

# L LIFESTYLE



## Short and beautiful

A new study reveals that online appeal depends on the length of the first name. Those who were surveyed said that people with short names appear more approachable and friendlier.

Shortening your first name increases your allure to the opposite sex, says a study conducted by social networking site Badoo.com.

"Attractiveness online is not only about looks. Even the length of your name, it seems, may also make a surprising difference," Niccolo Formai, spokesperson for Badoo, said in a statement. The shorter name proved more alluring in 79 per cent of the female pairs studied, compared to 69 per cent of the male ones. *IANS*



# All for love

*A special touch can make a difference*

**I**t seems all we need is an affectionate feel of our partner to be cheerful in life and take on the world.

A British survey has shown how being busy, stressed and tired is starving Britons of their share of much-needed kisses and cuddles from the loved ones. In a survey of 2,000 people in relationships, two-thirds said they felt "starved" of physical affection even though they were in a happy relationship, *Daily Mail* reported.

Three out of five people in a relationship said they wish they could spend more time kissing and cuddling with their partner. Almost a third of couples, however, admitted they can go for days without touching each other.

Over 80 per cent rated skin contact with their partner as important.

The survey also revealed women feeling their partner's touch being actually the cheapest and most effective beauty booster.

During the poll, people said just their partner's touch could make 40 per cent of women feel more attractive. Eight out of 10 Britons rated a touch as the most important element in their relationship. Skin intimacy specialist Abigail James said relationships and people's wellbeing will benefit from increased daily affection.

"There's no doubt that touch is great for your skin. As a therapist you learn very early on the huge mental, health and beauty benefits positive touch can have." *IANS*

## ALIGN YOUR LIFE

# Feng Shui For The Soul

**W**e spend most of our lives living for others. We buy bigger homes to impress others, wear clothes to blend in and lose who we are by becoming the mirror image of others. Is that how we were meant to live? Was that the path destined for us? I am not so sure about the answer.

Many clients employ my services to implement Feng Shui in their homes and offices. Changes are made, walls are repainted, interior decorators are hired to implement suggested changes, and new furniture is chosen. Everything that is external is fixed.

However the thinking and outlook to life remains the same. Emotions like jealousy, guilt, and anger continue to dominate your mind. Feng Shui helps in balancing your immediate surroundings; but who is in charge of balancing your inner world? What is the use of balancing your environment, when you don't want to change from within? If positive internal changes are not embraced, no amount of Feng Shui can help you feel balanced. The success of Feng Shui depends on how ready you are to embrace the positive changes. And you can only be ready if your mind is at peace.

Facing and conquering your inner demons makes Feng Shui a lot more effective. It helps in opening up intuition and you are able to feel the change in energy around you. Along with clearing clutter from your home, you also need to clear the clutter internally. That is the only way to experience the full benefits of Feng Shui. So how can one balance the inner world? One way of moving forward is by performing emotional cleansing along with Feng Shui implementation. Emotional cleansing helps in letting go of old relationships, neutralising anger and working on guilt. Once you are free from all the excess baggage you have been carrying for years, you will be ready to embrace your new life. There will be new relationships, new friends and new opportunities. Feng Shui will bring about balance in your environment and emotional cleansing will balance your inner self.

So along with redecorating that living room, why not enroll in a yoga class? Join a meditation class, take up journal writing, get a new hobby or simply go for long walks to unwind.

Change your life by choosing Feng Shui for your soul.

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Head to children's nursery Inspire which is having an open day today from 9am to 1pm. Offering a child-centred creative curriculum, the nursery takes in kids from 3 months to four years. Call 04-3955473 or mail [www.inspireallchildren.com](http://www.inspireallchildren.com)

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