

1 My website...

NOT YET CURRENTLY SHOWING - BUT TO BE INCLUDED SHORTLY

I have written a book for a PR company about the number seven....

The inspiration for this book has been 'Chalet 7', a newly built chalet which is a luxurious alpine retreat in the Crans Montana region of Switzerland. This book is a 'coffee table book' designed to be left in the chalet for those who are staying there, to dip into and be inspired.

Completing this book has been a labour of love for me and I will be exploring different aspects of this book in future Newsletters. We use numbers every day, but they are sacred symbols and the number seven is the most spiritual of these symbols. The number seven represents perfection in man i.e. we have seven chakras, it takes seven notes to make a musical scale (and all other pitches are variations on these), it takes seven different metals to make the perfect sounding bell; there are seven colours in the rainbow etc. Seven in some cultures and religions it is regarded as sacred and in others' it represents luck and power. In the book, we explore the power and significance of symbols. We review the energy that the number seven represents, in the context of, the sequence of energies we call numbers, as well as numbers applied to letters. We also explore the significance of the number seven in religion, astrology (i.e. in the seventh month of July we have the journey from Cancer to Leo), popular culture, literature, films, sports as well as the number seven in society.

Channel 5 - 'Impossible'...

These are a series of 6 programs and I was in the fifth program, but unfortunately after the second program in the series Channel 5 have decided to postpone the series until later on in the year.

I had an amazing time on the set of 'Impossible'. The show has an illusionist, who puts two contestants through a series of tests and they have to confirm in each case, if something is 'impossible or possible'. I appear at the end of the show, where two identical cases are produced, one with money in and the other with no money in. A different number is then put on each case and it is my job to explain which number was most significant in the lives of the two contestants' and so help them choose the correct case... In the previous day's filming they had had a dowser on the set (the case with money in also had water in)...and the night after me they have a psychic to help they choose. So we all had great fun this end and I will let you know when I have more information with regard to this series.

CURRENTLY SHOWING....

Over the years there have been quite a few editions to my website

My 'Every day in terms of Numerology', as well as being updated on my blog and RSS feed, is now also updated daily on Twitter and Facebook.

There is also a bit more information about my other passions on the 'About Us' section: -

My Reiki flyer for example has been added as Reiki healing and teaching is also a big part of my life – I have found Reiki to be a wonderful way to heal yourself and others, as well as to connect without words. Reiki can also be a wonderful way to make the spiritual real for yourself and others.

As well as completing Usui Reiki to Master level, I am now also a registered Karuna Reiki Master and Teacher.

Taking the right nutrition at the right time, completely turned my life around and because of this there is a link on this tab to a free 'Health Analysis' which can help you determine the nutrition that will work most effectively for you. There is also a link here to the monthly special offers that Nature's Sunshine make available, complete with product webinars and videos.

Jane Alton