

Dates for your diary

April

9th Unicorn Day

The symbol of Scotland, these unique creatures from the angelic realms bring messages of hope and positivity. Offer a unicorn blessing to someone in need. Call upon a unicorn to bless your loved one with happiness and picture them feeling content.



22nd Earth Day

Fight for climate change and celebrate the bounty of Mother Nature this Earth Day. Do your bit by planting a tree and provide a haven for birds, bugs and bees to thrive.

30th Beltane

The Celtic fire festival that symbolises the start of summer and fertility of the land is marked with celebrations that run from the night of April 30th into May 1st. Collect wild flowers in the daytime and light a fire in the evening to signify purification and fertility.



Rising star

Rooted in wellness

Lucie Smith revolutionised her floristry business to help like-minded people connect with nature

I've been a florist for 13 years and have always found being around flowers therapeutic,' says Lucie.

'If I'm having a bad day or feel full of anxiety, as soon as I pick up my scissors and start to create with my hands, the unwanted feelings begin to slip away.'

In 2019, Lucie completed her kundalini yoga teacher training, a practice that had really helped her through a tough time of anxiety and panic attacks. From the start, she knew she somehow wanted to create a relationship between creativity with flowers, and wellbeing.

'It was during the first lockdown, after losing all my work for the

foreseeable future as a freelance florist, that I began my journey with Rooted Wild.

'I came up with the idea of a 'flower circle' – a creative, safe, non-judgemental space, open to anyone, where we can gather, do grounding flower meditations, learn about the meanings of the particular flowers we are using, and craft seasonal wreaths, flower crowns, nature mandalas, hand ties and smoke cleansing sticks. But, most importantly, somewhere we can meet with like-minded people, leave any worries and stress at the door and enjoy being creative in nature,' explains Lucie.

A growing following

When lockdown eased and Lucie was able to hold her circles, she was overwhelmed by the amount of support she

Lucie helps others get creative through the power of flowers



received, and the number of people interested in what she was offering. 'I wasn't sure it was the right time to start a new business, but actually I think because of the pandemic, people were looking to connect with nature more than ever before and it all just fell into place organically.

'This journey has led me to meet so many amazing people, some of whom I now call my closest friends, and it's led me to co-host workshops with many talented yoga and breathwork teachers and host a workshop in the forest at Medicine Festival.'

As a florist, Lucie finds autumn and winter particularly inspiring times of the year due to the change of colours and textures found in nature.

'I am so grateful for this journey and hope to be able to continue bringing a bit of flower therapy and creativity to people for many years to come.'

✨ [More info](#) [rootedwild.co.uk](#)



BOOK OF THE MONTH...

Instant Magic Oracle by Semra Haksever, (Welbeck Publishing Group, £12)



Tap into your magical, spiritual self with this book of spells, rituals, potions and self-care advice.

Fashion stylist turned eclectic witch, intuitive, healer and empath Semra gives readers the tools to help navigate whatever obstacles life throws at them.

We love the idea behind this simple manual. You are guided

through messages, visualisations, rituals and spells, with each page a magical invitation from the cosmos. All you do is take a few breaths to centre yourself, then run your fingers along the edge of the book whilst thinking of a question you'd like an answer to. When the time feels right, open the book, and read the spiritual guidance. You might be encouraged to set some intentions in time for the new Moon, or perhaps learn a spell to cast.

Have an open mind to the answers and guidance you receive – you may find yourself asked to chew some celery seeds to attract the magic of ultimate focus, or to visualise hugging a fluffy kitten to elevate your energy! With cute illustrations throughout, this is a one-stop shop towards cosmic guidance.

Life mantra

'Everything is happening just as it should. Trust the journey'

Sophie Belle, breathwork practitioner

Instagram [@mindyouclub](#)



IN OUR ORBIT

Our round-up of the teachers who inspire us to be our spiritual best



@SallyMorganTV Twitter

From #MondayMotivation tips to help you start your week with purpose and intention, to must-read weekly horoscopes, popular UK psychic Sally Morgan, aka Psychic Sally, shares lots of inspirational tweets and insights to help her followers keep their spiritual goals on track.

[twitter.com/sallymorganTV](#)

@nealsyardremedies Instagram

As one of our favourite British natural and holistic beauty brands, Neal's Yard Remedies' grid is bursting with must-see content. Be the first to find out about gorgeous, new, ethical product launches, and watch inspiring videos from self-care gurus who share their experience, knowledge and passion for natural beauty.

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LIVE



Self Care 101 Podcast

Puja K McClymont, life coach, business coach and NLP practitioner, hosts a light-hearted podcast about work-life balance, mindset and self-care to help you live your best life. She offers good advice on key topics, such as using astrology as a tool towards spirituality, and how to cope when it all gets too much.

[pujamcclymont.com/self-care-101-podcast](#)

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