



Delhi brothel



ma, lung or breast conditions, upper back and shoulder problems.

Healing and unblocking the heart chakra after pain, hurt or heartbreak is not easy, but can be achieved with patience and kindness to yourself, which is essential. The keys to healing the heart are to accept, forgive, let go, trust, feel compassion and the most powerful, and probably the toughest, to love yourself.

Find that place within where you

are able to accept your goodness, light, quirks and darkness. It is your home, where you are comfortable and feel secure to open your heart to joy, peace, to radiate love to others as well as receive it. Love is a journey that paves the way for self-healing and healing others.

When the heart chakra is too open, one ends up giving too much energy to others, always wanting to please them and so losing sight of

one's own needs and self worth. If the heart chakra is closed, energy is restricted and wounds are not given the opportunity to heal, often resulting in negativity.

Healing the heart also requires reflecting on how our actions affect other people's hearts. This becomes easier when you start to touch your own heart and open it to being touched. You then begin to find that it is a boundless, infinite, deep, un-

ending space of warmth, kindness and love for yourself.

Go find it: after all, your relationship with yourself is the most powerful one you will probably ever have.

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The power of love

VALENTINE'S DAY is nearly upon us, and as usual, I'm going to be dateless. Unless, of course, some guy decides to surprise me, whisk me away for the day, treat and pamper me and basically change every notion I have about men being completely unromantic.

If I am single at this time of the year, I like to make sure I have a cheesy movie to watch, delicious food and chocolate to eat and a lovely bottle of wine. As I've got older I have started to celebrate the love I have for other people on Valentine's Day instead of complaining I am single. (Who knows, a secret admirer may declare his love for me this February 14!)

To mark the occasion, I decide to conduct research into romantic gestures men have done for their lady loves and the first one I have to tell you about is actually by someone in my family. My brother-in-law told my sister they were going to Scotland, but when they got to the airport, he revealed they were flying to Yash Chopra's romantic place of choice – Switzerland – instead.

A 35-year-old friend of mine and her partner of the same age started dating when they were 16. She told me that on their first date, her now husband declared his love for her. They used to write each other letters (this was before the days of texting) and he would hand deliver them to her house. So what happened to those traditional methods of declaring love?

I also found stories such as my cousin's husband who, when she was really having a bad day, bought Nando's to her workplace for lunch and she was so happy she cried! Or someone who makes the effort to go see their girlfriend when she isn't feeling too well, or who runs a bath for her so it's ready as soon as she gets home.

The main thing is every day should be Valentine's Day – not in a cheesy way, but in this day and age, we forget to celebrate the people we love in our lives. Not just partners but our family, children, friends and anyone we have a bond with. Showing someone you love them is simple. You don't have to spend a lot of money on flowers, but a £5 bunch of lilies once a week isn't too hard, is it? Just sending a simple text at lunchtime to tell our partner that you love them does not take much time or effort.

I don't think Valentine's Day is a bad thing: on the contrary, I am eagerly awaiting the day I am sent flowers at work, bought a cheesy card and given a novelty present with wine and chocolate. Men think women don't want to celebrate Valentine's Day and they might say they don't, but I bet secretly inside many women do want flowers sent to work, for their partner to have a home-cooked dinner ready for when they get home, and candles and flower petals scattered all around the house, or even going to extremes such as calling your boss and asking for annual leave, so they can whisk you away to the Cotswolds for a fantastic spa day.

So men, don't underestimate the power of love. Those three words used at the right time can bring another person so much happiness. And if your partner is happy, aren't you going to be happy too?