

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## SPRING EQUINOX GONG MEDITATION WITH SIMON



As above, so below. As without, so within...

The Spring Equinox is a time when the world rebalances and night becomes equal to day. We feel this shift intuitively in our bodies as a vital recalibration takes place. We naturally require more sleep and cleansing to get ourselves ready as the Sun enters Aries to begin again a new life cycle.

This is the time when energy levels rise and fall more dramatically causing tidal waves on rivers and in our emotional and subconscious states.

Pluto, Mars, Jupiter and Venus all form a Grand Trine in the Earth Signs. This is deeply harmonic energy and can be used to strengthen and nourish our physical bodies so that our Spirit can soar.

- Astrology by Zoe Hind

Wednesday, 21st March 2012

8:15PM ~ 9:45PM     Fee: £13; no concessions (limited spaces)

[WWW.ALCHEMYTHECENTRE.CO.UK](http://WWW.ALCHEMYTHECENTRE.CO.UK)

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