



# Star Temple



## Soul Mates?

Soul mates: most of us want one but what does it actually mean when we find them. Are they always pleasant relationships? Can finding your soul mate actually mean a whole heap of trouble and what happens if you never meet them?

Humans are social creatures and the quest to find that 'special someone' to share our lives with and journey through the sometimes perilous waters of our existence, is a search that may occur not

once but maybe 2 or 3 times in our life? How can that be so, surely finding your soul mate is a once in a life-time chance to meet that special person that will be so connected to you that they know what your thinking even before you say anything. A bit annoying if you

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## CONTACTS



### Managing Director

Chris Odle

Write to Chris if you have any comments about Star Temple.



### Reader Services

Sally Renshaw

Reader enquiries to  
01822 616 542



### Customer Services Team

If you would like to speak with one of our friendly reception team, call our credit card booking line on

**0800 422 0422**

Also contact reception for general enquiries about Credit Card and Premium line readings.



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### Editor's Letter

*When I confessed last issue to buying more jaffa cakes than I could shake a stick at, I decided to do just that, shake a stick that is. I decided to try the Flexi-Bar Pro as I had heard so much about it, and as usual wanted to try it out before I wrote about it. This large flexible stick gives such a total workout that bingo wings will be a thing of the past! It took ages for me to find out what bingo wings were (fascinated to who actually coined the phrase) and it actually relates apparently to the bit under the arms that seem to have a life of their own and want to move about to the dance of gravity! Read more and be prepared to work out! This months soul mates article gives us clues to how we really recognise our soul mate and the impact on our life when we meet them.*

*I hope that the July suns keeps blessing us with more warmth and more light, so keep enjoying and fill yourselves up with Summer energy. Until next time....*



Pavlou Landraagon

## ◆ feng shui tip of the month



*What:* If you are single and would like a relationship then remove any paintings or imagery that reflects lonely scenes or single items. Instead put up colourful images reflecting pairs of things. Have pairs of ornaments on show that bring in the kind of energy you want in a Soul Mate.

*Why:* Your home is a physical manifestation of your life. Reflect what you want to manifest.



want to have a spend up on the house-keeping and your plans have been spotted before you've gone through the door!

According to an Eastern esoteric way of thinking, we meet those again that we have some karmic bond with and therefore have to meet again to work out unresolved issues and or rejoice in our meeting again. Are these people that we have such a strong connection with, for good or bad, our soul mates?

How often have we had relationships that have been fraught with pain and difficulty, staying around because we felt the strong bond that exists between those souls, when actually you were supposed to meet and resolve the bonds of karma? Once there is no longer any negative attachment left, then you can both move on and should not endure an abusive or difficult relationship.

However that does not mean that we go through endless love relationships, dumping them every time it gets difficult or we feel bored. This is a different process and one of commitment and learning from each other through all the stages of life. This is often the kind of relationship that our souls yearn for and will often keep seeking until we have found it.

We can have many soul mates that may go beyond our love relationships and can exist in the form of very close friendships or parenting our children and extend to

those we work with.

I would argue that soul connections can and do exist between humans and animals; how many of us have had, or have, a very special relationship with a four legged friend that seems to know what you are thinking and feeling. For some people this bond is as strong, if not stronger than one with a fellow human!



According to some forms of the ancient mystical art of the Kabbalah, the relationship we have with our soul mates has it's own energy body that can outlast the relationship itself, hence sometimes we can still feel attached to a relationship that

we had 20 years ago.

'Dissolving the Egregore' is a workshop devised by teacher Guru Dharam, whereby one can work to dissolve away any remaining unresolved issues and put to rest any feelings of attachment that are no longer appropriate. These may be love or family relationships or simply creating resolution on unresolved feelings for another.

So is the answer that our life's journey goes on, with our soul mates accompanying us on the way? PL

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[www.orindaben.com](http://www.orindaben.com) - Soul Love:  
more information on Dissolving the  
Egregore workshop go to :  
[www.kundalinimedicine.com](http://www.kundalinimedicine.com)

# Star Temple Readers

Welcome to our monthly selection of current readers.

For **full details & live availability**, please see  
[www.startemple.com](http://www.startemple.com)

All our readers now have a pin number, with many  
doing both credit and premium rate readings.

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## Carla

*Credit Card PIN 5501*

**Mon, Thu, Fri**

2pm-6pm

**Tue** 10am-2pm

◆ clairvoyance  
Tarot



## Maureen

*Credit/Premium PIN*

**Thurs** 7pm-11pm

◆ clairvoyant  
clairaudient  
clairsentient



## Mae

*Credit/Premium PIN 7702*

**Mon** 10am-2pm

**Fri** 2pm-7pm

**Sat** 9am-2pm

◆ clairvoyant  
astrology  
psychic



## Alison

*Credit/Premium PIN 7706*

**Mon** 7pm-11pm

**Tue** 2pm-11pm

**Wed, Thurs** 2pm-7pm

**Fri** 2pm-6pm

◆ angel, tarot  
reiki master



## Karena

*Credit/premium PIN 7703*

**Fri, Sat** 7pm-11pm

**Mon, Thu** 7pm-11pm

◆ clairsentient  
tarot, crystal ball



## Jeannie

*Credit/Premium PIN 5506*

**Mon, Tue, Wed, Thu**

9am-2pm

◆ clairvoyant  
clairaudient



## Christine

*Credit/Premium PIN 5502*

**Mon, Sat** 10am-2pm

**Wed** 2pm-7pm

◆ clairsentient  
medium



## Amethyst

*Credit/Premium PIN 7790*

**Mon, Tues, Wed**

6pm-12pm

◆ psychic  
tarot



## Eric

*Credit/Premium PIN 7742*

**Mon, Tue, Wed, Fri**

9am-1pm / 2pm-6pm

**Thu** 2pm-6pm

◆ psychic  
tarot



## Estella

*Credit/Premium PIN 7724*

**Sat** 2pm-7pm

**Sun** 6pm-11pm

◆ clairvoyant  
past life  
psychic



## Mark

*Credit/Premium PIN 7709*

**Wed** 9pm-midnight

**Thu** 9pm-midnight

◆ psychic  
tarot  
crystal ball



## Elica

*Credit/Premium PIN 7719*

**Tues, Wed**

2pm-7pm

◆ medium  
counsellor  
healer



## Tom

*Credit/Premium PIN 7757*

**Tue, Thurs, Sun**

9am-1pm, 2pm-7pm

**Mon, Fri** 7pm-11pm

**Tues** 7.30-10pm

**Thurs** 8pm-11pm

**Fri** 2pm-7pm

◆ psychic  
tarot  
dream analysis



## Kathryn

*Credit Card 5508*

**Tue, Thu, Fri, Sat**

7pm-11pm

**Wed** 10am-2pm

◆ clairvoyant



## Mia

*Credit/Premium PIN 5510*

**Mon, Tue** 2pm-12pm

**Wed** 7pm-12pm

**Thurs** 6pm-12pm

**Fri** 8.30pm-12pm

**Sun** 9am-7pm

- ◆ clairvoyant  
clairsentient



## Janis

*Credit/Premium PIN 7705*

**Mon** 8.30am-12noon

**Wed, Sat** 9am-1pm

**Fri** 8.30am-1pm

- ◆ clairvoyance  
clairsentient  
spiritual



## Sandy

*Credit Card PIN 5511*

**Mon** 2pm-7pm

**Tues, Thurs** 7pm-mid

**Fri** 9am-2pm

**Sat** 2pm-11pm

**Sun** 7pm-11pm

- ◆ medium  
clairvoyant



## Rudi

*Credit/Premium PIN 7717*

**Mon** 9am-2pm

**Tues, Wed, Thurs, Fri**

10am-2pm

- ◆ medium  
clairvoyant



## Tricia

*Credit/Premium PIN 7711*

**Tue** 9pm-midnight

**Wed** 9pm-midnight

- ◆ psychic  
intuitive healer  
counsellor  
life coach



## Gwyneth

*Credit/Premium PIN 7735*

**Mon, Tue** 2pm-6pm

**Wed** 9am-1pm/2pm-7pm

**Thurs** 10am-2pm

**Fri** 2pm-7pm

- ◆ clairvoyant  
psychic



## Rachel

*Credit/Premium PIN 7722*

**Thu, Sat** 7pm-midnight

**Sun** 9am-2pm

2.30pm-6pm/7pm-11pm

- ◆ clairvoyant  
clairaudient  
clairsentient  
medium



## Richard

*Credit/Premium PIN 7708*

**Tue** 2-7pm

7.30pm-midnight

**Wed** 7pm-midnight

**Thu** 2-6pm

7.30pm-midnight

**Sun** 9am-2pm

7pm-midnight

- ◆ clairsentient



## Selina

*Credit/Premium PIN 7727*

**Tue, Wed, Thurs**

9am-2pm

**Fri** 9pm-2pm

- ◆ clairvoyant  
medium



## Tanith

*Credit/Premium PIN 7710*

**Mon, Wed, Sat**

10pm-2am

- ◆ clairvoyant  
tarot



## Maria

*Credit/Premium PIN 5514*

**Wed** 7pm-11pm

- ◆ tarot  
angel cards  
reiki



## Laura

*Premium PIN 7732*

**Wed** 7pm-10pm

**Thu** 10am-2pm

**Fri** 10am-2pm

7pm-10pm

**Sat** 10am-2pm

- ◆ clairvoyant  
psychic



## Thomas

*Credit Card PIN 5513*

**Mon, Fri, Sat & Sun**

7pm-midnight

- ◆ clairvoyant  
medium



## Julie

*Credit/Premium PIN 5507*

**Mon, Fri,**

2pm-midnight

**Wed** 2pm-midnight

**Sun** 2pm-12pm

- ◆ clairvoyant  
medium  
crystal ball



## Amber

*Credit/Premium PIN 5500*

**Mon, Wed** 7pm-11pm

**Fri** 8pm-midnight

- ◆ clairvoyance,  
mediumship



## Liz

*Credit/Premium PIN 7720*

**Tue, Fri** 7pm-11pm

**Sat** 10am-2pm

**Sun** 2pm-7pm

**Sat** 7pm-11pm

**Sun** 10am-2pm

- ◆ clairvoyant  
tarot  
dream interpreter



## Fran

*Credit/Premium PIN 7716*

**Tue, Wed, Thurs, Sat**

7pm-11pm

**Sat** 7pm-11pm

- ◆ clairvoyant  
medium



## Hayley

*Credit Card PIN 5503*

**Sun** 7pm-midnight

- ◆ clairvoyant  
tarot



# Flexible Bar None



Fascinated at how a long wobbly stick could do so much for our bodies (and of course it still being bikini season), I decided to try it out and to be frank, I was amazed at how quickly you can tone your muscles and with as little as 10-15 minutes per session and with only 2 or 3 sessions per week. The Flexi-Bar lives up to its name and can be used as a stand alone work out regime or be added into an already established routine.

It comes with a DVD and a series of workout plans and depending on what you want to tone up, you can choose which of the exercises you want to do, or do all of them over a week on different sessions.

It feels strange at first and it works with small push pull movements whilst holding the Flexi-Bar. It strengthens up the core muscles and improves those hard to tone areas that other exercise movements take ages to address. Those hard to master muscles that don't seem to pay attention to exercise, such as the infamous 'bingo wings', are addressed quickly and you are able to see a real difference in a relatively short time.

Don't be fooled by the simplicity of the Flexi-Bar and do too much too soon; stay with the



**FLEXI-BAR®**

recommended timings, in fact I suggest starting with 5 minutes and build up. Of course if you have any health issues you should always take a doctors advice first, but this training is very dynamic, fun and most of all effective.

Flexi-Bar.co.uk website also suggests taking one in the boot of the car so that you can relieve stiff muscles from long journeys or keep one in the office to refresh you and relax the muscles from working at a desk too long. Some of its benefits are that it:

- fights ageing
- helps tone the upper arms
- strengthens the connective tissue
- helps the recovery of muscles after pregnancy
- improves sports performance
- fights back pain
- improves your posture
- strengthens up core muscles
- strengthens the abdominal muscles
- improves over all muscle tone and strength.
- increases metabolic rate for weight loss

Make sure you buy an original Flexi-Bar Pro as cheap imitations can split easily. If you are in any doubt that wobbling a Flexi-Bar about won't create those changes you want for your body - then you are going to have to think again. PL

Go to [www.flexi-sports.co.uk](http://www.flexi-sports.co.uk)

# Astrology

Joanna Watters



*The Lunar Eclipse in purposeful Capricorn on the 7th and the Solar Eclipse in home orientated Cancer on the 22nd characterize this month as one of significant change. Eclipses bring power cuts and throw shadows but, as we move in and out of these shadows, the goal is to protect our security as we restructure old patterns, for ourselves and for those who look to us to care. Not easy, but in the midst of this struggle comes the rare conjunction of Jupiter and Neptune in humanitarian and objective Aquarius. While it may seem logical to lay blame at the feet of others – a partner, a relative, a boss, the world – the real message is to accept a huge phase of transition that affects us all. Be part of this transition, be resourceful, and in time it will be change for the better.*

## Aries (Mar 21 - Apr 19)



**ARIES** (21 Mar - 19 Apr)

Your planet Mars continues to plod through Taurus. Unaccustomed lethargy may mean that you are in need of rest and recharging and, as a fire sign, you must always be vigilant about burnout. However, also look beyond the physical and ask yourself if you are holding on to a fixed idea about how life should be or how things should be done. When Mars moves on into inventive Gemini on the 12th you will find a new versatility and a lighter touch. Progress, especially within a close relationship, rests more than ever on clear communication. Speak up.

## Gemini (May 21 - Jun 21)



The pleasure planet Venus in your sign from the 4th promises a special time of year. Enjoy the love and fun that come your way but, at a more

proactive level, make the most of an opportunity to heal any emotional or sexual problems. In fact, problem solving of any kind becomes easier when you recognize that you really do have choices to explore. The warrior planet Mars is also in your sign from the 12th so if action is ever going to speak louder than words it is now. Initiate, set yourself goals and personal targets, and progress is yours.

## Taurus (Apr 20 - May 20)



Now's your chance to be a brilliant ideas person as your planet Venus moves into quick thinking Gemini on the 4th. Money making is at the top of the list so waste no time when it comes to developing business plans or checking out new job opportunities. It's also an ideal time to address any kind of debt situation as you can now unearth new and better options, especially from the 12th. Your love life also picks up at this time. It seems that a partner is more cooperative and cheerful than usual, or a new love interest puts a spring in your step.

## Cancer (Jun 22 - Jul 22)



**CANCER** (22 Jun - 22 Jul)

It is time to listen to your inner voice and to trust your own judgment. Avoidance or silence are no longer viable options, especially in your love life. Now is your chance to dust off past emotional issues or to find the right words to introduce sensitive subjects. When the Sun in your sign aligns with Saturn on the 9th you can enjoy a new stability. A new love interest can also gather pace once you start taking each other seriously. Personally or professionally, however, any murky issues are unlikely to clarify until after the Solar Eclipse in your sign on the 22nd.



## Leo (Jul 23 - Aug 22)



The Jupiter – Neptune union sensitizes relating issues so look out for landmark moments. In your working life you have been learning a great deal but taking stock will do no harm. Check that what was promised is being delivered. In your love life aim for that all important balance between friendship and romance. A partner lives up to your dreams if you give support at both a practical and empathic level. If you are unattached your matchmaking friends are at their most inventive and a new chapter opens when the Sun lights up your sign on the 22nd.

## Libra (Sep 23 - Oct 22)



Your planet Venus moves into restless Gemini on the 4th, highlighting your longer terms plans. Questioning what you really want out of life is a positive move but mental gymnastics will only get you so far. Now is the time to clarify your goals and to initiate contact with those who can help you reach them. Someone who is generous with their business know-how can show you how to think outside the box. In your love life focus more on what you have in common. New love prospers when you give and invite interest and understanding, not just passion.

## Sagittarius (Nov 22 - Dec 21)



As your planet Jupiter joins forces with mystical Neptune your creative streak knows no limits. Your real challenge, however, lies in your ability to temper your enthusiasm with realism. Be ruthlessly objective when it comes to assessing what is working for you and what is not. Only in this way can you nurture the magic in your life and give time wasting a body swerve. Your love life comes under the same scrutiny and the truth fiend in you is on full alert. Even subjects previously off limits are up for discussion. Clear the air and wipe the slate clean.

## Aquarius (Jan 20 - Feb 18)



As Jupiter and Neptune unite in your sign there is little doubt that something big is required of you. Whether this relates to work or personal issues the message is the same, to take a huge leap of faith and to trust that the true potential of an idea or relationship will unfold in due course. In the process you may need to suspend your innate need for logic or you will drive yourself crazy. However, whatever challenges may lie ahead, remember that you are never alone. Other people's input from the 17th is hugely supportive and thought provoking.

## Virgo (Aug 23 - Sep 22)



With your planet Mercury at odds with all or nothing Pluto on the 4th you cannot expect an easy start to the month. A falling out, a tough decision or a broken promise are all possibilities but be philosophical. Such is life and the important thing now is to operate with the minimum of fuss and the maximum of personal integrity. People can surprise you in lovely ways too, as you will discover mid month when Uranus livens up the picture with the unexpected. Whirlwind romance or a holiday fling could be the start of something super special.

## Scorpio (Oct 23 - Nov 21)



With your planet Mars finishing his stint through your opposite sign of Taurus relationship issues are paramount but puzzling. A partner may be less receptive than usual or a new attraction stuck on the starting blocks. Wherever your persistence meets with resistance the message is to pull back and leave well alone. When Mars moves on into Gemini on the 12th a stalemate situation eases and the communication lines will soon be crackling. Money making ideas can also be pursued with the prospect of real solutions rather than idle speculation.

## Capricorn (Dec 22 - Jan 20)



Your personal code of ethics underpins your behavior so it is rare for you to meet serious conflict. However, with the Lunar eclipse in your sign on the 7th, you may find yourself caught up in a stressful or competitive situation. Even though this is most unlikely to be of your own making there is little point in running for cover. Fight your own corner, especially if a financial issue is at stake. In your love life be prepared for some risk taking. A key conversation on the 14th can be enlightening if you ask the right questions and let your true feelings be known.

## Pisces (Feb 19 - Mar 20)



The conjoining of your two planets Jupiter and Neptune mark out this month as a prime Piscean time. Current projects have dream quality stamped all over them and what recently started as a simple but ingenious idea can now escalate. Maybe even more importantly you can make sense of the past and experience very real benefit from personal sacrifices. What goes around comes around, and you are at the front of the queue. In your love life there is a renewed empathy but new romance may still be tentative. Keep it under wraps until the 22nd.