

**INSIDE YOUR
TOP FREE
NEWSPAPER**



**THERE'S AN
AURA AROUND
OUR KAY
— PAGE 3**



**SUPER IMPS
WILL BE
FLYING
THE FLAG
— PAGE 6**

**Win tickets to
great events
PAGE 15**

THE RIDE OF A LIFETIME!

THE velodrome built at the Olympic Park in Stratford last week received the seal of approval of British sporting legend Sir Chris Hoy.

He, along with Team GB's Victoria Pendleton and Jason Kenny, took to the track, the first Olympic Park venue to be finished.

And after his debut ride, Sir Chris, triple Gold medal winner at the 2008 Beijing Games and the most successful Olympic male cyclist

By **PAT COUGHTREY**

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of all time, said: "Having been involved in a very small way in the design process in the early stages, it's amazing to see the velodrome finally completed, and to be able to have ridden on it gives me a feel for what it's going to be like in a year-and-a-half's time. I can't wait."

READ THE FULL STORY IN THIS WEEK'S NEWHAM RECORDER.



THE WHEEL DEAL: An outside view of the velodrome and Sir Chris Hoy cycling around the track



Ladies first as club holds a tea party

THE Clay's Lane Ladies Club will be holding a tea party to mark International Women's Day.

The event will also serve as a fundraiser to help the charity White Ribbon Alliance, which aims to improve maternal health in developed and developing countries.

The tea party, to be held on March 13, will be at Ithaca House, 27 Romford Road, Stratford, from 3pm-5pm. Guests are asked to wear

white if they are planning to attend.

● **Dance and photography come together in a free exhibition that captures the ongoing dramatic transformation of the Stratford landscape.**

City Landscapes – Dancing Portraits, a partnership between charity East London Dance and Westfield Stratford City, runs at Stratford Circus in Theatre Square until April 11.

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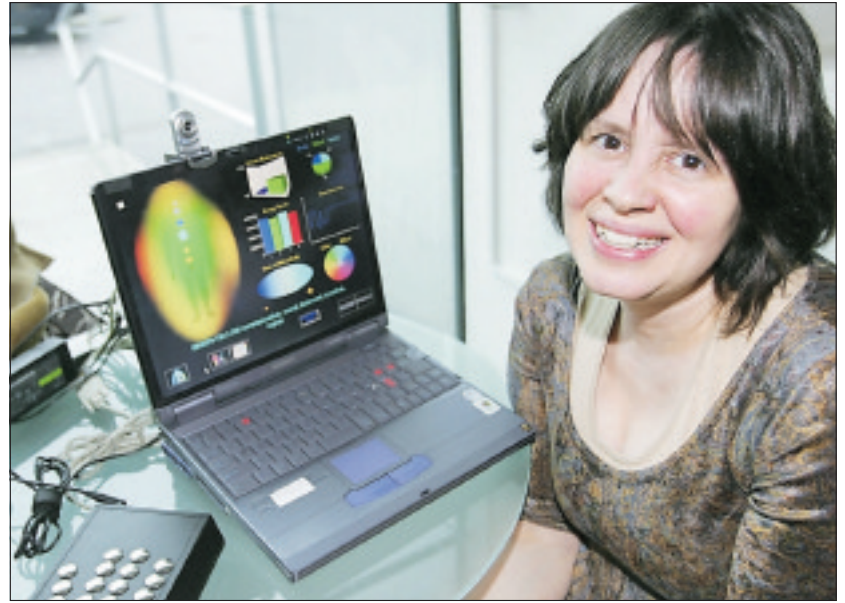
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HANDS-ON: Kay Atwal puts her hand on a biosensor



LIFE COACH: Joy Watkins

Unlocking inner life force with an aura reading

REPORT By KAY ATWAL

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IF YOU are struggling to make changes in your life – whether it be to your health, finances or relationships – there is a fair chance you could benefit from an aura reading.

And before you dismiss the idea out of hand as new age mumbo jumbo, it is worth remembering that the practice of acupuncture, as well as yoga, homeopathy and a number of other non-traditional methods were once scoffed at.

Now they are accepted and, in some cases, used side-by-side with traditional western approaches.

American-born Joy Watkins is a certified life coach who has been carrying out aura readings for ten years.

She has many clients in Newham and most are looking for help in overcoming obstacles in their lives.

Laptop

She relies on a biosensor and a laptop with a specialist software programme that interprets the information measured by the sensor.

It measures the electrical field surrounding your hand and this is then translated into an image on her laptop, including a body shape, which highlights the information with colours.

She said it is accepted fact that certain waves of energy are signatures of colour.

Her theory is that those waves are there. Even if they are not seen by us, they are sensed by other people and it affects how other people see us.

Though she has used numerology, colour therapy, palmistry, tarot, and psychometry, Joy really got excited when she found the aura imaging equipment.

"It was a way to give clients a view to see for themselves why their life was not going according to plan," she said.

"I felt it really showed people simply what first went wrong and gave them something concrete to work on.

"With my coaching training (which helped to transform my own life) plus my intuitive experience, I began to set up a programme to help effect real lasting change. And it was working.

"I was getting feedback that I was able to encourage people toward real change that made the difference between living the life they wanted rather than living the life they were given. The funny thing is I don't think people really know or believe that they can change.

"I think they have made New Year resolutions and seen how they fade to nothing. They don't understand the hidden energies inside them. The blocks that stop them from making a difference.

"That is my job. I show them what can be done and empower them. Then they are always shocked how quickly things change.

"I hear so many times things like, 'I would have never believed this time last year I would now have...' you fill in the blank.

"Life coaching can help with any problem. My clients are changing careers, buying homes, starting businesses, losing weight, and finding real loving relationships.

"They see they have the power to change and once they get a taste of it, they go wild with it.

"I am not saying all changes come easy. At first it can be really difficult but then there is a huge snowball effect and it gets easier and easier.

"The important thing is that there is someone there on your side the whole time, someone who is not emotionally invested in your life and has no agenda but making your dreams come true.

"People who come to me need to be ready for change.

"I mince no words. I tell them the truth as no one else in their life can. But I also show them a different way and believe in them and that by itself is really powerful."

Revealed

Unable to resist, I had a go to see what truths the reading revealed about me.

Joy asked me to put a hand on the biosensor, close my eyes until she had an image captured. What she saw is pictured on this page.

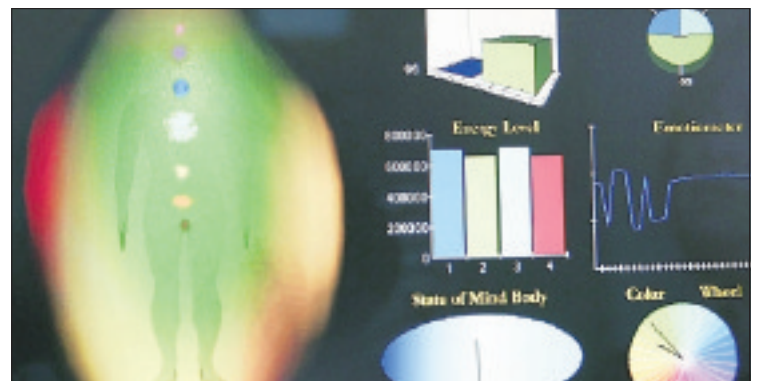
She said my main colour is green, signifying that I'm an outgoing sociable person, someone who likes to be in the middle of things, which is true.

The other colours signify that I'm very self-critical and have self-doubt – no surprises there.

She also said I have few meaningful friendships – true once again and no surprise, after all, as a working mum I spend more time helping my children develop those and have given little thought to myself.

She also said a number of other things about my personality, all of which were absolutely true, but would take too long to explain here.

In short, I'm convinced she's onto something and will be getting in touch with her to help me make some changes. You can contact Joy at joy@joyasha.com.



ENERGY FIELD: Kay's readings



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