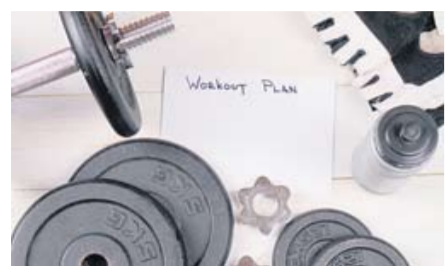




## Fitness & Wellbeing

With Dal Dhaliwal



### Top tips to tone, sculpt and keep motivated

IN MY last column, I shared the first part of my top 10 tips to keep you inspired to workout and achieve that toned, firm, fitter body. This is the second part:

**6. Eat properly:** Correct nutrition is very important when wanting to lose fat, sculpt and tone the body. It's essential to eat natural, real foods. Banish carb cravings by staying away from processed foods such as cakes, biscuits, breads, white rice and potatoes. These foods convert quickly to sugar in the blood, leaving you craving more. Try avoiding sugar and fat, a lethal combination that increases cravings. Eat protein with each meal. Protein keeps you satisfied for longer and lowers insulin response, which controls blood sugar levels. Eating breakfast can also help to reduce cravings or hunger by keeping blood sugar levels balanced.

**7. Exercise:** A woman's metabolism can slow down as you age due to the natural loss of muscle mass. Try interval training with short bursts of high intensity exercise. Include resistance training in your workout routine, which will improve muscular tone as well as increase your metabolism, so you will burn calories faster over time. Many women fear they will bulk up, but this is a misconception. Training with weights increases your metabolism and can help achieve a lean, tighter, sculpted body and improve cellulite.

**8. Plan:** Prepare your training sessions for the day, week or even a month. Remember to be consistent with your training and nutrition. Opt for shorter gym spells rather than long boring cardio sessions. Workouts that combine targeted strength moves and cardio intervals will get quicker results. Try timesaver exercises such as plyometric strength moves, explosive movements such as jump squats and burpees or workouts using your own body weight. These help burn lots of calories if done regularly and are great because they are cardio, strength and sculpting all in one. Also try yoga and Pilates to improve posture and strengthen the core.

**9. Interval cardio training:** If you want to tone and achieve a flatter stomach, 30 minutes of interval cardio gets you further than 30 minutes of crunches. Exercises like crunches and sit ups will not burn off the layer of fat that's hiding your muscles. Cardio and eating a clean diet is crucial to get those flat abs.

**10. Don't overdo it:** Don't set yourself unrealistic goals and give your body a rest. Enjoy rest days by doing something you enjoy. Give your body and brain a day to simply 'be'. It's also important to get enough sleep – hormones are burning fat and building muscle when you are asleep. Tiredness can also lead to cravings. Be patient with yourself and reduce stress. Don't get discouraged with slow progress or setbacks. You will see results if you keep yourself focused.

Dal Dhaliwal is founder of the Body Perfect Personal Training Studio. Log onto [www.bodyperfectpt.com](http://www.bodyperfectpt.com), Twitter [@daldhaliwalPT](https://twitter.com/daldhaliwalPT) and Facebook: Dal Dhaliwal for more.

# Having faith in a higher power

## SPIRITUAL HEALER JAS BASSI EXPLAINS HER ABILITIES AND THE WORK SHE DOES

by ANJALI MEHTA

**AT THE age of six, Jas Bassi realised she wasn't quite the same as those around her.**

She went from sensing energies to psychically being able to tune into emotional experiences of people and places, later developing various abilities connected to the spirit world.

As an adult, Jas then trained in clinical hypnosis, inner child therapy, meditation, energy healing and spirit release. Based out of London and Wolverhampton, she has developed an international reputation for helping people with negative thought processes, paranormal activity, otherworldly connections and more. Jas has made a career from helping others, from ordinary people to celebrities and powerful business moguls, with her healing powers.

*Eastern Eye* caught up with her to talk about her powers, ghostly experiences, healing, connecting with the spirit world, facing problems, and things science can't explain.

**Your earliest memory of having special abilities was as a six year old. Tell us about that?**

I would often see shadows at the corner of my eyes and just put it down to having an overactive imagination like every child.

The most powerful memory that has never left me happened one night when I turned around to see a face staring at me – it was plain as day and I could see her up so close. I had never seen this figure before. I closed my eyes and opened them instantly and she was gone. For days the memory remained, only to resurface a few weeks later when I saw her again walking through the house and then the visitations continued. It became so common that I saw more and more.

**You work as a spiritual healer today. For those who don't know, what is that?**

Spiritual means 'universal' and healing means 'to make well.' As a healer I'm merely a channel for this energy to be transferred, but I trust and follow it. It requires someone to be a clear conduit for this powerful stream to come through. I've always said I don't work alone. To the physical eye I'm seen as one, but on a different level, I work with 'guides'. Many cultures have different names for unseen higher energies. To me they are my team.

**Tell us about some of the work you do?**

I have various roles and responsibilities. Working with people on such a personal level requires strict confidentiality, so it's difficult to describe what I do. I guess my clients can best describe my work. I'm not one for self-praise.

I help people reconnect with themselves. I work on emotional, spiritual, mental and physical levels with them. One could describe it as cleansing the aura, releasing negative energies and blockages, and creating a free flow of energy. My clients often describe what is felt during the appointment, which are mainly physical symptoms that occur internally. What I see and feel can, at times be completely different from the client. My work is carried out completely hands off, which means I never touch them. Healing can be done with clients distantly too, regardless of where they live in the world.

**Talking of healing clients in a different country, you also describe yourself as an astral traveller. What is that?**

Someone who has the ability to leave their body in their sleep state by helping those that require help (wherever they may be). All the work is done on an energy level, so many who are being healed are asleep and don't see or feel anything. Many have described having vivid dreams and deep conversations.

**What kinds of people come for help?**

Well, I work with people from all walks of life. Age and culture never plays any part in the work that is to be done. Spiritual work does not look at caste, creed or religion.



**Which have been some of your most memorable cases?**

I find each case interesting and every client important. The ones I remember most and get great joy from is when a client who has been trying to conceive falls pregnant. I've always marvelled at human life and how energy plays a big part in it. I often look back at cases where people have achieved better health (fondly).

**Have there been any extreme cases?**

(Laughs) Extreme cases? So many. I do spirit release – when those who have died are unable to go further on their journey and decide to stay on



earth. There is a misconception that anything that can't be seen must be bad, but it isn't always the case. I find those who have no memory of their death can be difficult to release. Those who want to cause malice and seek revenge can be difficult, but eventually I get the job done. I have also been in situations where I have been hurt and left unwell. I would advise that no one should attempt to challenge anything, as these things will harm. So leave it to the experts.

**You say you are able to feel past, present and future emotional states of others. How does that affect you?**

It can be a very draining process. Ignorance really is bliss. Sometimes knowing too much can be damaging; being able to feel the extent of someone's emotional state can result in an overload. To the client it's beneficial because they have someone who can relate to them on an emotional level. But on the negative side, when I'm faced with someone who has a cocktail of negative emotions, it can be challenging to change or



address the mindset of the individual. You have to make them see that negativity serves no purpose and allow them to see the larger picture.

**Are you able to switch this on and off or do you constantly feel what others are?**

I am able to switch it off and get on with my daily life, but I do live on a heightened state of sensitivity to the world around me, so I'm attuned to people and my surroundings. Yes, if something is happening somewhere I will usually get a sense of an intense feeling giving me warning signs. When that happens it's very hard to ignore and I must act immediately. The intensity can be so much it stops me from moving on with my day.

**What do you have to say to those who believe all this is mumbo jumbo or nonsense?**

Generally for those who feel this is mumbo jumbo, I would suggest they read these five books – *The Alchemist* by Paulo Coelho, *The Prophet* by Kahlil Gibran, *The Book Of Secrets* by Deepak Chopra, *Tuesdays With Morrie* by Mitch Albion and *Same Soul, Many Bodies* by Brian Weiss.

**Have you encountered anyone in the science community or been tested by them?**

I have been tested and accredited for the work I do. I don't believe anyone should go to anyone who haven't had their skills checked or verified. Many of my clients are word of mouth referrals, and that for me is verification too. There are also organisations out there who see this sensitivity as an extra ability and test those who proclaim to have such powers.



**What is the best and worst part of your job?**

The best part is seeing others get well and do well. The worst is when people refuse to change and only see me as a catalyst. I can only help those who want to help themselves. I can only lead someone so far – there has to be a common ground for compromise.

**Have you ever not been able to help someone?**

Of course. Birth and death are governed by the Almighty. I can't save anyone from their destined time of death. Humans come to earth to return home to the real source. Earth is merely a school where we partake in assignments. I believe that no one is educated on the onward journey and

it's not a discussion that many have. I talk about our journeys to the other side very freely. Death is seen as a curse when, in fact, it isn't. So when faced with someone who is grieving, the transition talk can be very relieving.

**Has a case ever frightened you?**

Many. Anyone who thinks they can do their job with their eyes closed is not doing it right. If you want to do it correctly, there must be an element of fear as the adrenaline will make you want to thrive for more perfection. When I'm faced with a client, their view's on events are completely differently to what I see clairvoyantly.

**What key advice would you give those going through a hard time?**

Have faith. Without that, we cannot and will not be able to move forward. If you lose faith in yourself then rest assured there is a higher power looking after you. Hard times are just times that

are meant make our soul stronger. Through this we get lots of learning. Each is just a test, one that takes us closer to our goal.

**Is there a whole community of people with 'magic powers' who don't come out in the open?**

Yes, many remain in hiding, due to fear. Sensitive souls find it hard to be around a lot of people. I guess like anything, they are afraid of being exposed. There is no room for ego in this work, so many remain out of the public eye, mostly for their own safety.

**What is the most interesting encounter you have had with someone with a 'special power'?**

Most interesting would be someone who can produce an object from thin air.

**What inspires you?**

I am inspired by many of those great beings who have walked the earth before me. The selfless dedication that they gave to humanity inspires me, as well as the teaching they have left behind and the courage they had to walk the path, which is the hardest thing.

**Do you have a final message?**

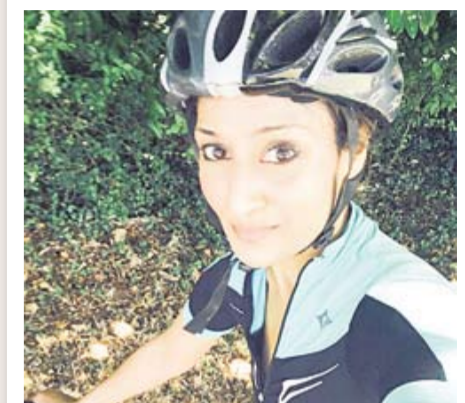
I know many people believe that what can't be seen doesn't exist, but we live in various dimensions on different levels. We must never be ignorant to higher powers that exist. Prayer is the only form of communication: as they say, 'ask and it shall be given.' Nothing in life is unattainable. Have faith, believe in yourself and give without need or want.

Log onto [www.jasbassi.com](http://www.jasbassi.com) and Twitter: [@jasbassionline](https://twitter.com/jasbassionline) to find out more.



## Mita Mistry

The art of ancient healing



### Trauma test: Getting back in the saddle

"CRASHING is part of cycling as crying is part of love," Johan Museeuw, pro cyclist.

Recently, Sir Richard Branson said he thought he was going to die in a serious bike crash as he was thrown over the handlebars after hitting a bump on the road.

This is all too familiar to me, having been through a similar accident just over a year ago where I was left unconscious for 30 minutes, with several broken bones and teeth and severe bruising.

I totally sympathise with his thoughts on dying because a traumatic accident is a total shock to your system. It is something you don't ever imagine experiencing. Nothing prepares you for it and I would never wish it on anyone. The psyche does not forget trauma, so it is often difficult to talk about a near-death experience as it brings up feelings of fear, shock, guilt and grief of what you have been through and lost.

Thankfully I still don't remember the details of the crash nor do I recall being rushed to hospital or going through the CT scans; this is a blessing in disguise. But it does make me realise daily how fragile life can be and that it is a gift.

It has taken me a year to get back into the saddle, on the road. On a physical level I managed to keep my fitness level up with indoor training, but the mental and emotional scars have taken much longer to heal. I tried to get back on my bike many times in the past year, but every time I thought about it, I would hear my little boy's words while I lay in the hospital bed – "mummy, if you died, I would have cried forever."

I didn't want to put my family or friends through this ever again and for that reason, my heart was no longer in cycling or so I thought until recently. While watching the Olympics, the spark for cycling was reignited. I remembered my love for the solitude, freedom, camaraderie and connecting with nature that cycling gave me. It wasn't about signing up for challenges to prove anything to myself or anyone. I am so happy I did Ride London 100, triathlons, the London to Paris ride and numerous cycling sports events over the years, but now is the time to pursue this hobby for the place of gentleness, insight and safety.

I still don't know if a mental and emotional scars are fully healed. But for now I will certainly be extra cautious when in the saddle, while being at one with nature. So if you have had a setback in anything, just remember you can get back in the saddle again. It may take time, but you will get there.

Mita Mistry is a qualified five-element acupuncturist and an expert in other ancient healing techniques. To find out more about Mita's work, log onto [www.twitter.com/MitaMistry](https://www.twitter.com/MitaMistry) and [www.mitamistry.co.uk/gol](http://www.mitamistry.co.uk/gol) thepowerofmindfulness