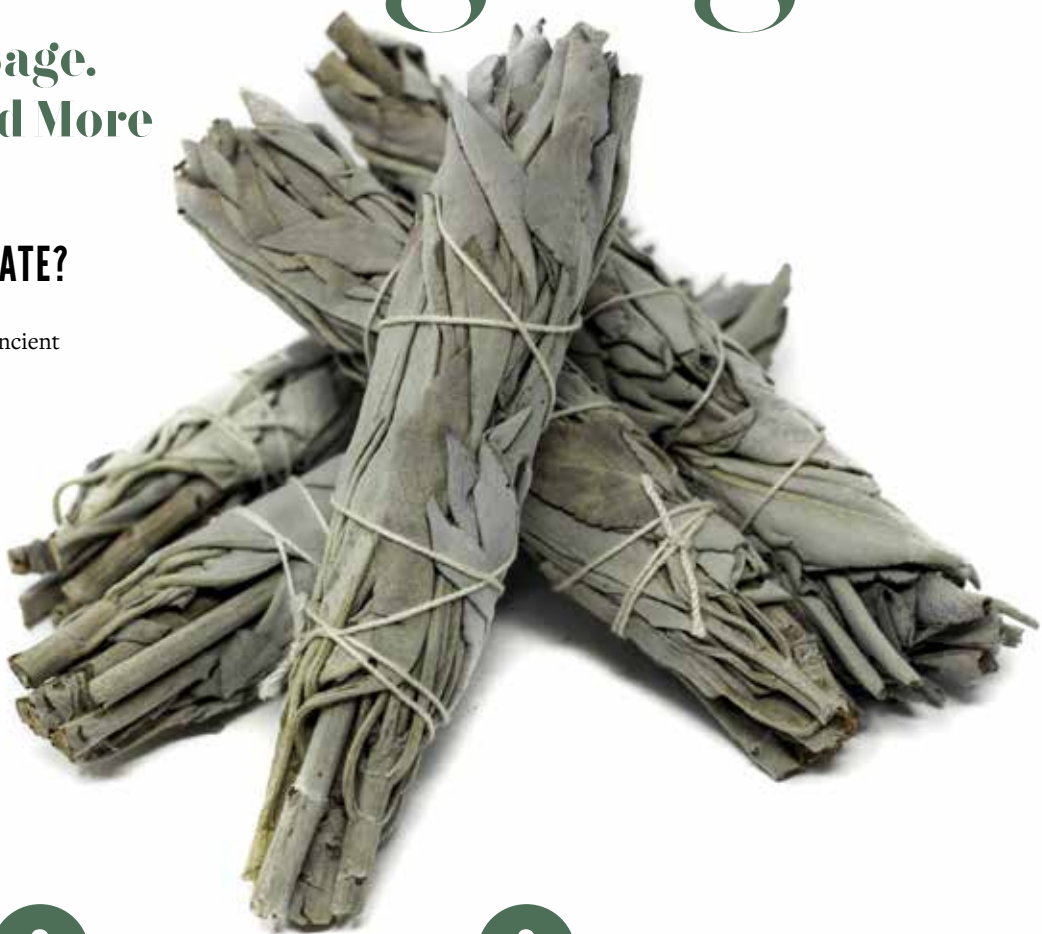
Burning sage — also known as smudging — is an ancient spiritual ritual.

Smudging has been well established as a Native American cultural or tribal practice, although it isn't practiced by all groups.

We have the traditions of many Native American peoples to thank for its use. This includes the Lakota, Chumash, Cahuilla, among others.

Many other cultures around the world share similar rituals.

Read on to learn more about the benefits of burning sage and how you can use it to improve your overall well-being.



1

PURIFYING

The most-used types of sage have antimicrobial properties. This means they keep infectious bacteria, viruses, and fungi at bay.

White prairie sage (*Artemisia ludoviciana*) is both antimicrobial and antibacterial. White sage (*Salvia apiana*) is also antimicrobial. And both have been shown to repel insects.

One 2007 study found that burning sage for an hour decreased the level of aerial bacteria by 94 percent. These effects were preserved for up to 24 hours afterward. Beliefs that burning sage clears out spiritual impurities may be tied to its ability to repel pathogens and insects that cause disease.

2

IT MAY HELP RELIEVE THE SYMPTOMS OF SOME CONDITIONS

It turns out that sage may help clear the air of lots more than bugs and bacteria. Though scientifically unproven, burning sage is thought to release negative ions. This is said to help neutralise positive ions.

Common positive ions are allergens like:

- pet dander
- pollution
- dust
- mould

If this is the case, burning sage may be a blessing for those with asthma, allergies, bronchitis, and other respiratory conditions. But inhaling the smoke during the smudging can aggravate it. Wait until the smoke clears before spending time in the room.

3

IT CAN BE A SPIRITUAL TOOL

Smudging has long been used to connect to the spiritual realm or enhance intuition. For healers and laypeople in traditional cultures, burning sage is used to achieve a healing state — or to solve or reflect upon spiritual dilemmas.

This may have some scientific basis, too. Certain types of sage, including salvia sages and white prairie sage, contain thujone.

Research shows that thujone is mildly psychoactive. It's actually found in many plants used in cultural spiritual rituals to enhance intuition.

4

IT MAY HELP DISPEL NEGATIVE ENERGY

Smudging may also be used as a ritual tool to rid yourself — or your space — of negativity. This includes past traumas, bad experiences, or negative energies from others.

This may help you establish a positive environment for meditation or another ritual. Choosing to sit and let go of negative thoughts in a ritual like this sets your intention and dedication to self-improvement.



7

IT MAY HELP SOOTHE STRESS

If burning sage can lift one's mood, it could also be a great ally against stress. A 2016 research project for the University of Mississippi established that white sage (*Salvia apiana*) is rich in compounds that activate certain receptors in the brain. These receptors are responsible for elevating mood levels, reducing stress, and even alleviating pain.

10

IT MAY HELP BOOST YOUR ENERGY LEVELS

Ridding the body, objects, and spaces of bad energy can help welcome in newer, fresher, and more positive energies. In a way, this could have an energizing effect and help with fatigue.

Some sage-like species closely related to white prairie sage are also used for smudging. Many have documented anti-fatigue uses.

5

IT CAN CLEANSE OR EMPOWER SPECIFIC OBJECTS

Burning sage creates fragrant smoke central to smudging's benefits. You can use this incense to smudge yourself or specific spaces. Or, you can smudge specific objects.

This can be useful with new purchases, gifts, or second hand items. However, any item can be smudged.

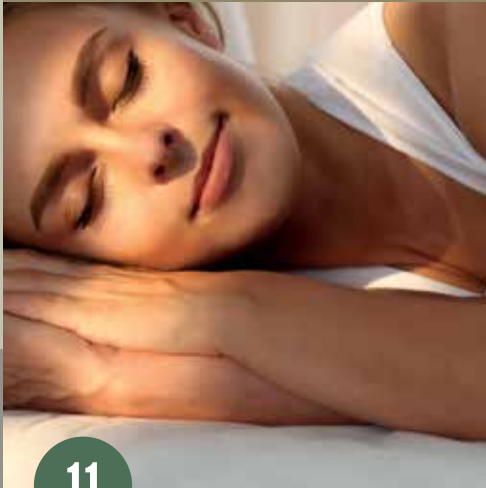
If you have any concern with negative history or energy attached to a new or unfamiliar object, smudging may help bring peace of mind and make the object more sacred to you.

8

IT MAY IMPROVE THE QUALITY OF YOUR SLEEP

Smudging has been traditionally used to safeguard against negativity that could interfere with sleep.

Some research suggests that sage contains compounds that could help ease insomnia. Classic garden sage (*Salvia officinalis*) is sometimes burned like white sage. It's also been used to improve sleep and soothe anxiety.



11

IT CAN CREATE AN UPLIFTING FRAGRANCE

For some, this may be the best of all benefits: Sage is a lovely incense with a divine aroma, pure and simple. It also works great as a chemical-free air freshener or odor controller.

6

IT MAY HELP IMPROVE YOUR MOOD

Tradition suggests that smudging can literally lift one's spirits to banish negativity. Some research supports this. A 2014 study documented white prairie sage (also known as estafiate) as an important traditional remedy for treating anxiety, depression, and mood disorders in certain cultures.



9

IT MAY HELP BOOST COGNITION

In addition to dissipating negative energy, improving mood, and strengthening intuition, smudging with sage is also thought to increase one's focus.

Some research shows that *Salvia* white sage can enhance cognition and alertness.

WHAT YOU NEED

The practice of burning sage or smudging is fairly simple, with few necessary tools. Basic tools include:

- a sage bundle (or smudge stick)
- some recommend a seashell or bowl of ceramic, clay, or glass to hold burning sage or capture ash
- some recommend matches over a manmade lighter
- optional feather or fan for fanning smoke

There are many types of sage usable for smudging. Traditional examples include:

- white sage (*Salvia apiana*)
- other *Salvia* species
- white prairie sage, or estafiate (*Artemisia ludoviciana*)
- other *Artemisia* species

To support and respect the cultures that developed the practice, purchase sage from native gatherers, crafters, and artists.

Power up with PLANT POWER

Many people's aims to live a healthier life include losing weight, eating better, getting healthier, and doing more to make the world a kinder place. The good news is that you can accomplish all these goals by going vegan—and you'll enjoy delicious, satisfying meals as well.

Locally grown company – Plant Power has been tried and tested and comes out tops when it comes to taste and quality.

Plant Power's co-founder, Tom, was formerly a professional wakeboarder and athlete. After donating one of his kidneys to his wife, Tom needed a dramatic lifestyle change, especially with his diet. He began trying different foods and diets, and immediately saw the benefits of eating a plant-based diet. This inspired him to share his life-changing experience with others, by creating Dubai's first meal plan for vegans. Plant Power is supported and managed by Foodie Brands.

Their healthy, well-balanced meal plans are the perfect fit to your vegan lifestyle. Offering affordable, tasty plant-based meals and snacks, with consistently refreshed menus packed full of key, wholesome ingredients – we make it convenient by taking care of the meal prep for you with daily deliveries. We use eco-friendly packaging for all meals. Deliveries are made in our double insulated custom cooler bags with ice packs inside.

Plant Power prepares a healthy diet meal plan that your palate and physique will thoroughly enjoy. They deliver plant-based meals and snacks full of wholesome ingredients — the perfect fit to your lifestyle.

Whether you are just trying out a vegetarian diet plan or have been vegan for a while, their healthful, convenient meals are definitely worth a try! They arrange daily deliveries to customers throughout

Dubai and the rest of the UAE taking away the hassle out of living a vegan lifestyle by bringing delectable, freshly made food directly to you.

Try their healthy meal plans delivery, presented in a double-insulated custom cooler bags with ice packs. The eco-friendly packaging keeps your food fresher for longer.

How it works

With consistently refreshed menus packed full of key, wholesome ingredients, they make it convenient by taking care of the meal prep for you with daily vegan meal plan delivery. All their plans include breakfast, lunch, dinner and 2 snacks.

Meal planning is one way you can enjoy great food even if you're always on the go. You can eliminate the guesswork of planning your own meals and don't have to worry about getting adequate calories and nutrition or about what flavours work well together.

They prepare plant-based meals from wholesome ingredients and deliver them to you every day. You can choose from 1-week, 2-week, and 4-week plans. You can also choose from 5-day, 6-day and 7-day weekly deliveries. 🌱

For more information check out their website:
www.plantpowerdubai.com



CLOCKWISE FROM TOP
RIGHT: Thomas Ellis &
Zhineh Cobra Ellis; Break-
fast Muesli; Plant Power
packaging

The Year of the Boar

We emerge, barely intact from the demanding Dog year, unable to cope with anymore scrutiny to enter a paradise-like haven where everything is made of Belgian chocolate and sugar sweet candy. This, the Boar has hand-made to spoil us rotten. Yes, it is a year to let the defenses down and revel in a little luxury. Relaxed, cheerful and extravagant, the Boar knows how to have a good time and shares it with us over the next twelve months.

COMPILED BY ZAKARIYA ADEEL

The Boar owns the twelfth year of the Chinese cycle and is known as the year of “Good Will” where all signs are accommodated for in ways that specifically suit them. Keep hold of your will-power though and remember to discipline yourself. If you eat your chocolate house, you’ll be out in the liquorish street and the cola rain will ruin your hair.

With the Boar’s carefree attitude, problems are not taken too seriously and the focus is more on social activities rather than business. That’s not to say that business is forgotten, the Boar year promises to be profitable for commercial ventures, as long as all the details are checked before any funds are invested.

The subjective and sociable Boar creates an environment where informal casualness reaps larger rewards than an objective formality. Much of the business leads converted this year will be from contacts and reputation. Everybody feels like they are on holiday for the year and they just want to soak up the sun and do whatever feels good. This may mean that projects are prolonged and deadlines are not always met, but it’s not the end of the world is it?

Being one of the most sensual signs, the Boar encourages new experiences where your senses are thoroughly exercised. It is a good year for food, a bad year for diets; a good year for extravagant shopping, a bad year for your accountant; a good year

for sensuality-led activities, a bad year for hard-core traditionalists. Expect numerous parties with open invitations and everyone is welcomed.

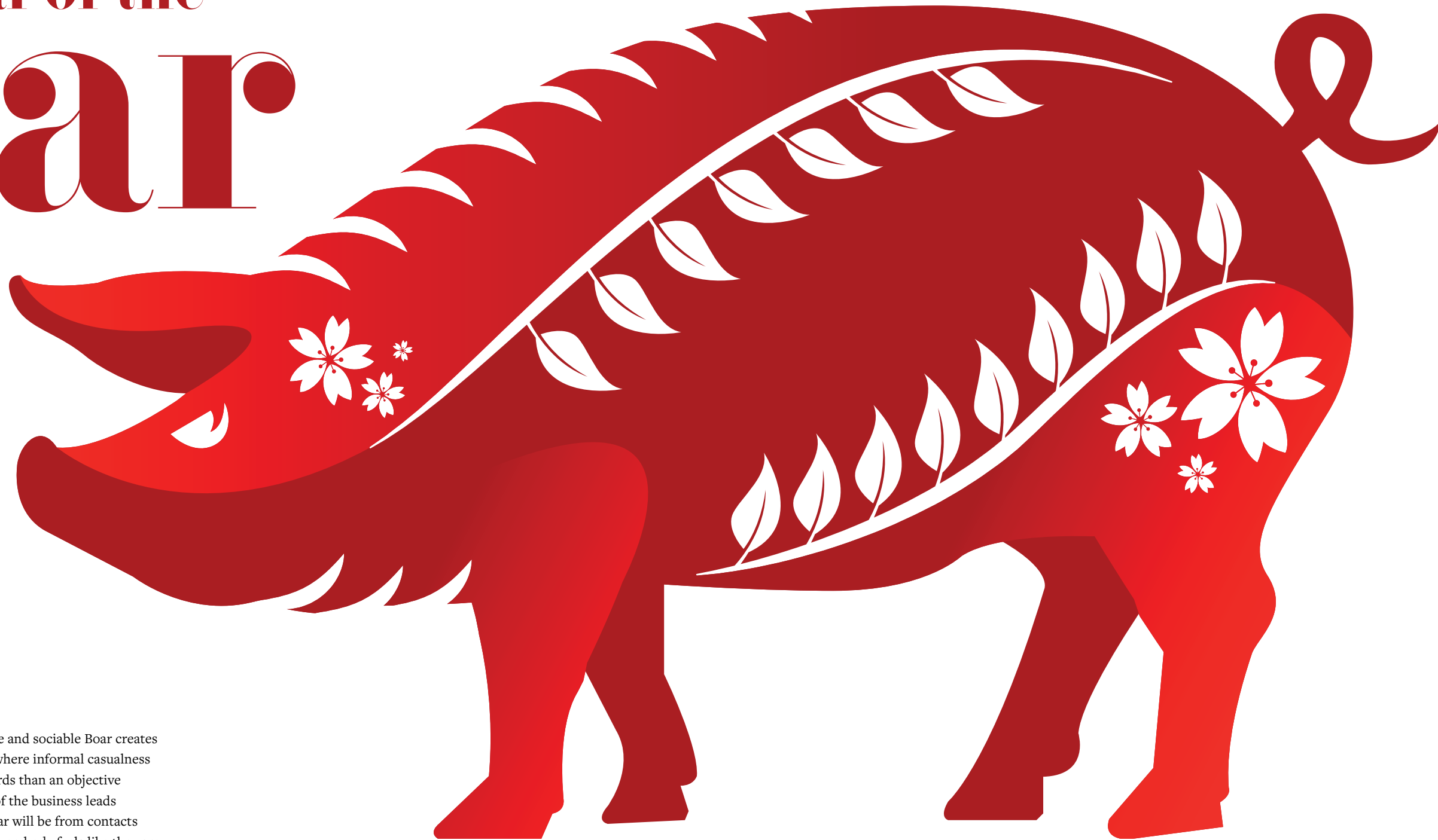
There is an inherent irrationality or better put heightened emotionality to the Boar sign, which is reflected in their years. Things may not proceed as expected because the obvious choice which would lead to the obvious desired outcome, may be rejected

without good reason. Decisions will be made based upon feelings and gut responses instead of detached objectivity. Although this is one’s prerogative in personal situations, it can be risky where business and financial matters are concerned. This is why it is still recommended to dot the I’s and cross the T’s.

If you have a sensitive disposition, the Boar influence may add to the apprehension

you may feel when trying to please. Paralysis by over-analysis might lead people to undermine their own abilities. On the other hand, harsher personalities often soften from the Boars gentle energy. Being self-disciplined and confident is of paramount importance this year to ensure that desired outcomes are achieved. Extravagance and overindulgence is all very well as long as you remember to go to work on Monday morning.

The current Chinese cycle comes to an end with Boar years so this year is full of conclusions, revelations where truths are finally revealed and dénouements take place. At the same time, festivities abound and there is much to be learned. The Boar year is where we learn how to be happy without needing money or success and learn how to “be” with humility and simplicity. 🌸



To find out what the boar year has in store for you, look up your animal sign and read what the Chinese fates have to say.

RAT: 2008, 1996, 1984, 1972, 1960	DRAGON: 2012, 2000, 1988, 1976, 1964	MONKEY: 2016, 2004, 1992, 1980, 1968
OX: 2009, 1997, 1985, 1973, 1961	SNAKE: 2013, 2001, 1989, 1977, 1965	ROOSTER: 2017, 2005, 1993, 1981, 1969
TIGER: 2010, 1998, 1986, 1974, 1962	HORSE: 2014, 2002, 1990, 1978, 1966	DOG: 2018, 2006, 1994, 1982, 1970
RABBIT: 2011, 1999, 1987, 1975, 1963	SHEEP: 2015, 2003, 1991, 1979, 1967	BOAR: 2019, 2007, 1995, 1983, 1971



RAT

Famous Rats:
William Shakespeare, Mark Zukerberg, Cameron Diaz.

As a highly empathic sign, you may be susceptible to the moods of other people, so it makes sense to choose wisely whom you associate with, as there may be some who are struggling around you. Help by all means, just be aware of your boundaries and do not feel bad about pulling back from people who impose upon your good nature. There may be much to be grateful for and even some things that look too good to be true. Follow your feelings and if it feels right, go on an adventure, but do not invest anything you are not prepared to lose. Boar years are great ones for Rat signs to meet a new partner or make a commitment to an existing one. Lose the worry and unnecessary fear and this Boar year will be a romantic and happy one. This is the beginning of a positive three-year roll for you – so make a three-year plan at the beginning part of this year. It is time to resolve long-standing limiting patterns of behavior.



TIGER

Famous Tigers:
Queen Elizabeth II, Tom Cruise, Leonardo Dicaprio, Hilary Swank.

The Dog year (2018) set you down a certain road and provided a new kind of stability, as a result, you enter the Boar year (2019) holding on to things that have now served their purpose. This is the time to let the past go. This isn't easy for you as loyalty is a big thing; if it comes down to your integrity and your best interests versus a distorted sense of loyalty to someone who doesn't deserve your favour, it would be wise to choose yourself. By the end of the year, you may be without "friends" who had previously been fixture in your life. Even if they chose to leave themselves, this is a good thing for you. Consequently, you will welcome the arrival of fresh energies that awaken another side of you that makes you feel alive. That is when you will be able to achieve a lot in a short space of time. In terms of the contracts you may be offered this year, it's important to check the details, fine print and people attached before committing. If you commit, commit fully as the gains could be vast.



OX

Famous Oxen:
Princess Diana, Margaret Thatcher, Meg Ryan.

You will find that much of your time will be spent handling family matters and dealing with consuming issues that pull you away from all that you would rather be doing. It may be time-consuming, but deep inside, you know that there are something's that only you are equipped to deal with. There is much to look forward to also, many opportunities come your way that allows you to travel, take a new career direction and even move home if you chose to. The power is yours to choose as long as you handle your current responsibilities first. Do not take on everything in one go, organise your diary because you will not be able to control your time in quite the way you are used to. The Boar year is an auspicious one for romance, you must be aware not to see through rose-tinted glasses though and you may need to sift through the frogs before you find the one.



RABBIT

Famous Rabbits:
David Beckham, Andy Murray, Whitney Houston, Angelina Jolie.

As one of your best friends, the Boar's year is a safe and protected one where you can afford to be bold enough to make some courageous moves. It is always wise to make sure you have done your research to the level it is required, especially when finances are concerned. Courage is great, but covering all of your bases ensures that your choices are more likely to bring you what you want. Although everybody is in a giving mood, providing your time may be the wisest investment of all, both spiritually and for your own professional advancement. There are many influential people around watching you carefully; make sure they see you at your best. Spend in moderation and avoid gambling activities. Generally, it is a good year where you can get ahead, but not without some hard work and moxie.



DRAGON

Famous Dragons:
Calista Flockhart, Emma Stone, Keanu Reeves, Sandra Bullock.

This is a much more stable year for you where you regain your authority, your territory, and your power. It is a very lucky year and goals can be achieved by maintaining a positive frame of mind and by being a good example of what you stand for. The Dog year suppressed your presence, but it is back with full force now and attracts desired opportunities towards you. It is likely to be a busy and sociable year where everything seems to go your way so set forth your intentions and make your plans early because if you do not, you can get drawn into the plans of others. You are happy to be back to your powerful Dragon self but others might abuse your ego and get you to do their bidding. Be mindful of your purpose. However, as a karmic sign, what you give out is what you get back and releasing good energy in the year of the Boar snowballs in your favour.



HORSE

Famous Horses:
Katie Holmes, Cindy Crawford, Halle Berry, Annie Lennox.

Liking to keep your feet firmly on the ground, the year of the Boar may frustrate your delicate nerves by sending you in different directions at the same time rendering you unable to trust your instincts that got you there. The problem is external factors are influencing your decision-making and you don't know what you believe anymore so are going by what you think you should believe. It is likely to be a busy year where you play trouble-shooter for many projects. Take time to rest and search yourself for your moral centre so you maintain a sense of who you are and can choose your fights sensibly. It is a great time to buy property or make long-term investments.



MONKEY

Famous Monkey
Jerry Hall, Giselle Bunchen, Lucy Lawless, Michael Douglas.

A steady year where you could make lots of money, although, the methods you must follow may not be your preference. Things move slower than you would like. Do not get drawn into unhealthy habits though as you are susceptible to excessive influences. Keep your own counsel and try to keep up your personal routine that keeps your mind and body in good stead. It is a time to avoid petty



SNAKE

Famous Snakes:
Sarah Jessica Parker, Sarah Michelle Gellar, Chris Rock.

As you enter the year of the Boar which is your polar opposite sign, potential obstacles may raise their heads and demand your time. You may encounter people who are not enamoured by your wisdom and fail to be taken in by your charm. This may affect your self-esteem and consequently, other areas of your life. However, with your tenacity and intrepid nature, you will develop new ways of handling situations that will serve you well. It is not a year to take shortcuts, even if you see others taking them. Do not be tempted to follow the road of least resistance because that way lies a snake trap. Be good, do good and expect good in return. However, the Boar is generous to all and will not leave you vulnerable so it will be a mixed year of blessings and lessons learned the hard way. Your humility and sense of humour will be your best assets.



SHEEP

Famous Sheep:
Julia Roberts, Pamela Anderson, Nicole Kidman, Mira Sorvino.

After the distressing Dog year, the Boar brings welcome comfort. In fact, it could turn out to be one of the best years of your life. The atmosphere the Boar creates is perfectly aligned to the way you like to live, happiness and abundance everywhere you look. Your money situation improves and your self-confidence is at a high after you were forced into confrontations last year which taught you a lot. This is just as well as you may be subjected to a number of parasites whom you need to assertively direct to the door. You are in a good place to control your future and your pure intentions give you a glow which makes you highly attractive so it's a great year to find the love of your life if you haven't already.

arguments so placate rather than antagonise, as you don't want to back yourself into a corner that you cannot climb away from. Yes, it is famously known amongst Chinese Astrologers that the Monkey is mentally very quick and likes to show off his mental acuity, but that's lost on the Boar who finds it all unnecessary. Exercise prudence more than usual, as people will not be as reasonable as you would like and just fight your cheeky tendency to provoke. Just chill and get involved with the fun and games, it's a more productive pass time this year. Lots of sensual pleasures await you if you are open to the adventures.



ROOSTER

Famous Rooster
Beyonce Knowles, Jay-Z, Sean “Puff-Daddy” Combs.

The end of last year may have seen large changes in your personal circumstances which has led you to be more cautious and ready for something new. In your mind it just feels like all preparation and no outcome or release. Keep in mind that all of your work is leading somewhere and faith is necessary to nurture your dreams. Keep your own counsel and resist the tendency to ask all of your friends for their advice because you already know what you want. Also, although secretly you love activity and being busy, this year may see you so busy that you’ll want to yell “Stop!” Not that you can’t handle it, but love or family life may be affected by your missing involvement. You are not alone, although, at times, you may feel it. Look around you, you are loved and everyone is stood there with their hearts wide open.



BOAR

Famous Boar
Ewan McGregor, Jon Hamm, Simon Cowell, Ricky Martin.

As the baby of the cycle, you love to be spoiled and this is your year so get ready to be showered with gifts and affection. Being so adorable, it’s hard for people to dislike you, especially in your



DOG

Famous Dog
Madonna, Cher, Mariah Carey, Mary J. Blige, Leanne Rimes.

The last few years have been preparatory, getting you in the right place to capitalise on your skills or a favourable environment and finally, it is here. It is time for you to show the world what you are made of and come out in grand style. The time and place could not be better for your creative ventures to come to fruition, just commit 100% and go for it. As a big brother to the Boar sign, your affection and protection is returned in the Boar’s year allowing you to take risks without severe repercussions. Your popularity could soar and everything is ripe for your picking. Have faith, leap and you could prosper in a way nobody could have imagined.

own year so you can expect a healthy social life, entertaining and traveling. When everyone is so giving, you usually respond in like and this is all very well as long as you keep an eye on your bank balance. Moderation has never been your strong point, but a little self-discipline is a good idea. Allow yourself to receive the acclaim and love shamelessly because it’s rightfully yours. You deserve every ounce of it.



Authentic flavours and a great atmosphere



Specialising in authentic Japanese and oriental dishes, from sushi and teriyaki to noodles, grills and salads, we are located in the vibrant Irish Village Complex in Garhoud. Come and experience our great cuisine, lively atmosphere and warm friendly service.

Sushi Sushi - so good they named it twice!



How To Change Your Life *(Really)*

WORDS BY ELYSE SANTILLI

If you are stuck in a crappy life you hate, I want you to know you can turn it around and create your wildest dreams.

If you are stuck in a prison of negative thoughts and feelings, I want you to know that you can retrain your mind and emotional body for positivity and true daily joy.

If you are stuck in a cycle of self-criticism and unworthiness, I want you to know that you can fall in love with yourself – even if it seems so unrealistic and out of reach right now that I may as well tell you to believe in unicorns.

I am proof that you can become a radically different person – you can blossom into the real happy self-loving inspired passionate soul you were born to be.

And I am proof that you can totally transform your life – you can create a career, body weight, home, lifestyle, romantic relationship and friendship group that truly lights you up.

While I can't take you through my 6+ year journey in one article, I can give you an introduction to the critical steps I took to create massive positive life changes..

1

I STARTED MEDITATING

I remember when I started meditating sitting for 7 minutes was excruciatingly painful. Now I sit for 30 minutes and I love it (mostly).

Meditation was the doorway to so many new things for me. It taught me to be more present in my daily life. It taught me to witness or observe my thoughts and feelings instead of getting hooked by them. It taught me to hear my own soul speak.

I knew my meditation practice was making a difference when I was running late

for work at my old day job and I dropped a green smoothie and it went ALL OVER my white carpeted floors, white couch and white walls.

Instead of having an emotional meltdown, I felt complete peace. I smiled joyfully, calmly walked out the door and resolved to cleaning it when I got home.

That is the power of meditation. It naturally turns you into a calmer, more peaceful person. Make it a part of your daily routine.



2 I READ INSPIRING WISDOM

I immersed myself in all of the wisdom I could get my hands on. Buddhism. Taoism. The Bible. The Bhagavad Gita. Plato. Shakespeare. Spirituality. You name it.

I took courses by inspirational leaders like Gabrielle Bernstein, Gala Darling and Eckhart Tolle.

You see, so many of the secrets of life, happiness and success have already been figured out. Like 3000 years ago, in some cases.

It's just that we're not taught them. In fact, we're living in a world where we are taught the exact OPPOSITE of the truth about life. So of course we all feel depressed, dissatisfied and lost.

When you discover the truth, you discover how beautiful and amazing life can be – and how powerful, worthy and divine YOU really are!

So I made reading and watching inspiring wisdom a priority over trashy TV or internet cat videos.

In fact, I haven't owned a television for over five years now, and I watch about one hour of television content a week (a documentary or Game of Thrones!)



3 I PUT MY INSIGHTS INTO PRACTICE

There is a painting on the wall of my yoga studio which says: 1% theory and 99% practice.

This is the most important step out of all the steps. If you ignore everything in this list and just do one thing – do this.

There is a reason why two people can read the same book or do the same course or take the same workshop, and one person is completely transformed – and the other person stays stuck. And that reason is putting the theory into practice.

Take a tool you've read about or an insight you've had about life – and then actually implement it for the day. Live by it. See whether it helps you. See what you learn.

With practice, you can:

- Retrain your mind. As the saying goes: Positive mind, positive life.
- Retrain your body. So your default emotional state is peace and happiness.
- Retrain your habits. So you do the things that serve your highest good.
- Learn to see your worth and amazingness. So you love and back yourself.

I have literally retrained my mind and body to live in a different way.

Or more accurately, I have unlearned and unraveled a lot of the negative beliefs and disempowering emotional reactions I picked up in childhood that keep me stuck and unhappy.

I have gone from living from my ego to living from my soul. And the natural state of our soul is peace, joy and love.



4 I GOT CLEAR ON MY PURPOSE AND VISION

There is a saying which goes: If you don't know where you are going, you may end up where you are heading.

This was me for most of my life. I didn't know my true dreams or desires, so I floated along, doing what society told me to do and copying other people.

I remember one year it was cool in my age group to like vintage photography so I bought a Holga camera and started snapping away, without any regard to whether I actually even LIKED vintage photography! I didn't have a clue who I was.

Thankfully by the grace of the Universe I met a man who taught me the concept of mapping out a vision for your life. So I mapped out a vision comprising of my goals, dreams and desires.

At first it was really vague like "a job involving words" and "soulmate love" – but the more I sat with the question of what I truly desired, and the more I spent time getting to know myself, the more my vision became crystal clear.

I suddenly found myself excited about getting out of bed in the morning. Because I had purpose. I had meaning. I knew who I was and what I wanted to do.



5 I LIVED BY INTENTION

For many years, I have been setting an intention for my day. My intention might be:

- Gratitude and appreciation
- To be kind to myself
- Seeing the light within everyone
- Pausing between actions to come into the present moment
- Have more fun and take myself less seriously
- Feel abundant
- Make decisions based on my heart
- Be brave bold and fearless

Setting a simple daily intention has had a massive impact on my life.

Not only have I now practiced these intentions enough times that they have become part of my default state of mind and being, but I am better and better at choosing my response to life instead of letting life dictate how I feel.

You see, you have two choices for how you approach your life:

The first choice is to go out into your day, see how life unfolds, and then react accordingly. If life is stressful, you get stressed. If life is boring, you feel bored. If someone says something hurtful to you, you feel hurt. If something goes wrong, you feel upset.

The second choice is to make a conscious decision about your intention for the day, and then no matter how life unfolds, you respond based on your intention. That is true personal empowerment.

6

I FOUND GOOD COMPANY

For years I had accepted default friendships – people I was friends with because of history or circumstances, without thinking twice about whether they are actually a true friend, similar soul or positive influence.

In reality, I was hanging around with a lot of negative, cynical and mean-spirited people who were influencing my beliefs and energy – whether I liked it or not.

I went through a sad and lonely period when I lost my main group of friends (and cried a lot of tears about it), but in hindsight I can see how it was one of the best things to happen to me.

While it took patience and faith, I ended up meeting a whole bunch of new amazing friends who are the kind of inspiring, soulful people I once dreamed of knowing.

In terms of how I found them, it really was a case of relying on miracles. I asked the Universe for help and then took baby steps following my intuition.

One friend I met at a wedding – it turned out we were BOTH flying to New York a few weeks later to attend the same spiritual conference, and she had room in her accommodation for me, which was a double-miracle as I hadn't booked mine.

One friend I met at a coaching training day – we happened to sit at the same table and instantly clicked. It turned out we had been to the same 21st birthday party many years ago.

One friend I saw in a Facebook group and my soul whispered that I should contact her – even though I had no idea who she was – so I sent her a message. It turned out that she was in my city and had put out an “energetic memo” to the Universe to attract more female entrepreneur friends. I must have got the energetic memo. Ha!

I also started going to a local philosophy class in the evenings. I have gone there once a week for around 5 years. It gives me a place to discuss the meaning of life with like-minded people. I am forever grateful for it.

If you want to rise to a new level of awesomeness, sometimes not everyone around you is ready to come along for the journey. And that's okay.

When you create space in your life – while it may feel scary or lonely for a while – you are also giving the Universe an opportunity to bring you new things.

7

I STARTED LEANING ON THE UNIVERSE

For most of my life, my biggest goals and dreams seemed unrealistic and nearly impossible to achieve – I mean, I couldn't even break the habit of eating too much peanut butter out of the jar by myself; how could I possibly transform my career, relationships, health, finances, self-love, happiness and life by myself?

I was operating under the old paradigm most of us are taught – that you are alone in this world, you have to fight to survive, and everything rests on your small shoulders.

Thankfully, I woke up to who I really was – beyond my body, thoughts, emotions, titles and roles. I discovered I was a soul in a body; not a body with a soul.

I woke up to the fact that I was the Universe expressing itself as a human for a little while, which meant that I could rely on the Universe to support me in life.

I woke up to the fact that if I couldn't change a bad habit, fearful thought or limiting belief on my own, I could ask my higher wiser self to help me successfully change.

I woke up to the fact that if I didn't know how to make my dreams happen, I could use the power of manifesting and the intelligence of my subconscious mind to help me out.

This, my friend, changed everything. I started noticing synchronicity and miracles on more frequent basis, which grew my faith in the unseen world even more.

While I still have moments where I forget who I really am, and I let the fear-based thoughts of my ego mind convince me that I have to figure everything in my life out all by myself, I generally feel like I'm on a team now. A kick ass divine team with my higher self and life where I am constantly co-creating a beautiful life.

8

I ADDED THE RIGHT KEYSTONE HABITS

A keystone habit is a habit which has a positive domino effect on the rest of your life.

For example, one of my habits is doing yoga. When I do yoga in the morning, it makes me feel sparkling and alive. But it also seems to naturally influence me to eat healthier foods, go to bed on time, focus better on my work, and stay more present.

In other words, it has a huge positive flow-on effect on my mindset, mood and life.

On the other hand, another one of my habits is washing my hair on Fridays. Or reading before bed. Or going to dance class. While I enjoy these habits too, they don't have a huge impact on the rest of my life. I can always skip them.

So, you could think of keystone habits like the non-negotiable things you need to do each day and week to feel your sparkling best and live life to the fullest.

When you make these things a non-negotiable part of your routine, you change and therefore your whole life changes quite naturally as a result.

9 I STARTED TO DATE MYSELF

A few years ago, I had just ended an 8 year relationship with the wrong man. I had also realised that my career, friendship circle, health and mindset were all wrong too. I woke up and realised I was in the totally wrong life for me. Whoops!

But the huge missing key to the doorway of positive change was that I didn't actually know who I was or what I wanted. I did not have a close relationship with myself!

Think about it – how often do we check in with the news, our friends on Facebook, work colleagues, the weather report, our Instagram feed — and yet fail to check in with ourselves? Our soul? Our beliefs? Our fears? Our deepest desires?

So I started the beautiful journey of going within for answers instead of looking to other people for answers to my questions (or to blame for my problems).

I took myself on a brunch date every weekend where I would read over my philosophy notes, write, journal and dream.

I start to journal about my thoughts, feelings, fears and desires. After a while, I started to receive guidance and answers from my soul self; the wiser part of me.

I learnt to tune into my intuition to see what decisions felt right for me, instead of only relying on my limited rational mind.

I also learnt to check in with my feelings throughout the day, to see if I needed help, assistance, support or to change my attitude and vibration to a more positive state.

As a result, I now have a one million percent deeper relationship with my true self.



10 I REPROGRAMMED MY MIND

One of my favourite quotes is by the poet Rumi: Anyone who knows me, should learn to know me again. For I am like the Moon, you will see me with a new face everyday.

It touches on something that few of us know. We are free to change who we are. We don't have to be loyal to some old version of us if we have outgrown it.

And science has shown that your brain is in fact very changeable – you can literally reprogram your mind for more happiness, confidence and success.

To cut a long story short, I started to use the power of language and gratitude to rewire my brain and improve my beliefs about myself. For example:

I started a gratitude journal – writing 3 things or more I was grateful for everyday – to reprogram my mind to scan my environment for more beauty and blessings.

I also started using affirmations and mantras to create new grooves of thought in my mind to override old limiting beliefs.

I also started noticing when I was in a happy or peaceful mood, and deliberately allowed myself to enjoy and extend the feeling for longer periods of time.

The culmination of all these things created big changes in my default state of mind and being. This in turn changed my behaviours and my life.

I am
grateful
for

11 I BECAME MORE PRESENT

Rather than just meditating in the morning and then going unconscious for the rest of the day, I started to incorporate mindfulness into my daily life.

I would pause between activities and take a deep breath. I would notice my feet connecting with the ground as I walked. I would pay full attention to whatever I was doing — cooking, listening to someone, showering, or doing the washing up.

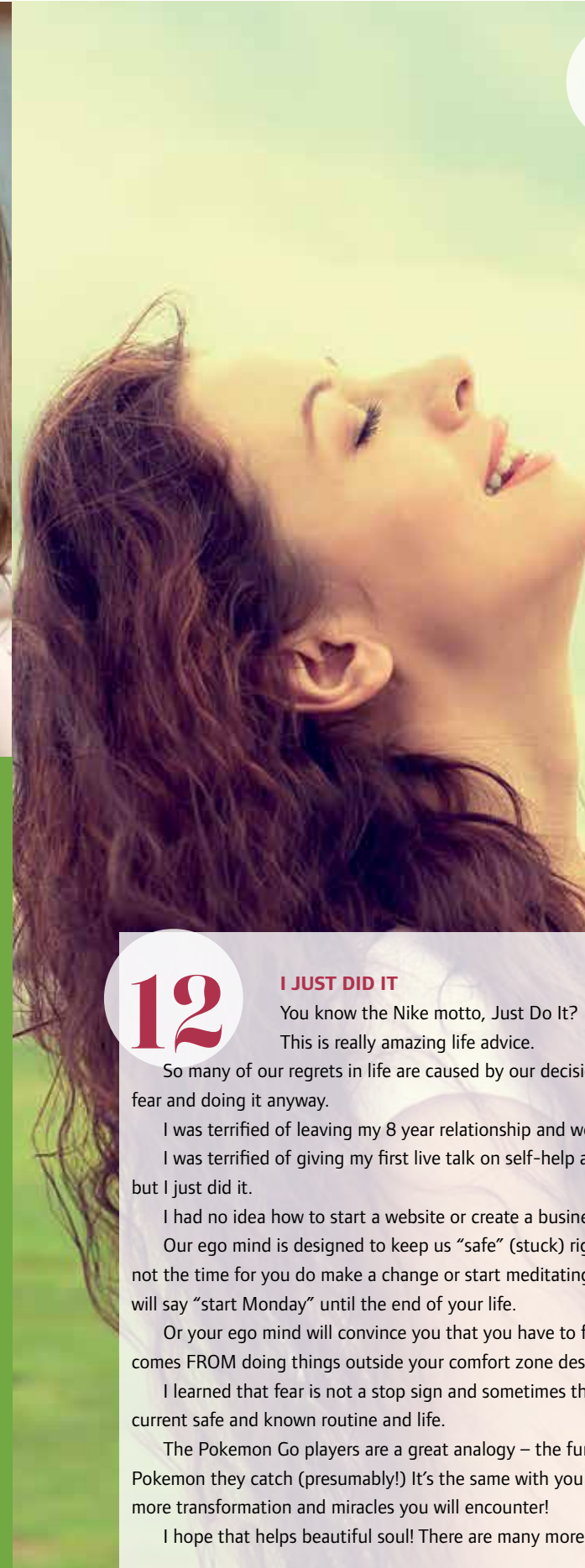
One of the biggest reasons we find it so hard to change is because many of our unhelpful thoughts, feelings and behaviours are stored in our subconscious mind.

Our subconscious mind is like a computer hard drive. It is filled with all of our most used thoughts (which become our beliefs), our most common emotional states, and our most common habits and reactions.

When we go through our day on autopilot with a low level of awareness or attention, our subconscious mind takes over and begins running our old programs. Then we kick ourselves for making the same mistakes over and over!

By becoming more mindful and present, I was able to notice my old limiting beliefs and disempowering behaviours when they popped up – and being aware of them gave me the power to pause and practice choosing a different response.

Being more present each day also greatly increased my sense of happiness and joy, because I was finally connecting with the beauty and aliveness of life, instead of being lost in my head, re-hashing the past or worrying about the future.



12 I JUST DID IT

You know the Nike motto, Just Do It? This is really amazing life advice.

So many of our regrets in life are caused by our decision to wait until we feel “ready” to do something instead of feeling the fear and doing it anyway.

I was terrified of leaving my 8 year relationship and worried if I would end up alone – but I just did it.

I was terrified of giving my first live talk on self-help and philosophy in Sydney and my heart was beating through my chest – but I just did it.

I had no idea how to start a website or create a business or create an email list – but I just did it.

Our ego mind is designed to keep us “safe” (stuck) right where we are, so it will constantly come up with reasons why now is not the time for you to make a change or start meditating or enrol in that short course or move overseas or eat healthy foods – it will say “start Monday” until the end of your life.

Or your ego mind will convince you that you have to feel ready and confident before you begin – when the truth is confidence comes FROM doing things outside your comfort zone despite your fear and uncertainty.

I learned that fear is not a stop sign and sometimes the biggest transformations and miracles are to be found outside of your current safe and known routine and life.

The Pokemon Go players are a great analogy – the further they travel from their same-old same-old home and route, the more Pokemon they catch (presumably!) It's the same with you – the further you travel from your comfort zone and old limitations, the more transformation and miracles you will encounter!

I hope that helps beautiful soul! There are many more ways to change your life – but this will give you a great place to begin.

B AND C MIRACLE METHOD

Energy... its everything... its everywhere... we are it... they are it... we cannot escape it not ever.

But do we really understand how it affects us on a daily basis. Most do not.

We all interact with people on a daily basis...some are high vibrational, some low. If you are higher vibrational than the people around you they will suck your energy, known as Vampires. They are people who will make you feel drained. High vibrational people always make you feel good because they are mostly positive. Always giving off good energy.

B and C Miracle Method is a holistic therapy working on the Core Issues of a person on their energy body to delete any negative patterns that may be holding you back in life. It can clear relationship issues, Health problems, money issues and career concerns. Basically anything that you feel is holding you back in life. Preventing you from being the best you!

It is a breakthrough method and has the highest potential to transform and change your life almost instantaneously.

It also deals with clearing negative energies that are trapped in your auric field. When these energies are cleared things in your life just fall into place as if by magic!

The amazing thing about this therapy is that it requires absolutely no effort from the client. All you have to do is give me the issue you want to work on then I get to work using my 40 plus charts and a pendulum which hones in on exactly the areas that need clearing. While you just sit back and relax. Most clients do feel things shift as I am working on them. Such as feeling more relaxed, like a weight has been lifted, sleepy or emotional...but definitely better. Based on Stephen Hawkins principle on the Black Hole. We clear blocks from when you were first created in this Universe. We got to past lives, parallel lives, this life....we tap into 7 different energy bodies always clearing clearing clearing.

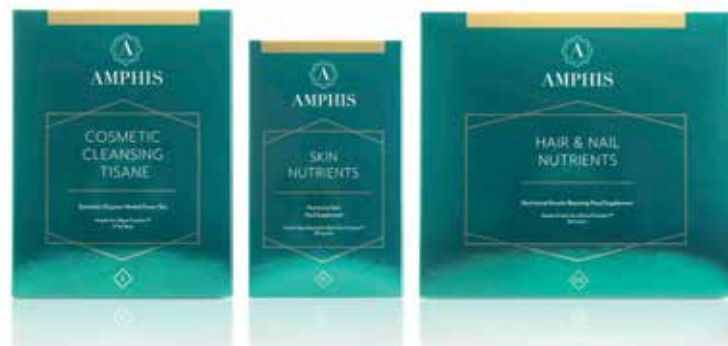
The other very convenient thing about this therapy is that you do not actually have to be present...yes that's right. I can just tap into your energy field say your name and away we go.

Everyone needs to clear their energy on a regular basis so this is definitely a therapy that can help every living being. 🌸

Why don't you book a session today...

Contact Katrina on 050 565 7679.

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If you are looking to strengthen your hair and nails in as little as two weeks, Amphis Hair & Nail Nutrients (AED 399) are an oral sachet, taken daily that accelerate the growth of strong, lustrous hair and strengthen nails by using a keratin boosting liquid that delivers marine actives which work from the inside out, using vitamin-enriched sea minerals from the ocean, the world's most powerful natural resource.

The Amphis Hair & Nail Nutrients are the first nutritional keratin boosting liquid on the market. With a unique orange flavour, this food supplement contains a unique formula called Amphis Keratin Sea Mineral Complex. This is what accelerates the growth of stronger hair and strengthens the nails, with each sachet containing a host of nutrients including calcium, silicon, iodine, Vitamin C, Beta Carotene, Vitamin B6, Vitamin B2, Biotin Selenium, Vitamin D3, Vitamin B12 and Vitamin B3.



Amphis Hair & Nail Nutrients sachets have been shown to work as early as two weeks.

The other two Amphis products that make up the Amphis ritual include the Skin Nutrients (AED 399) which are two capsules taken daily and the Tisane (AED 147) which is an organic herbal tea that cleanses the body from within. Each product can be used individually or for best results, as part of the daily Amphis Ritual as each plays a specific role.

The Amphis entire range is sugar free, paraben free, shellfish free, not tested on animals, certified for Halal & Kosher consumers and the tisane is certified 100% Organic.

Amphis is available in pharmacies across the UAE and online at BasharaCare.com for online GCC and KSA orders. Keep up to date with the latest Amphis news on social media @amphisbeauty 🌸.

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Women's Inner Wisdom

And What Keeps Us From Accessing It

WORDS BY JAMIE FESTA, DEENA DADACHANJI AND KANIKA FRINGS, OF **WISE, WILD & WORTHY**

Women are wise. We come into this world with so much knowledge, the wisdom of our ancestors, and the highest intelligence of the universe, the stars, the plants, the oceans. We have a much deeper knowing than we can even imagine. Our mind, our heart, our soul, and literally every cell of our body holds vast amounts of knowledge. Through our intuition, our connection to nature, and to our wombs, we are able to access this wisdom.

So, if this is how nature intended us to be, then why can't we feel it? Why can't we access it? Touch it? Trust it? And let it guide us? What has impeded our connection to this wisdom and to our sacred power? And what can we do to reconnect and reclaim it?

Some of the key factors that keep us from this inherent wisdom are our disconnection from nature, our social and cultural conditioning, and the fast paced world in which we live. These factors have led us to disassociate from our bodies, and to disregard our intuition, our inner guidance system and our deepest truth.

Disconnection from nature, its cycles, natural rhythms, the seasons, and the elements has literally and completely disconnected us from our own nature. Without contact with our animalistic selves, we have cut our access to any wisdom within our bodies, specifically the womb. Our womb is the all-knowing space holder, wherein the wisdom of our whole universe resides.

Nature has intentionally designed our menstrual cycle to follow the movements of the moon and the tides. Hmmm... Over time, the disconnected, modern day woman has become the norm, leaving Woman's inherent power and wisdom buried and out of reach.

Through social power dynamics and cultural conditioning, women are taught their roles, their place in society, and the consequences of challenging these. Society insists that we look externally for our knowledge, guidance and validation, which has stripped us of our innate worth, our authentic voice, and our deep knowing. History has taught us to deeply fear and mistrust our personal and collective power.

Finally, the fast paced societies, pervasion of technology, and work expectations subsume whatever little ability remains to access and connect with our wisdom. Over time, this has left us with a lack of Women role models. Role models who can create, embody and model what a connected, fierce, and authentic Woman really is.

So here we are... girls? Or Women? Disconnected from the ability to feel our natural power, incapable of having the time to feel it, and lacking the awareness of it even existing. So what to do?

Breathe. Close your eyes and put your hands on your womb. Acknowledge just how much power you hold inside you. Breathe into it and allow it. Listen.

It is time. It is time to slow down. Make space. Spend time in nature. Bring awareness and reverence to your moon cycle. Trust yourself and let your body speak. Listen to what she says. It is time to call back our power, to reclaim our voices and to create a world informed by our inner wisdom.

At Wise, Wild, and Worthy we gather together to do exactly that. Wake Her up! Come join us March 15, 16, and 18th for a Woman's journey to honoring and embodying her sacred feminine power. Invoke your wisdom, feel your wildness and know your worth!

So much Love! 🌸



CLOCKWISE FROM TOP:
Yoga Flow practices to strengthen the connective tissue between the heart and the womb.
Wise, Wild & Worthy founders, Jamie Festa, Kanika Frings and Deena Dadachanji.
Women gather for healing in a ceremonial circle at the Wise, Wild & Worthy summer retreat in Spain.

www.werise.earth/wise-are-we-dubai/



Can an organised home help you have an organised mind?

A look in to the Marie Kondo method that is taking over our Netflix accounts, social media, and our cupboards..

The start of the year is the perfect time to declutter, deep clean and organise your space, aligning with our 'New Year New Me promises'. Or, at least Netflix thinks so, they recently partnered with world-renowned organizing expert, Marie Kondo to bring her KonMari method to the world in the series, 'Tidying Up with Marie Kondo', it's not the first time Marie Kondo's techniques have sparked a movement, her New York Times best-selling book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, landed on bookstands in America in 2014, Marie Kondo experienced a wave of international success. Since then, fans and hoarders alike have completely transformed their lives by tidying up their spaces with Kondo's method.

Launched on January , just in time for those resolutions to start (read: hangover fuelled duvet day), the show attracted some serious buzz in the first two weeks of streaming. The hashtag #mariekondowashere was everywhere as people took to their homes with a brand new motivation. Many were inspired, myself included, to get off the sofa and in to the deepest depths of our cupboards, in

order to start the year off right. In the eight part series the KonMari method teaches us how to declutter and organise in order to create a space filled with things that 'spark joy', rather than things that add to the stress of our daily lives. (If the thought of opening your cupboard, garage, or 'that drawer' exhausts you, then you know what we are talking about).

The KonMari Method's main goal isn't exactly about organizing our things, though that is an added plus. Simply put, the KonMari method is actually a checklist with six basic rules:

Make the commitment: Committing to decluttering and organizing your space is half the battle. Once you commit yourself to tidying up your home, you can apply the method and spark more joy in your life.

Consider how tidying up might change your life: Before you begin the KonMari checklist, ask yourself why you want to tidy up and what your life will look like once you are done with the process. Dreaming up the outcome helps spark motivation and keeps you in check when putting things away in the future. So rather than a one time clear out,

ABOVE: Folding with the KonMari Method transforms your drawers. It might seem time consuming at first, but once you organize everything in the way she shows you, you'll find that you actually save time. No more looking around for lost t-shirts and resorting your drawer after each search! The method means that with one look at your drawer you see everything.

this method (theoretically) helps you maintained an organised house and therefore life by teaching you the basics.

Get rid of items first: One of the key aspects of the KonMari method is to get rid of unwanted items first, that way all you are left with is what's staying and needs to be organized. Before discarding Marie suggests that you thank each item for serving its purpose. This may seem unusual for items, for example a top or dress that still has it's price tag, in this case Marie suggests that you are thanking that item for teaching you that this is a style of top that you should not buy again as you decided it did not suit you.

Think category, not location: Another big part of the KonMari method is tackling one thing at a time and organizing your efforts by category, not location. For example, it's not about cleaning out the master bedroom closet, it's about cleaning out all clothing items in the house, the series sees Marie encouraging people to face all their clothes in one space, usually in one big pile. She also says that this is a good way of realising how much you have, which helps people who tend to shop too much (guilty) realise that its more addiction than requirement. The same goes for books, organizing all books under your roof, not just the cookbooks in your kitchen.

Follow the checklist order: The KonMari cleaning checklist is set up in a specific order and you should not stray from it. (see below) Start at the top and work your way down. One of the main reasons behind the order, as we see in the show, is that as we go along we learn to realise what actually 'sparks joy' with less meaningful items like clothes and books, the larger section of miscellaneous items might seem daunting at first but by this point you'll have experience tidying up, so it should go a lot smoother than you think. Sentimental items are last, by this point we are sure if that item truly sparks joy before saying goodbye to it.

Find joy: It's not about getting rid of things you no longer want, it's about keeping things that spark joy. So, always think from a positive standpoint and simply ask yourself if something brings you happiness versus making a case for why it stresses you out.

With the rules covered, all that's left to do is start organizing. Much like the guidelines, the KonMari checklist exists to simplify your cleanout and helps give some order to the chaos. After all, the hardest part about starting is knowing where to start! Here's the exact order Marie Kondo wants you to follow when tidying up;

- Clothes- take them ALL out, form a pile, start with something simple that you know brings you joy, remember to thank those items you will let go.
- Books- the same as with clothes.
- Papers- the same as with clothes.
- Komono (miscellaneous items; kitchen items, the garage, beauty products)- boxes are your best friend, organise items not only in their purpose, but size too.
- Sentimental items- the trickiest one, you may have found some of these while going through the other categories, keep them until the end, ensure the item sparks joy for you and if possible display it or organise it in a way that brings you that joy more regularly.

After taking on her advice and managing to transform my cupboards and yes, even 'that drawer' I can honestly say I feel lighter. I have started the year off with an organised home, which helps me keep a clear and organised mind. (amazing how satisfying it is when you need a gift bag and remember exactly where those are without thinking twice) It's those little things that take a load off of us every day, which is why I truly believe in the psychological benefits of the KonMari method. So 'Arigato' Marie Kondo and good luck to any of you embarking on this journey... 🌸

BE ADVENTUROUS IT'S ONLY NATURAL

Persian American Chef Mandana Shabani's interest in food started at a young age, from spending time in the kitchen after school with her mum, preparing big bowls of pomegranates for the family and learning to make trays of sticky baklava during Nawrouz – the Persian new year. But it was the exposure to the new and unusual, brought into her life by her father and his adventurous spirit, in all things, especially food, that drove her need to explore and discover.

In 2014, Mandana headed to Dubai to open her first F&B outlet, Apotheke, a health bar inside the MMA Fitness Center in Barsha Heights. By 2015, Mandana had expanded to 2 locations and in 2018 she teamed up with The First Group & Duncan Fraser-Smith, Director – Global F&B at The First Group to build her dream restaurant, Brambles!



VEGETARIAN MOUSSAKA

INGREDIENTS

- 2 large eggplants, sliced in 2" circles, salted & drained
- 5 tbsp grapeseed oil
- ½ tsp lemon pepper
- 1 tsp salt
- 2 cups cooked quinoa
- 2 cups cooked lentils
- 1 large yellow onion, diced
- 4 cloves of garlic, minced
- 1 tsp cumin powder
- 1 tsp paprika powder (sweet)
- 1 tsp cinnamon powder
- 3 tbsp tomato paste
- 3 tbsp olive oil

FOR THE BECHAMEL

- 4 tbsp butter, diced
- ¼ cup all-purpose flour
- 2 ½ cups whole milk
- ¼ tsp nutmeg, grated
- salt and pepper to taste

METHOD

1. Preheat oven to 200°C. Place eggplant, grapeseed oil, lemon pepper and salt in a medium bowl and mix to coat evenly. Place in a lined baking sheet, and season again with salt. Place in oven and roast for 20-25 minutes or until soft and slightly caramelized.
2. Heat oil in a large heavy pot over medium heat. Add onion, garlic, cumin, paprika, cinnamon and salt. Cook, stirring often, until onion is soft, about 8 minutes. Add tomato paste; stir and cook for another 2 minutes. Add cooked quinoa and lentils, cover simmer on low for 15-20 minutes. Once cooked, set aside.
3. Meanwhile, start making the bechamel. Melt butter over medium heat in a large pot. Once melted, add flour and stir with a wooden spoon for 5 minutes or until lightly golden brown. Slowly add room temperature milk and whisk until there are no clumps and the bechamel has started to thicken, 5-7 minutes. Add grated nutmeg and season with salt and pepper.
4. Set aside and keep warm.

ASSEMBLING THE MOUSSAKA

1. In a large baking dish, place 4-5 tbsp of the quinoa lentil mixture.
2. Put the eggplant slices on top, then cover with quinoa lentil mixture.
3. Pour bechamel over the top of the quinoa mix and spread evenly with a rubber spatula. Repeat the layers until your mixture is finished.
4. Top with a final layer of bechamel and bake until browned and bubbly.
5. Let cool for 20 minutes before serving.



SHAKSHUKA TACOS

INGREDIENTS

- 1 large sweet potato, peeled, cubed into 2” squares
- 1 tbsp grapeseed oil
- ½ tsp lemon pepper
- 1 tsp salt
- 2 cups purple cabbage, thinly sliced
- 2 avocado, sliced or mashed (as you prefer them)
- ¼ cup cilantro leaves picked (for garnish)
- pink pickled onion (for garnish)
- lime wedges (for garnish)
- 8 small flour tortillas

FOR THE SALSA

- 2 medium tomatoes, diced
- 2 tbsp chopped parsley
- 2 tbsp lemon juice

FOR SHAKSHUKA SAUCE

- 1 large onion, chopped (about 2 cups)
- 3 large garlic cloves, coarsely chopped
- 2 bay leaves
- 1 green bell pepper, seeded, cubed
- 1 red bell pepper, seeded, cubed
- 4 large tomatoes, chopped (about 4 cups)
- 1 tsp tomato paste
- 1 tsp ground cumin
- 1/2 tsp paprika
- ¼ tsp cayenne pepper, or any spicy chili powder
- ½ cup cilantro, coarsely chopped
- salt and pepper to taste

METHOD

1. Preheat oven to 200°. Place sweet potato, grapeseed oil, lemon pepper and salt in a medium bowl. Place in a lined baking sheet, and season again with salt. Place in oven and roast for 20-25 minutes or until soft & slightly caramelized.
2. Heat oil in a large heavy pot over medium heat. Add onion, garlic, bay leaves, green bell pepper, red bell pepper, cumin, salt. Cook, stirring often, until onion is soft, about 8 minutes. Add tomato paste; stir and cook for another 2 minutes. Add chopped tomatoes, paprika, cayenne, and cilantro to pot; cover simmer on low for 30 minutes. Once cooked, puree shakshuka sauce and place back in pot to keep warm.
3. Prepare the salsa, by combining chopped tomatoes, parsley, lemon juice and salt to taste. Set aside and allow to marinate.
4. Meanwhile, working in batches, cook tortillas in a large heavy skillet over low heat until toasted, about 1 minute per side. Transfer to a large sheet of foil; wrap to keep warm.

ASSEMBLING THE TACOS

Top tortillas (we like two per taco) with sweet potato, cabbage slaw, avocado, tomato parsley salsa, cilantro, pickled onions & shakshuka sauce. Serve with lime wedges.



KUKU SABZI QUICHE

INGREDIENTS

FOR THE CRUST

- 1 ½ cups flour
- ½ cups cornstarch
- ½ tsp salt
- 8 tbsp cold butter, cut into pieces

FOR QUICHE FILLING

- 2 cups kale, destemmed and chopped
- 2 cups leeks, cleaned and chopped
- 1 cup cilantro, chopped
- 2 cups parsley, chopped
- 1 cup spring onion, chopped
- 1 tbsp salt
- 1 tsp red pepper flake
- 1 tsp turmeric powder
- ½ tsp black lemon powder
- ½ tsp black pepper
- 8 large organic eggs

FOR SUMAC LABNEH

- 2 tbsp sumac
- 1 cup labneh
- Black pepper to taste

METHOD

1. For the crust: Combine flour, cornstarch, and salt in a large bowl. Using a pastry blender, work butter into the flour mixture until coarse, pea size consistency. Add 6 Tbsp. ice water, 1 Tbsp at a time. Mix until a dough forms. Knead the dough until it just comes together and shape into a ball. Make into a disk and wrap in plastic wrap and refrigerate for minimum 30 minutes to maximum 8 hours.
2. Preheat oven to 200°. Roll dough out on a lightly floured surface, ease into a 2” deep 10’ round loose-bottom tart pan. Prick dough with a fork, add parchment paper and add pie weights or dry beans. Bake until crust is set and edges begin to color, 30-35 minutes. Remove parchment paper and weights and bake for another 5 minutes. Remove crust and reduce oven temp to 175°.
3. For the filling: place all ingredients, except eggs in a food processor and pulse until finely chopped. Place in a large mixing bowl and add beaten eggs and mix well.
4. Pour filling into crust and bake until set, 40-45 minutes. Serve at room temperature with sumac labneh.
5. For the sumac labneh: Add all ingredients to a bowl and mix well. Season with salt if needed.
6. Serve quiche with sumac labneh and a lightly lemon dressed arugula salad.



BRAMBLES KALE BROWNIE

INGREDIENTS

- 500g kale, destemmed and coarsley chopped
- 125g yoghurt
- 125ml water
- 2 organic eggs
- ¼ tsp pure vanilla extract
- 180g rice flour
- 1 ¼ cups sugar
- 100g organic cocoa powder
- 10g baking soda
- 1 tsp salt
- 150g grapeseed oil

METHOD

1. Bring a large pot of water to boil. Place steamer on the pot and steam until bright green and slightly tender. Around 5 minutes. Remove and let cool.

2. Once the kale is cooled to room temperature, blend the kale and drain any excess juice. Set aside.

3. In a large mixing bowl mix the water, yoghurt, sugar, eggs & vanilla extract. Once thoroughly combined mix in the kale puree. Set aside.

4. Meanwhile in a separate bowl, combine
- all the dry ingredients and mix well until thoroughly combined.

5. Gently fold in the wet ingredients into the flour mixture, until smooth.

6. Pour into a greased, lined baking dish of your choice.

7. Bake in 175 degree oven, for 45 minutes.

8. Although I love these warm out of the oven, I find the flavor to be more enhanced when cooled. Enjoy on their own or with a scoop of your favorite ice cream.



“A Mother's Day treat”

A natural-born leader, entrepreneur, life coach and theta healer, Dana Ashkar is the CEO and Founder of CAHO Chocolate. She has always aimed to reshape industries and how people should treat themselves to become their best.

Chocolate has been a lifelong passion, which metamorphized into the formation of CAHO – through which she has mastered the process from sourcing the best cocoa beans to mouth-watering healthy chocolate varieties. Driven by energetic passion, Dana managed to create a brand, source the finest ingredients and initiate her first stores - both retail and online - in just six months.

Her vision has no limits, her goals are plan have been in place for a long time. With the launch of CAHO, Dana is now implementing her multi-faceted brand identity, starting with the inauguration of CAHO Chocolate, with plans to venture into the healthy food business, while putting the final touches onto her new upcoming hospitality venture.

A family history of diabetes invoked Dana to create healthy versions of desserts and chocolates with her mother in the household kitchen. Alongside this, she started paying more attention to the ingredients used

in the commercially-available chocolates. These were high in sugars, bad fats and preservatives, unsuitable for those with diabetes. This acquired knowledge paved the way to the decision of converting her love and passion to eat healthy into full time work.

Love for the people around her, passion to create chocolates in a healthy way and a greater purpose to serve the community lead to the opening of the first CAHO chocolatier on 25 December 2017. CAHO is a name derived from existing family business, so is infused with family sentiments and blessings. The idea is to redefine the chocolate industry by creating chocolates suitable for all; with wide options of sugar-free, dairy-free and gluten-free chocolates well suited for vegans, diabetics and those with other dietary needs. Every bar of CAHO chocolate is infused with Dana's love for creating indulgent, yet health-giving, treats.

For your chance to win a delicious hamper for Mothering Sunday send us an email telling us why you would like to treat someone special in your life.

Email: Sharon@awakeningsme.com



March–April

What's happening in your town

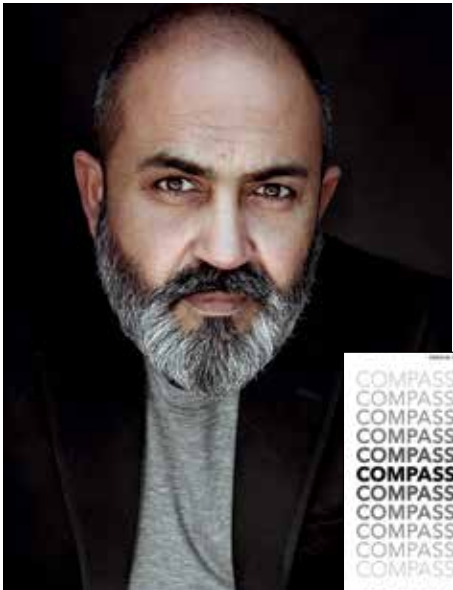
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Fujairah Rotana Resort welcomes all ladies to mark International Women's Day on 8 March in a memorable way. Select a massage treatment from our extensive menu at Zen the spa and avail a 25% discount together with 30-minutes aerobics and 30-minutes yoga session complimentary. What's more: enjoy a 25% discount on total bill in our dining outlets. Terms and conditions: Offer is valid only on 8th March 2019. Other terms and conditions apply.



For more reservations or information, call +971 (0)9 244 9888 or email to res.fujairah@rotana.com

Book Choice Of The Month Be inspired to transform your business to change the world.



Gaurav Sinha was born and raised in India and moved to Dubai in 1993. A thoughtful and vibrant leader and ranked 11th amongst the 50 Most Powerful Indians in the UAE by Arabian Business magazine. His book sits at the intersection of life philosophy and business strategy, providing insights unleashing the power of empathy in life and business. In this book, Gaurav Sinha outlines the economics of empathy for life and for business. He offers actionable solutions to maintaining a successful trade in a changing global landscape where conscience, ethics, and authenticity are high on the agenda. The world is changing, perceptions are shifting, consumers are evolving, and this book will ensure your business keeps up. Compassion Inc. is also a guide for individuals seeking to live a meaningful life, filled with compassion and kindness, while remaining true to one's passions and pursuit of fulfillment.



Siobhan Coulter
Psychotherapist
Love & Relationship Specialist
Director
The Golden Space Singapore

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What is the Law of Attraction?

Also known as "Cosmic Ordering", "The Secret", and "Auto-suggestion", the Law of Attraction has had a profound impact upon the mainstream new-age/spiritual scene and rightly so. It shows you how to take back control of your life experience through consciously choosing positive thought vibrations which return the counterpart physical manifestations.

Where can I learn how to do this?

Come to Zakariya Adeel's two-day workshop on Tarot & Shifting Negative Energy with Law of Attraction.

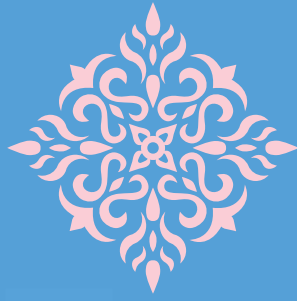
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