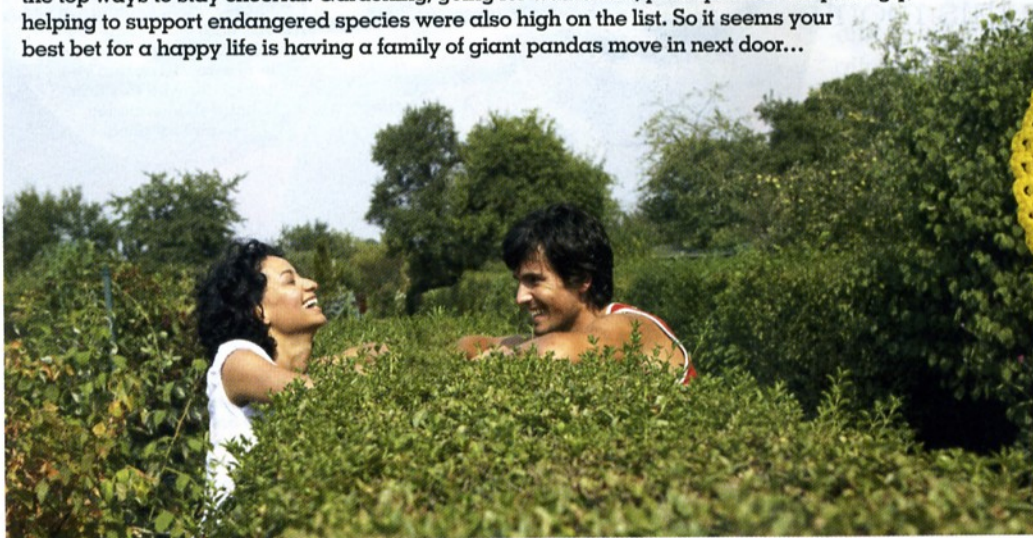


Vital Signs

The essential news and events to look out for this month

Everybody needs good neighbours

General well-being – or **GWB** – is the new buzzword in Westminster, where politicians are trying to work out what makes us happy so they can put the feel-good factor into new laws and policies. The latest joy research, commissioned earlier this year by Defra (the Department for Environment, Food and Rural Affairs) pinpointed the main causes of happiness around the world and found that chatting to your neighbour over the back fence and plenty of sex in a stable relationship are two of the top ways to stay cheerful. Gardening, going for walks and, perhaps more surprisingly, helping to support endangered species were also high on the list. So it seems your best bet for a happy life is having a family of giant pandas move in next door...



Dan Millman

Fighting spirit

If you fancy the spiritual side of martial arts, a Peaceful Heart, Warrior Spirit workshop could be for you. 'Tuning into your warrior spirit can help you beat fears and find your destiny,' says Dan Millman, author of *Way Of The Peaceful Warrior* (£10.99, H J Kramer) who's appearing at the Mind Body Spirit (MBS) festival in Victoria, London, on 23-28 May.

Health consultant Joanne Reid Rodrigues, 44, says the workshop has helped her develop inner strength. 'I'd always felt connected to the universe but couldn't tap into it,' she says. 'Learning about my warrior spirit helped me connect with my feelings and what I wanted in life.'

GIVEAWAY We've got 30 pairs of tickets to the MBS festival to give away. Send your name and address to MBS Spirit & Destiny offer, 755 Fulham Road, London SW6 5UU. The closing date is 15 May. Call 020-7371 9191 or visit mindbodyspirit.co.uk for more information.



Something magic for the weekend

Get all your questions about spiritual, psychic and paranormal matters answered at The Mystic Arts exhibition at London's Olympia on 12-13 May. There'll be group trances, 'night vigils' and plenty of chances to get your palm read or just find out more about the unexplained things that happen in this world – and in other realms. Tickets from £7.50. Call 01787-224040 or visit themysticarts.com for more information.



Crochet now has cachet, especially for a good cause



Get hooked

So it's now sexy to be able to knit, crochet or embroider; with clubs springing up in homes and bars across the country. But where else can you use your newly acquired stitching skills? Angels For Hope is a non-profit group that sends crocheted angels, butterflies and smiley faces to people who are ill or need hope in their lives. Anyone can become a crochet angel – all you have to do is register at angelsforhope.org to receive the special patterns and instructions, then get looping. You'll be given address details so that you can send your nifty needlework to sick children, hospices and people around the world – and you can also request an angel for someone in need.

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museums, including The Manchester Museum, are now in talks with pagan groups about returning ancient bodies in their collections for reburial on sacred land.