

WORLD WOMAN

There'll be no at Christmas

Advice for Mind, Body & Spirit Wellbeing

Shekinah



ARIES MARCH 21 - APRIL 20

Surrender control of certain issues. Your belief that you are always right needs to be tempered with caution. Indeed you usually are spot on. But watch out for the times when you're not, they could be dangerous for you just now. Lose decisions and statements that are ego based.

DAILY ORACLE 1580 475 101
DAILY SMS: TEXT 'ORACLE ARIES' 53307

TAURUS APRIL 21 - MAY 21

Get out and about. As you go about your business, explore things physically, emotionally and spiritually. Assess where you are at as you go through the day. You may well find that you need to modify your game plan. If you have neglected some aspect of your life, now is the time to step out.

DAILY ORACLE 1580 475 102
DAILY SMS: TEXT 'ORACLE TAURUS' 53307

GEMINI MAY 22 - JUNE 21

Take things further in matters of the heart. New experiences await but you have to go out there and find them. A new dietary and fitness regime is also important. Follow through and you will be feeling like a new man or woman before you know it. First impressions count so listen to your voice inside.

DAILY ORACLE 1580 475 103
DAILY SMS: TEXT 'ORACLE GEMINI' 53307

CANCER JUNE 22 - JULY 23

Develop your spiritual antennae and learn to discern the truth. Sometimes you do get too entangled with people at your own expense. Be vigilant and careful as you go about your business. A tidal wave of good feeling is winging its way towards you. So, lie back and enjoy your great fortune.

DAILY ORACLE 1580 475 104
DAILY SMS: TEXT 'ORACLE CANCER' 53307

LEO JULY 24 - AUGUST 23

Family matters are well starred. Do bury the hatchet and make your peace with an important person. A sense of feeling hard done by should diminish, but you need to make good decisions. Moving forward and upward is the noble aim to strive for, so reach for the stars. Give no thought to failure.

DAILY ORACLE 1580 475 105
DAILY SMS: TEXT 'ORACLE LEO' 53307

VIRGO AUGUST 24 - SEPTEMBER 23

Be independent and determined. Your destiny is in your own hands so make it count. Once upon a time Owell we could all live in fairy tale land but it wouldn't get us very far. Unusually you have your head in the clouds over an issue. Try to see the real picture or a tale of woe will find you.

DAILY ORACLE 1580 475 106
DAILY SMS: TEXT 'ORACLE VIRGO' 53307

LIBRA SEPTEMBER 24 - OCTOBER 23

Pull yourself through a tight spot and victory is yours. But tread lightly and be very careful not to hoodwink people; they are smarter than you give them credit for. Are you being bold and rude to someone to make a point? This really isn't the way to go. Admit the faux pas you have made.

DAILY ORACLE 1580 475 107
DAILY SMS: TEXT 'ORACLE LIBRA' 53307

SCORPIO OCTOBER 24 - NOVEMBER 22

Silence is golden in many respects. But of course sometimes a bit of common courtesy or some kind of explanation does not go amiss. Many situations in your life need careful handling. Even more importantly, love needs input, not the cold shoulder. Communication is the key.

DAILY ORACLE 1580 475 108
DAILY SMS: TEXT 'ORACLE SCORPIO' 53307

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

Madness is really not a sensible option, but at times you feel as if you have lost the plot. Do not panic. Enjoy your quirky, eccentric way of being. As always, a quirky sense of humour will prove to be your salvation. Remember, in general, rules are made to be broken.

DAILY ORACLE 1580 475 109
DAILY SMS: TEXT 'ORACLE SAGITTARIUS' 53307

CAPRICORN DECEMBER 22 - JANUARY 20

Try to be as real as you have a mind to be; the rest of the world will catch up eventually. Diversions tactics are effective but misleading. You need to channel your energies into projects worthy of your full attention. A sweet smile may hide a vicious temper. Treat carefully. In love, take your time.

DAILY ORACLE 1580 475 110
DAILY SMS: TEXT 'ORACLE CAPRICORN' 53307

AQUARIUS JANUARY 21 - FEBRUARY 19

Do you feel like an illegal alien in your own home? The capacity for you to be misunderstood is high. Try to curb petulant behaviour and do not be bold out of perversity. Part of your psyche is stifled. You believe you are on track, doing the right thing, but your better self feels uncomfortable.

DAILY ORACLE 1580 475 111
DAILY SMS: TEXT 'ORACLE AQUARIUS' 53307

PISCES FEBRUARY 20 - MARCH 20

It is impossible to be all things to all people. Your attempts to please everyone are commendable. Be careful not to ignore the real thing when it knocks on your door. Peace will descend when you isolate the rough spots. Rely on Karmic resolution to placate the balance.

DAILY ORACLE 1580 475 112
DAILY SMS: TEXT 'ORACLE PISCES' 53307

This is an entertainment service. Calls cost €1.25 per min. Texts cost 60c per SMS received. This is a subscription service. To opt out text STOP and KEYWORD to 53307. SP Phonovision, PO Box 6, Dun Laoghaire, Co Dublin. Helpline 0818217100.

Shekinah is the feminine aspect of the God-head, present in all living beings

For appointments with Sarah phone 087 2270034



"When it comes to dating I always pay. But it's just pubs at the moment as clubbing in Dublin is so expensive."

- Paul Clarke



"The two of us go for a treat together in a cafe, that's our luxury now. We can't afford to socialise or go on holidays."

- Eileen Shepperd & Maureen Watson



"We only buy our groceries every two weeks. We have to try and make it last."

- Jenny Disney

"Our family's only extravagance is buying a few sweets to keep our son Tadhg happy."

- Joseph McEnroe

WITH economic gloom gathering on all fronts, it seems Ireland's decade-long shopping spree could be coming to an end. But for some girls, a little retail therapy is a necessity, not a luxury.

We sent **GERALDINE COMISKEY** to one of the country's busiest malls to find out if we're ready to stop shopping till we drop - or if we're just swapping from splurgers to bargain hunters?

Doom and gloom merchants come in all forms. But the voice of '90s singer Mick Hucknall singing Money's Too Tight to Mention is particularly apt for a return to the bad old days when everyone's bank account is Simply Red.

Especially when he's blaring out of the tannoy in a shopping centre.

The Square in Tallaght, West Dublin, is packed with shoppers as usual. However, unlike this time last year, there's no Christmas feeling. There's no flashy display of Christmas lights and the shops are advertising bargains instead of sinful treats.

Like most big shopping centres around the country,

it's a place for young people to hang out and show off their designer labels. But there isn't a Juicy Couture tracksuit and Ugg boots combo to be seen as even trendy teens have swapped the WAG look for the kind of chic style more often seen on continental students. It's as if the

Celtic Tiger and its cubs never existed.

For once there's no queue at the smoothie bar and there are plenty of free tables in the cafes.

There are no gangs of girls laden down with bags from the boutiques or young lads carrying boxes of gizmos from the electrical shops.

So this is what it feels like to be in the middle of a recession. And Ireland's shoppers are finding it hard to take.

Young couple Jenny Disney (22), and Joseph McEnroe (21), from nearby Springfield, are both unemployed and struggle to pay the bills.

Their biggest expense is their little boy Tadhg (18 months). "We spend a fortune on nappies, he really goes through them," Jenny says. "We only buy groceries every two weeks - we make it last."

Their only extravagance is a few sweets. "We always have room for a few sweets

TOUGH TIMES: Adam Worth hunts for bargains

