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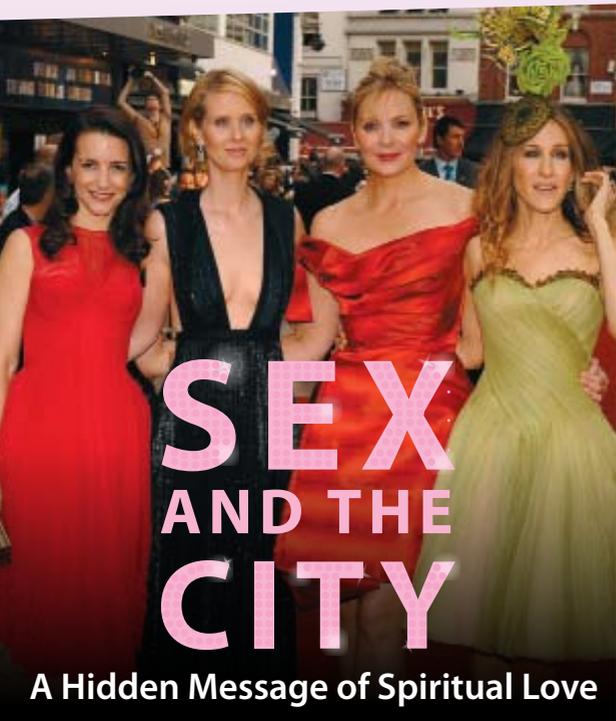
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SEX AND THE CITY

A Hidden Message of Spiritual Love

The characters of *Sex and the City* allow viewers to clearly see different aspects of themselves, whether positive or negative. But as each of the four women strive to attain their own idea of love, the show communicates a potent message to women about the deep spiritual form of love we all truly want.

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Psychic Fitness Tips from the Experts



Charlie Sheen Living in Character p7



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Special Offers

Golden Ticket Winner!

Ms Brown from Hatfield in Hertfordshire is our new Golden Ticket winner. Could you be the next?

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INSIDE
8 pages packed with
inspiration!

July 2010

Making **YOGA** Your Own

Don't be put off by pictures of people with their feet behind their ears! Yoga is for everyone, and it keeps mind, body and spirit in top shape. Yoga simply means to yoke or connect, and it's not a religion but a science. It can take us from a limited space to an infinite one, keep us grounded in the knowledge that we are spiritual beings having a human experience and not vice versa.

Types of yoga

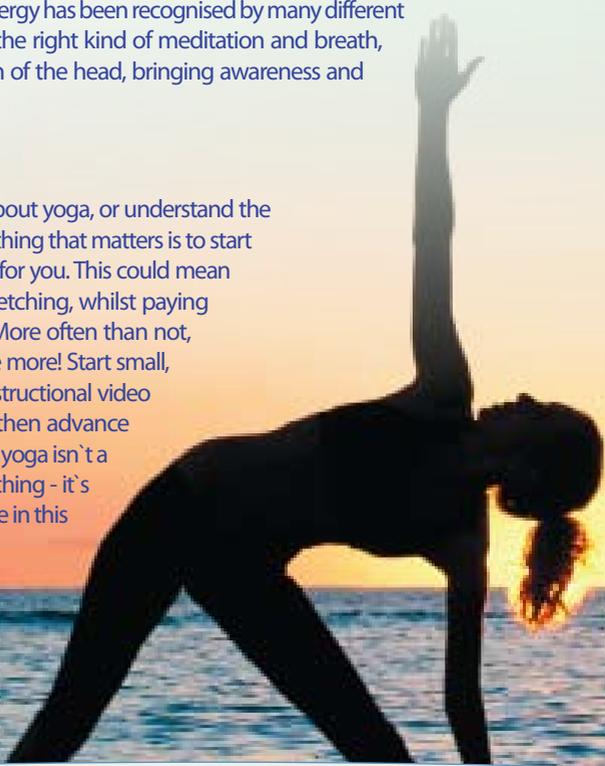
Yoga originated in India over 40,000 years ago and has evolved into many different forms throughout the world. Raj Yoga studies the psychic centres. Laya and Mantra Yoga use sound, breath, mantra and rhythm to bring energy through the body. Tantric Yoga is a psychic discipline which itself has several forms - some of them with links to sorcery.

The diamond of yoga

Kundalini Yoga is known as the diamond of yogas because it uses elements from all other forms of yoga. This powerful practice awakens the sleeping serpent of energy that lies dormant at the base of the spine. This energy has been recognised by many different cultures throughout history, and with the right kind of meditation and breath, it travels up the Chakras into the crown of the head, bringing awareness and enlightenment.

Making Yoga your own

It isn't important to know everything about yoga, or understand the pantheon of theory around it - the only thing that matters is to start a practice on a level that is comfortable for you. This could mean ten minutes of gentle postures and stretching, whilst paying attention to the breath and thoughts. More often than not, you will want to stay longer and explore more! Start small, attend a local class or even watch an instructional video to get familiar with some basic poses, then advance your practice from there. But remember, yoga isn't a race, and it's not about achieving something - it's about being increasing your quality of life in this present moment.



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SEX AND THE CITY

A Hidden Message of Spiritual Love

Sex And The City is a phenomenally successful TV show that has graduated to the big screen with a sequel eagerly awaited. It follows the personal lives of four women, each of whom are starkly different from the others. The key to the show's success is that viewers relate to the characters and situations depicted. While some of the scenarios are hard to believe, the legions of fans only suggest that *Sex and The City* is communicating potent messages to its audience. But what are they, and how can they be applied to real life?

Interestingly, the idea for the show was born out of a column in the *New York Journal*. The writer, Candace Bushnell, created the persona of Carrie Bradshaw to detail how women really think. As the column grew in popularity, the characters of Miranda Hobbes, Charlotte York and Samantha Jones joined Carrie as the central characters. Each of these fictional women has their own character traits, and these were realised through the television show.

Given that the characters were created by Candace Bushnell, it's possible to identify each character as a spiritual aspect of one woman. Perhaps this is why the show seems to speak to so many viewers; within each of the characters, they recognise an aspect of themselves, whether that aspect is positive or negative. However, further study suggests that all the women in *Sex And The City* are concerned with trying to attain different aspects of one spiritual ideal.

Carrie narrates each episode, and she is easy to identify with - an open-minded woman with great generosity of spirit. Her main drive is to achieve love, whilst having fun in the process. She also experiences loneliness as a consequence

of her independence. Samantha is most sexually confident of the four, and the most dismissive of the notion of love. She prefers to engage in a series of one-night stands. Charlotte, by comparison, is less sexually inclined, preferring to indulge in worlds of romantic fantasy. Miranda is the cynic of the group; a single mother who has been betrayed and will not easily forget it.

The underlying theme for all these characters is love, and the many aspects of love. It is true that spiritual love is the most nurturing of all forms, nourishing us on a psychic level and charting the path towards inner freedom. But in order to attain spiritual love, we must be prepared to accept another being entirely, and learn to become vulnerable in their presence. All the characters in the show explore different avenues to attain self-fulfilment, and must sacrifice parts of their inner being along the way. For each of the four women, the path towards spiritual love is a different one. Carrie realises that she will find happiness with someone who has been in her life for a long time. Samantha's perspective on love is changed when she beats cancer. Charlotte finally becomes pregnant after believing herself to be infertile, and Miranda has to decide whether or not to forgive her cheating husband.

Many viewers will be able to identify with these situations. However, if the show transmits one overall message it is that physical love is not enough: A deep spiritual love is the true goal of every woman. Ultimately, none of the four characters are satisfied by sex alone; it is a far deeper experience on a higher plane that allows them to achieve self-love, perhaps the most important love of all.

Aries (Mar 21 - Apr 19)



The past few years have seen you plodding away, but starting this month, the notion of hard work will take on a new dynamic: relationship. This is the influence of Saturn entering your 7th house of partnerships, where it will hang out for the next few years. The daily grind shows no sign of letting up however, so you'll have to draw on the kind of energy reserves only an Aries has. Neglected details will resurface, giving you another chance to knock them out and start clean. When Jupiter goes retrograde in your sign on the 21st, it's time to re-evaluate your spiritual life and worldly ideals. Anything that is not 100% genuine must be shed.

Taurus (Apr 20 - May 20)



Your firm foothold in reality is challenged this month when more abstract forces enter your airspace - intuition, wild ideas and intense emotions are on the way. Double-check the facts and don't get carried away! You've got a battalion of planets in earthy Virgo to help you stay the course. The action in Virgo also gives you a busy month in terms of love, so be ready to field more offers than usual. Feelings that have been hidden, whether yours or someone else's, will inevitably break to the surface. When Jupiter goes retrograde on the 21st, you'll have to make sure you're being true to yourself at the deeper levels of your being.

Gemini (May 21 - June 21)



You love a crowd, and a clique within a crowd, but a feeling of isolation is inevitable this month, no matter how many people surround you. Look at this as an upgrade in which you take time to make positive changes. Oh, and keep a close watch on private details - secrets run the risk of getting out. Your area of money and resources is lit up with the Sun, Mercury, and a new Moon. Expect a new offer or two on your radar screen, but make a careful assessment before throwing any chips on the table. Why? Neptune and Jupiter moving backwards in your career and networking zones, respectively, will throw you for a loop if you rush in.

HOROSCOPES

CAREER

LOVE

SPIRIT

DESTINY



Chris Odle
Astrologer & Shaman

A solar eclipse in emotional Cancer, with Venus entering Virgo at the same time, brings a potent new undercurrent, while Jupiter retrograde inspires a re-think of old ways.

Call **0800 422 0422** for more details

Libra (Sept 23 - Oct 22)



Yours is the sign of balance, and you know the importance of harmonising your inner and outer lives. The focus shifts toward the inner this month, due in part to a solar eclipse in your area of friends and networks. What kind of company are you keeping, and is there any extra baggage? Romantically, a shallow fling may tempt, but it offers little. It's time to ask what you really want in a relationship. Saturn and Mars enter your sign on the 21st, bringing a spartan and meaningful change to the way you present yourself. Expect a month of intense personal growth and re-evaluation - you may look back on it as a turning point.

Scorpio (Oct 23 - Nov 21)



Your ethical standards are only problematic when they isolate you.. When you feel solitary this month, the best solution is to get out and perform a task or service. As Jupiter and Neptune move through your house of labour, while Saturn enters Libra in the most introverted and reflective area of your chart, you need to put yourself in the path of others and keep busy, even if you feel like hibernating. Volunteering or attending a new class are excellent options - even overtime at work can help. Roll up your sleeves and dig in, and you'll discover that the universe has some pleasant surprises for you.

Sagittarius (Nov 22 - Dec 21)



You'll make two types of new friends this month. On one hand you have breezy new acquaintances or even lovers, inviting you to enjoy the good life. On the other, you have more serious characters challenging you spiritually or professionally, offering you advice or instruction. Luckily, your experimental nature will embrace both camps. But as the 11th puts Venus into your career area, as well as a Solar eclipse in one of the most mystical sections of your chart, the scales tip toward meaningful influences. As much as you love your freedom, you also love to hit a target, and this month the universe is sending someone to help your aim.

Cancer (June 22 - July 22)



The main event is a solar eclipse on the 11th in your sign, and while you won't see it, you'll have

front row seats. Your Cancerian energy will be super-charged, and you'll be inspired to turn over a new leaf in your personal image and outward appearance. Around the same time, Venus and Mercury change signs and reinforce the theme of changing the way you communicate yourself - and your unique beauty - to the world. This is a golden opportunity to reinvent yourself. In love, a romantic gesture may have you falling fast, and in the business world, a recent move needs a second look. Use your intuition.

Leo (July 23 - Aug 22)



Venus continues through your sign until the 10th, when the attention you've been getting

starts to wane. You'll welcome a few weeks of quiet reflection until the 21st, when the Sun rides proudly into your sign and thrusts you back into the spotlight. You positively shine with the Sun at home in Leo, but this year there's a sober influence as Saturn enters your house of communication on the same day. Things that usually play out effortlessly will require more attention. Be methodical in your business and personal affairs, and don't take the easy way out - you'll find yourself on a roll if you stay on the ball.

Virgo (Aug 23 - Sep 22)



Mars and Saturn spend most of the month in your sign, which will put you in the mood to

get results. Clearing away unfinished business is a good way to prepare for your upcoming birthday and help you function more smoothly. Your self-improvement impulse also receives cosmic assistance from Mercury, which arrives in Virgo later in the month to help you calibrate your internal engines. You know very well that money plays a part in all this, and when Saturn enters your cash-related zone on the 21st, your financial world is better for it - as long as you stay shrewd and keep on eye out for a swindle.

Expect a new offer or two on your radar screen, but make a careful assessment before throwing any chips on the table.



Capricorn (Dec 22 - Jan 19)



Your beloved Saturn crosses into your career area on the 21st, just as the Sun hits proud and

dignified Leo. Not only does this make you feel more ambitious and ready to take on any challenge, it gives you a major advantage as your tireless work ethic gives you an edge over other players. This is all fine and good, but it stretches you thin when relationship issues pop up after hours. The Solar eclipse on the 11th falls in your house of partners - this will expose the true nature of existing relationships, whether strong or weak. If you are single, it may turn over a new leaf and bring someone into your world. Let the negotiations begin!

Aquarius (Jan 20 - Feb 18)



Your doorbell, phone and inbox will be put to work as ruling planet Uranus

makes its way alongside Jupiter through your bustling 3rd house of neighbours and networks. People of interest are lurking in the crowd, and the only way to identify them - and the opportunities they bring - is to communicate as widely as possible. Luckily, you are excellent at juggling conversations and entertaining one person after another, so do your best to take care of all your customers. If you are single, all this talking could throw a spark as Mercury enters your partnership zone on the 9th, followed by the Sun on the 22nd.

Pisces (Feb 19 - Mar 20)



Business often seems crude to someone with your

emotional sensibilities; nonetheless, financial developments are unavoidable, especially as Jupiter traverses your house of resources. You don't seek material things for their own sake, but rather to free you of wants and allow deeper exploration of inner worlds. So, when someone asks you for help, look carefully. Compassion urges you to reach out, yet Saturn and Mars warn you to be careful in writing any checks. You deserve your compassion as much as the next person. Money may take a backseat anyway, as romance is likely around the 10th, when the Sun is eclipsed.

Staying Psychically Fit

Psychic skills require exercise and training - here are some tips from our psychics on how to stay psychically fit.

A photograph of a woman with long dark hair, seen from behind, in a yoga studio. She is wearing a blue tank top and has her arms raised in a yoga pose. Other people are visible in the background, also in yoga poses.

Fran

Keeping psychically fit for me is a matter of meditation and calm - not always easy to achieve in this hectic paced world - I find that yoga helps me to relax, meditate and calm my inner self. I either do this at home or if I am feeling really stressed, (and the house is a mess, my teenager's homework is spread around the whole of the ground floor, and the phone won't stop ringing), I will go to a yoga centre near my home in London, and take part in an Integral Yoga class - where at the end of each lesson we spend 15 minutes, breathing meditating and trying to find our inner balance. I have been doing yoga now for over 12 years and I consider it to be an essential in my life, helping me keep the mind and body balance intact.

Talk to Fran - pin #7716

A silhouette of a woman sitting in a meditative pose (lotus or similar) against a bright, glowing background, possibly a sunset or sunrise. She is wearing a dark long-sleeved top.

Jeannie

Doing readings regularly could be likened to a professional musician or an athlete's practice; it exercises the correct 'muscles' and makes sure the energy doesn't get stuck. And I've learned to not allow any negativity to stick to my aura. It helps to smudge (cleanse the subtle body with sacred smoke from dried herbs such as sage) on a regular basis. For me this is usually at the dark moon, and the Celtic holy days. It helps to do a grounding ceremony and to pray and visualize light, colour, protection.

Talk to Jeannie - pin #5506

A close-up photograph of several lit candles with green and yellow flames. The background is dark and out of focus.

Eric

First, to maintain attunement to the spirit world, I find regular meditation the single most important exercise. A quiet and peaceful mind helps to keep clarity. I don't meditate on anything, I just let the thoughts and pictures come. Second, practice: practice makes perfect. Regular participation in development circles helps to look at what we do from different views. Different mediums work in different ways and keeping an open mind to new or different techniques allows us to learn from each other and grow. Third, get enough rest. Good quality rest and sleep are important, as a tired mind cannot function as well as a rested mind.

Talk to Eric - pin #7742

A photograph of several clear, faceted crystals of various shapes and sizes, some with dark inclusions, set against a dark background.

Rachel

You can work with the chakras and meditation to make connections to spirits. I also ground myself by going outside and touching the earth. I also use a small crystal pendant and a rose quartz to give me energy. I also use feng shui to cleanse my area and to cleanse my body and mind. I have lots of fresh flowers and some wind chimes around my home to circulate energy and push away poor energy. I try and keep balance and harmony around me. I use lavender candles in my home - all of these practices keep me sharp.

Talk to Rachel - pin #7722

For more tips on keeping psychically fit, please call our talented readers on 0800 422 0422

Charlie Sheen

Living in Character



Two and a Half Men is an American sitcom starring Charlie Sheen as Charlie Harper. It follows the trials and tribulations of Charlie, who formerly wrote jingles for a living before becoming a successful children's singer known as Charlie Waffles. Interestingly, the character is loosely based on its lead actor, but is life beginning to imitate art?

The character of Charlie is steeped in hedonism. Fiercely protective of his bachelor lifestyle, Charlie lives in a two-storey beachfront home, drinking to excess, smoking cigars, womanising and gambling. His life appears to be one of free-spirited debauchery funded by royalties from jingles and the money he makes as Charlie Waffles. The recurring theme in the show is Charlie's inability to commit to a serious relationship. Instead, he has pursued an endless number of one-night stands and has even engaged with prostitutes.

Sheen was born on September the 3rd 1965, making him a Virgo born in the Chinese year of the Snake. Here, we might find some clues as to why his on-screen persona is blurring more and more with his off-screen existence. Throughout his life, Sheen has been linked to or married to a series of women. However, all of these relationships have ended, with many of his ex-partners blaming Sheen's propensity to excessive use of alcohol and drugs. He has fallen on the wrong side of the law on a number of occasions, usually because of violence fuelled by either drugs or alcohol. Recently, he has checked into a rehabilitation facility in an attempt to combat his self-destructive tendencies.

As a Virgo, Sheen is much like his alter ego, prizing his independence. However, as Virgos spend a lot of time living in their minds, independence can be the last thing they need. In order to organize their internal clutter, Virgos often have great difficulty in organising their lifestyles. While they often present a calm and collected exterior, Virgos are often chaotic creatures on the inside, hiding their sensitive natures even from themselves. Drugs and alcohol can often provide the means with which to anaesthetise themselves.

Those born under the sign of the Snake tend to be cursed with the wandering eye – certainly true of Sheen. His reptile-born charisma has attracted countless beautiful women to his side but for him, the grass has always been greener elsewhere. It is only by settling down that Snakes can achieve inner harmony and enormous serenity. Unfortunately for Sheen, this goal is at odds with the independent nature of his Western star sign and the roving nature of the Snake.

However, Sheen has done something that his on-screen alter ego has yet to do; he has taken responsibility for his actions and has sought to change. While his past activities have born more than a passing resemblance to those in the show, he appears to have turned a corner unavailable to his screen creation. Perhaps his Virgo side is learning to trust to the unknown factors offered by stability and sobriety. It will also be interesting to see whether his recent decisions affect the development of Charlie Harper or whether Charlie Harper's fictional life will once more hold powerful appeal for the troubled actor.

READER PROFILE **ERIC**

When did you first realise you were psychic?



I have always known that Spirit were there for us, but the first time I heard it speak was a truly amazing experience. I was driving in a car, late for an appointment and going a little too fast. Suddenly I heard a clear voice: "You must slow down, there is a speed trap on the next bridge." The shock of hearing the voice made me slow down, good job as on the bridge there was a speed trap. An awesome experience and for me it was conclusive proof of my connection with Spirit. I could no longer deny it or push it aside, I had to start working with it properly.

Have you had any great experiences with a customer who you have read for?

I received a call from a distraught lady who had recently lost her partner in a car crash. The personal information that this spirit passed through enabled the lady to positively identify and reconnect with her partner. The reading bought her some very personal proof of his survival, and she was comforted to know that she was not alone.

What makes a good psychic reading?

A psychic medium is like a radio set or receiver - a link which spirit uses to communicate with our world. Therefore any messages a medium receives should be passed along just as they are. A reading should be uplifting, empowering and positive. It should never restrict you or tell you what to do. Spirit is always willing to guide and help us, but how we use that guidance is up to us. We must remember that we are free to choose for ourselves, and make decisions about our own lives while retaining responsibility for them.



Ms Brown from Hatfield has won a year's free supply of monthly psychic readings. Every time you call us, you increase your chances of winning!

*You could be this month's winner!
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