



SECRET TEMPLES OF LIGHT

Dubbed 'the eighth wonder of the world' by the Italian government, and being compared with the legendary city of Atlantis by admirers, a secret complex of ornate temples lies 30 metres underneath the sleepy valley of Valchiusella near Turin in Italy.

Beside their jaw-dropping beauty, the most incredible thing about the Temples of Damanhur, is that they were not crafted by an Atlantean-type civilisation, but are the handiwork of a 57-year-old former insurance clerk, who was inspired to start digging by a childhood vision. As a 10-year-old boy, the temple builder Oberto Airaudi claims to have received visions of a past life, in which a highly evolved community lived around the

temples, enjoying an idyllic existence. Oberto also reported he could use the powers of his mind to remote view the monuments, so as to re-create the exact detail of the temples. "My goal was to recreate the temples from my visions," he says. "I wanted to build them to remind people we are all capable of much more than we think."

In 1978 Oberto and a group of his friends began to dig under a specially constructed house, which disguised their endeavours. Working from Oberto's drawings of his visions, volunteers worldwide laboured for the next 16 years. Named after an ancient subterranean Egyptian temple meaning 'city of light', span five levels.

See them for yourself at damanhur.org.

Spirit news

VOTE FOR SOUL & SPIRIT!

Soul & Spirit is nominated in the best spiritual magazine category of the **Spiritual Connexions National Awards**, which will be held this September 5 – 7 in Portsmouth. So if you like what you read here, visit spiritualconnexions.com/awards to vote for us! Many thanks.



Heal yourself

Alongside the doctors on the cancer ward of University College Hospital in London, are a dedicated team of spiritual healers. The four therapists are led by Angie Buxton-King and her husband Graham, who are both energy healers. It began in the late 1990s when Angie's son was fighting leukaemia. "He wasn't expected to live longer than three months," she says. "We used spiritual healing, and he lived for three more years with an obviously improved quality of life." Keen to help other NHS patients, she was eventually given a month's trial at UCH. Now the medical staff see the healers as an indispensable part of the team. To raise funds for more NHS healers, Angie launched a charity. The next event is on September 25. For details visit thesunflowerjam.com



INPUT YOUR INTUITIONS

Paranormal powers could be used for the greater good of humanity – at least that's the aim of the Arlington Institute, a US-based think tank which aims to predict future events. The organisation (arlingtoninstitute.org) believes psychic talents may provide an early warning for natural disasters or terrorism, and on the lighter side, for sporting events and awards.

A website will collect anonymously reported, dreams, visions and intuition, so you can just type

your dreams and intuition onto the website to take part. The organisation is aiming to identify impending events by type, location and timing, recording them on a world map to illustrate clustering and intensity of dreams. The institute is looking for a partner to help fund its research, which it believes, if successful, could potential save millions of lives every year.

WIN!
a tickets to medium Estelle Webster's three-day spiritual weekend on the Isle of Wight from September 5-8, worth £130, for one person (inc B&B, and dinner). See psychicmediumreadings.co.uk. To enter, email your details to soulandspiritmagazine.com, with 'medium competition' as the subject header, by August 22.



What is... Chikra?

The term means 'powerful' in Japanese, and combines reiki with life coaching and other forms of healing. According to its founder, this therapy uses a self-healing coaching process and healing reiki techniques to 'achieve outcomes you never thought possible'. It is intended to effect positive change in many areas of life, such as health, relationships, direction, careers and emotional well-being. It is also aimed to help you overcome the symptoms of chronic illnesses,

How does it work?

Developed by Karen Skehel, a holistic coach, healer and writer, it works by identifying the most important areas you want to work on, then creating an inspiring goal, which is turned into an empowering affirmation and combined with healing reiki energy. During the session you will experience profound levels of relaxation, and receive advice and affirmations. Following the session, you should be putting the positive changes into action and notice things beginning to get better for you.

■ Visit the website theinnerspa.co.uk for more details and how to book a session.