

If you want to find out what kind of therapies are on offer in your area or you are looking for a psychic reading, head for your local Psychic Fair. Adele Penn of the Brighthelm Healing Trust runs a mind, body and spirit fair called the Spirit of the Millennium Festival, every February, May and September at Hove Town Hall, East Sussex, England. It is a very popular fair, and even before you reach the main hall you come across stands for second hand books, Aura-Soma, Iridology and stalls selling fairy and angel ornaments and jewellery.

The ground floor is buzzing with all kinds of people, all ages, classes and creeds. Some have come to find out what is available in the healing realm, others come for readings, and still more come to soak up the atmosphere, listen to the free talks and buy crystals, herbal and flower remedies at a reasonable price.

There are several large stands selling everything you could possibly need, particularly crystals; of which there is a large variety of type, colour and size; tarot cards and books. All the stallholders are very helpful, and they go out of their way to find exactly what you are looking for. If you need help with a particular problem, they will suggest crystals that may help, and will tell you how to use them

All kinds of therapies and healers are at the fair, including reflexology, spiritual healing, Reiki healing, flower remedies and Ayurvedic natural beauty and Aromatherapy products.

All proceeds go to the Brighthelm Healing Trust, a charitable organisation which gives, and teaches, spiritual healing in Brighton. It is a voluntary, non-profit organisation, which aims to raise the awareness of spiritual healing by working with the public and medical professionals. They provide a referral service through its Healer Register, putting the general public in touch with hospitals, nursing homes, hospices, etc and they work hard to teach the healers of the future.

There are also many different kinds of readers, including astrologers, clairvoyants, mediums, tarot, palmists and colour aura photography.

The Spirit of the Millennium Festival has something for everyone who is interested in all things spiritual and is well worth the £2.50 entrance fee for the many free talks which can include, Ayurvedic Medicine, Reiki Healing, Colour Therapy and mediumship demonstrations, that go on throughout the day. I spoke to some of the healers and readers.

Asmita Jani, Ayurvedic Medicine

“Ayurvedic offers a true holistic approach. It gives you information on how to live a happy and healthy life. The philosophy is based on the 5 elements or ki energies, which we call kapha. The idea behind it is to help to keep your energies in the right balance. When there is too much of one element it creates illness. It is based on prevention rather than cure. It is something that can be practised in your own kitchen as all the herbs and spices which we use in Indian cooking have healing properties, for example, ginger is very good for digestion and cumin is good for a general detox. Everything has healing power, you just need to know how to use it.

My husband, Dr Milind Jani, is a local GP and we know that there are good things in modern medicine that we can't do without, but often patients have tension, anxiety, worry and pain. We use traditional medicine to complement these conditions, ie, digestive problems, IBS, all kinds of chronic conditions that modern medicine find hard to treat."

Marion Grey Foss, Bach and Bush Flower Remedies

"I suppose I got involved with flower remedies about 9 or 10 years ago. My partner died and I had rheumatoid arthritis, so everything in my life was really awful. I decided at that point I had to do something about it. I discovered flower remedies and started taking them, then I started doing the practitioner exams and I now do it full time if I can.

Dr Bach invented the flower remedies. He was a Harley Street specialist and a homeopath but he was disillusioned with how hospitals treated people. For instance, they would have a whole ward of people with cancer and would give them the same cancer treatment and he noticed that some people got better and some didn't. He came to the conclusion that it was the person that needed to be treated, not what was wrong with them, so that is why he started to create the flower remedies. It works on emotional and mental conditions and on the person themselves, so we treat the person, not what is wrong with them.

It hit a real chord with me because I felt even though I was being treated for a physical condition, that the roots of the physical condition went back to long term depression and deep unhappiness, so that's when I started on the flower remedies.

While I was studying Bach Flowers, I started to find out about other flower remedy makers. All over the world there's about 200 now. I decided to specialise in Bush from Australia because they are very modern. Ian White, who makes the Bush flower remedies, is very dynamic. Bush are much more likely to say they heal conditions because he has had a lot of success, especially in South American countries. I have read some fantastic studies regarding fertility. I believe there is a practice in Sydney, Australia, where they have something like a 90% success rate just using the Bush Remedies. So they are very powerful and I didn't feel I was contradicting doing both because the Bush are so different from Bach and they treat different conditions. When someone comes to a consultation, I know pretty quickly which I am going to give them.

Paul Burrows, Astrology

"Astrology gives a client an idea of what their basic energy patterns are at the time of birth. I can deduce what is likely to happen over the next 12 months or so in the areas of health, money, relationships, home environment, spiritual aspects, etc. I am able to give them an idea of which one will be most prominent over the 12 month period. In most cases, people tend to come when they have issues around relationships, or home or health; there is usually some kind of problem. Once I have done the general reading for the year, I ask if there is anything else they want to ask me about, and if there is, then we work on that."

Mercedes, Tarot and Palmistry

“I do palmistry, Tarot, Spanish cards and Flower Wisdom - which are American cards. I started to do readings in Spain but my experiences in England are something magical. I can't explain it, but it is very magical in England. I have learnt a lot and seen a lot of spiritual things. For example, I have seen more ghosts in England than in Spain. For me, England is very important. I have learnt a lot and I have a lot of experience, but I hear my guides more here than in Spain. It is something I didn't expect in England and it is why I stay here.”

Contact Details

Brighthelm Healing Trust, Flat 4, 6 Somerhill Road, Hove BN3 1RN
Asmita Jani: Tel: 01273 7774488
Marian Grey Foss: Tel: 01372-386338 or 07980 096456
Paul Burrows: Tel: 01342 714707
Mercedes, Planet Janet: Tel: 07891 349303