

COSMIC
CAREER
BOOST

'We're spiritual high flyers!'

More and more women are using oracle cards, crystals and affirmations to get ahead at work...



I've kept a tarot deck handy while making

million pound deals'

VICTORIA ADAMS, a commodities broker, uses tarot and mantras to help her survive and thrive in the tough world of City trading

As I pushed open the door to the trading floor the noise hit me with full force. Phones rang, people yelled, fingers stabbed computer keyboards as global deals were closed...

Aged 21, it was my first day as a broker in the City, and I was overwhelmed. 'Deep breaths,' I whispered to myself. But within hours I was a wreck, my confidence in shreds. Intimidated by the alpha male aggression, I struggled to close one deal in my field selling gas in competitive world markets.

Lunchtime found me huddled miserably in a corner of the bar. 'You can't do it,' taunted the negative voice in my head.

Rummaging through my handbag for a totem, my fingers brushed against an old deck of tarot cards. I'd completely forgotten they were there. I'd had them since I was a teenager and used to use them as a party trick if myself or friends wanted answers about boyfriends.

Weirdly they always came up with the right advice and I'd come to rely on them like a friend in times of trouble. I couldn't remember putting them in my bag.

I dried my eyes. Maybe they could give me advice on how to do my job now?



'The advice would pick me up and give me courage'

I'd ruffled the cards and, taking a deep breath, pulled one out.

'Wheel of Fortune,' it read.

'That's what you can control with care, but leave not to agencies over the decisions you control.'

I felt my panic fall away. Of course!

'It's only day one, stop beating yourself up if you lose a deal,' I told myself. 'Pick yourself up and focus on the next one.'

Sure enough, over the next weeks I began to get the hang of my job.

Challenging as it was, I realised I did have a future in the City.

For the next two years, whenever my confidence wavered I'd find a quiet corner and get out my tarot cards. Each time the advice would pick me up, brush me down and give me the courage to get back out on the trading floor.

Powerful forces at play

I'd often pick the 'Magician' card telling me I had the creative energy and power to manifest my desires. Reading its message I'd feel a rush of excitement, followed by a surge of confidence.

Each time I'd go back on the trading floor and effortlessly close a multi-million pound deal. My stock would come in at the right price, my client would say yes... everything would simply fall into place.

'The power of the tarot,' I'd tell myself arrogantly as my male colleagues looked on jealously. I soon got a reputation for closing deals and landed fat bonuses. But tarot wasn't the only weapon in my armoury.

To keep calm and focused I'd start each day with a yoga session in my living room, then listen to a meditation app on my phone on the Tube on the way to work. I'd also chant in my head a mantra 'Om gam ganapataye namaha' from Hindu God Ganesh to remove obstacles and for prosperity over the coming day. Sometimes I'd pick an angel card from a

deck by angel expert Kyle Gray to get a positive affirmation from the angelic realm for an extra spiritual boost.

'I open my heart with love,' I would repeat to myself as I picked up the phone to a client, knowing it would help the transaction between us succeed.

In search of direction

But, despite my success, I struggled to get promoted and watched my male colleagues move up the ladder, leaving me behind.

The 50-hour weeks started to take their toll. While my friends went home to families, I went home alone. I didn't have time to socialise, let alone go on a date. And for what? I was educated, stressed and felt unappreciated.

Tired and grumpy, after missing out on yet another promotion in 2015, I decided to quit. No amount of money was worth this feeling of hopelessness.

In the New Year, just before I handed my notice in, I decided to do the tarot to see if I was making the right decision.

'Will I ever get promoted?' I asked to myself and shuffled and selected a card.

'Judgement,' it read. 'Get ready for a new challenge.' My heart leapt. Was my new challenge a promotion?

I decided to stick out my job a while longer, and sure enough, around a week later, my boss asked me in for a chat.

'Would like to promote you to senior broker,' he smiled as my mouth fell open in shock.

'The tarot was right!' I thought as I shredded the letter of resignation I'd been carrying around in my bag.

Now, aged 31, I haven't looked back since, and I still keep my tarot pack in my bag in case I ever need it.

However, the weirdest thing of all is that I recently discovered I'm not the only spiritual woman on the trading floor. A colleague confided over a coffee the other day that she too reads her cards and says affirmations to achieve her goals at work.

I know without doubt that if I hadn't had faith in such things I wouldn't be doing this job today and enjoying so much success.



'Crystals are my secret weapon to success'

CHRISTINE CAVELL-SIBLEY, a senior customer adviser, used crystals to get a pay rise and a promotion

Clenching my fist around the black tourmaline stone, which is said to overcome challenges in difficult work circumstances, I walked purposefully up to my boss.

I was a customer service assistant at a high street opticians and was desperate for a pay rise on my meagre salary.

Normally I kept my head down, but today I was going to tell my boss what salary I deserved – and I wasn't going to take no for an answer.

Not only that, I wanted a more senior position. I was 34 and felt undervalued after working there for 10 years.

Armed with my stone I felt I could take on the world!

'Yes?' she said, as I approached, barely taking her eyes off the paperwork lying on her desk.

Usually that would be enough to send me scuttling back to work.

'W-w-well, you see, I mean...' I stammered.

Uh-oh, this wasn't going to plan.

Feeling empowered

I curled my fingers around the stone in my pocket and rubbed it, trying to harness its empowering energy.

Suddenly, in my mind's eye, I saw a cheque with the figure 2,000 written on it in big black letters.

'I'd like a pay rise,' I said, boldly.

'This time my boss looked up. The stone tingled in my hand.

'And a promotion,' I pressed.

I didn't have to wait long for her answer.

Just 20 minutes later I walked out of her office with an extra £2,000 in my pay packet – as well as a promotion to a senior customer service position!

And it was all down to the tiny but powerful energy of the crystal in my hand.

I had complete faith in crystals, which I'd been collecting since my early twenties, after seeing some in a New Age shop. At first I was attracted to the pretty colours, but when I discovered they had healing properties I started to experiment. I'd suffered from headaches for as long as I could remember and when I learned haematite could help, I carried one with me. Sure enough, if I felt a headache coming on, I would hold it and the pain would vanish in minutes. I didn't know how they worked, but they did.

The secret of success

Hooked on crystal power, I began carrying various stones in my bag or pocket every day, such as amethyst for clear thinking or pyrite to manifest abundance in my life.

My husband Ben, now 42, who's a chef, thought I was crazy as he wasn't spiritual at all. But he didn't complain when I used them to make our home life better.

When our baby daughter Phoebe had problems sleeping I popped some rose quartz, which is said to foster sweet dreams, near her cot – and there wasn't a peep out of her!

And when I was anxious about leaving her to return to work in March this year, I put a piece of clear quartz in my bag to give me emotional balance when I was away from her, which really helped.

Today, I'm loving my new role. I keep a piece of clear quartz for mental balance on my desk, along with a piece of citrine for energy.

My boss thinks they're just pretty – little does she know that crystals really can be your secret to career success. ✪

