



## Your New Star Temple Website

This has been an exciting time at Star Temple as we see the fruits of our labour materialising in the launch of the new web site [www.startemple.com](http://www.startemple.com). This new site has been built so that you can create and

### related discussions

My distant Aquarius partner and me  
I took action after a psychic reading  
Finding love in all the right places



shape your own Star Temple community by sharing your stories, photographs, videos as well as online support from each other on all the issues that you care about. Upload your content onto the discussion boards; we know that there is an untapped wealth of information out there amongst you and we wanted to give you the opportunity to share your experiences and stories.

International  
+44 (0) 20 7788 9292  
ROI 1580 600 299  
€2.40/min

**0800 422 0422**

9am-midnight, switch/credit cards

**0906 110 4326**

24hrs, £1.50/min from BT landlines  
age 18+ calls recorded.

Text *CHRIS* or *SARAH*  
+ question to **78887**  
each reply costs £1.50

Entertainment only. Psychic ability not proven.

[www.startemple.com](http://www.startemple.com)



## 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.



### Address

Star Temple Ltd  
P.O. Box 132,  
Tavistock PL19 OWA  
office@startemple.com

Star Temple News uses environmentally friendly paper



Wood fibre from sustainable forests



Fully recyclable and biodegradable



### Editor's Letter

*There has been much talk in the last months of the credit crunch and the news seem to bring more gloom and doom that can lead to the deadly feeling of isolation and lack of inspiration. So for me the key word is 'connection'. The new Star Temple website does just that, giving you access to other people's stories and experiences that can help us get things into perspective, especially when we know how others have navigated through similar experiences successfully.*

*So please get surfing and contributing and at the same time connect with a whole community that has the same kind of interests and curiosity about the invisible and the visible world.*

*Meanwhile you'll see that I have been involved in, what I like to call 'bat therapy'. Whilst gravity does us a big favour in allowing us to anchor ourselves onto this big old planet, it has it's draw backs on our health and hanging upside down combats some of these problems.*

*so until next time!*



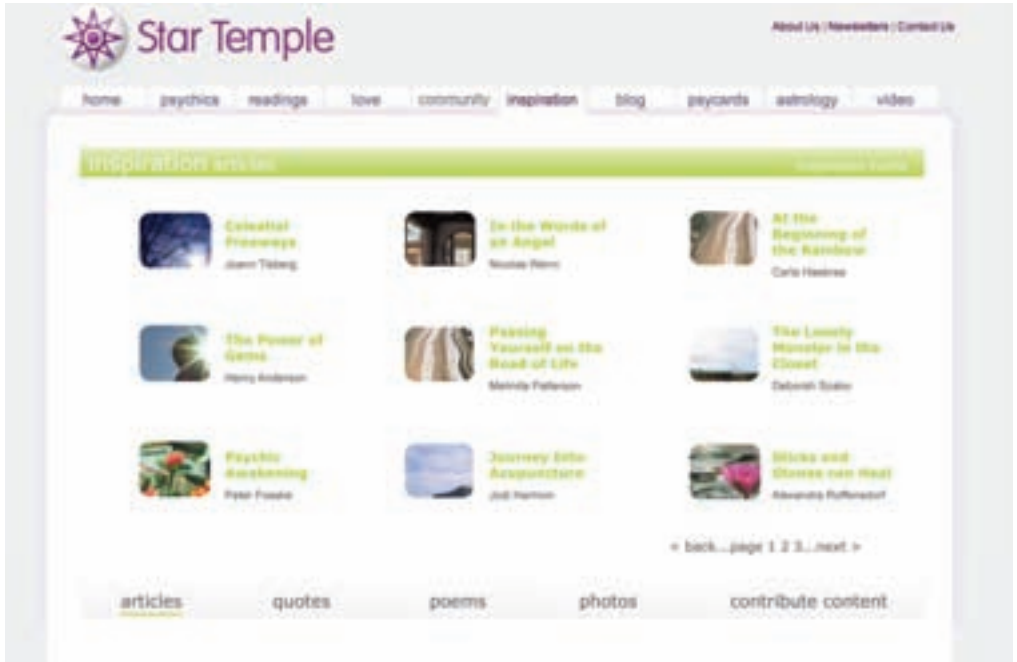
Pavlou Landraagon

## ◆ feng shui tip of the month



**What:** Hang a multi-faceted crystal in the Northern sector of your home. Putting it in the window will bring rainbows into your space when the sun shines through it.

**Why:** The North is a water sector and water emulates the flow of your money. The crystal will strengthen the Northern Chi and create movement.



The new web site covers things that seem to affect everyone, money, love and relationships and we know that you want to have much more information about our readers who are some of the most respected in the country. Hence our readers section is expanded and they have been very generous to share tidbits about their lives, enhanced with some great photographs to help our understanding of what makes these psychic readers tick!

My personal favourite is the 'Inspiration' section. This is where you can add quotes, articles, poems or what ever floats your boat (within the usual respectable boundaries) to inspire others so they too can get into the creative flow. Make each day that much richer, especially for those that feel some personal issues have got them down and they could do with a boost.

The great thing too is that there is no signing in or passwords for you to navigate but send a direct email to our web master with your content, comments and or pictures and he will have your contribution loaded on in a jiffy and in full view - world wide!

We think that you will love how the astrology page is so much more three dimensional focusing on how the planets effect our lives in so many areas by highlighting the weeks planetary energy, articles, astro-parenting as well as the star signs of famous personalities.

This is only a sample of the whole web site's content and I advise you to start surfing our (your) site and help create the space that you would like to see. Star Temple needs YOU! PL

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For more information:  
[www.startemple.com](http://www.startemple.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.

**Credit/debit card 0800 422 0422**

**International +44 (20) 7788 9292**

**Premium 0906 110 4326**

**ROI 1580 600 299**



## Carla

*Credit Card PIN 5501*

**Mon, Thu, Fri**  
2pm-6pm  
**Tue** 10am-2pm

◆ clairvoyance  
Tarot



## Maureen

*Credit/Premium PIN*

**Mon** 8.30am-12.30pm  
**Fri** 8.30am-12.30pm  
**Sun** 7pm-11pm

◆ clairvoyant  
clairaudient



## Mae

*Credit/Premium PIN 7702*

**Fri** 2pm-7pm  
**Sat** 9am-7pm

◆ clairvoyant  
astrology  
psychic  
medium



## Alison

*Credit/Premium PIN 7706*

**Mon** 10am-7pm  
**Tue** 2pm-11pm  
**Wed, Thurs** 2pm-7pm  
**Fri** 7pm-11pm  
**Sat** 9am-2pm

◆ angel, tarot  
reiki master



## Eric

*Credit/Premium PIN 7742*

**Mon**  
9am-1pm / 2pm-6pm  
**Wed, Fri** 9am-2pm  
**Thu** 2pm-6pm  
**Tue** 9am-2pm

◆ psychic  
tarot



## Elica

*Credit/Premium PIN 7719*

**Tues, Wed**  
2pm-7pm

◆ medium  
counsellor  
healer



## Karena

*Credit/premium PIN 7703*

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

◆ clairsentient  
tarot, crystal ball



## Jeannie

*Credit/Premium PIN 5506*

**Tue, Wed, Thu**  
9am-2pm  
**Sat** 2pm-7pm

◆ 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



## Estella

*Credit/Premium PIN 7724*

**Sat** 2pm-7pm  
**Sun** 6pm-11pm

◆ clairvoyant  
past life  
psychic



## Mark

*Credit/Premium PIN 7709*

**Wed** 8pm-midnight  
**Thu** 8pm-midnight

◆ psychic  
tarot  
crystal ball



## Tom

*Credit/Premium PIN 7757*

**Mon** 7pm-11pm  
**Tue** 2pm-7pm/7.30-10pm  
**Thurs** 9am-1pm 2-7pm  
**Fri, Sun** 2pm-7pm

◆ psychic  
tarot  
dream analysis



## Kathryn

*Credit Card 5508*

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

◆ 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, Tues, Fri**

9am-12noon

- ◆ clairvoyance
- clairsentient
- spiritual medium
- healer



## Sandy

*Credit Card PIN 5511*

**Tues, Thurs**

7pm-midnight

**Fri** 9am-2pm

**Sat** 2pm-11pm

**Sun** 7pm-midnight

- ◆ medium
- clairvoyant



## Rudi

*Credit/Premium PIN 7717*

**Mon** 9am-2pm

**Tues, Wed, Thurs, Fri**

10am-2pm

- ◆ medium
- clairvoyant



## Tricia

*Credit/Premium PIN 7711*

**Tue** 8pm-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** 9am-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**

8am-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

**Fri, Sat** 2pm-7pm

- ◆ 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



## Jacki

*Credit Card PIN 5505*

**Mon, Wed, Thu**

2pm-6pm

- ◆ medium
- healer



## Amber

*Credit/Premium PIN 5500*

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

**Fri** 8pm-midnight

- ◆ clairvoyance,
- mediumship



## Julie

*Credit/Premium PIN 5507*

**Mon, Fri,**

2pm-midnight

**Wed** 7pm-midnight

**Sun** 2pm-12pm

- ◆ clairvoyant
- medium
- crystal ball



## Fran

*Credit/Premium PIN*

*7716*

**Tue, Wed, Sat**

7pm-11pm

**Sat** 7pm-11pm

- ◆ clairvoyant
- medium



## Hayley

*Credit Card PIN 5503*

**Sun** 7pm-midnight

- ◆ clairvoyant
- tarot





# BOTTOMS UP

**Hanging bat-like** may not be everyone's idea of fun, but to those that have discovered the Inversion Table, being suspended by their feet on a regular basis is a necessity for pain free living and it's other health benefits are not a secondary consideration.

If you think this is some newfangled invention then you had better think again. This is an ancient form of therapy. Around 400 BC Hippocrates, known as the father of medicine, treated his patients by stringing them up by their feet on a ladder. Thankfully in the modern era we can have the comfort of a properly constructed table positioned in our own home or gym.

Anyone having suffered from back pain (it's estimated that 80% of the UK population will have back problems at some point) will know how de-habilitating it can be and often the answer can simply be de-compressing the spine. That's where hanging upside down comes in. During the day as we stand and sit, gravity can compress the spine so that pain and stiffness creeps in and eventually for some can result in chronic back problems. A study at Newcastle University found that inverting can reduce the chance of back surgery for those that suffer from sciatica by 70%.

Runners and athlete's can benefit because it reduces the chance of ligament strain and muscle tension, hence a big fan is the Olympic

track star Sheri-Ann Brooks.

There are many other benefits by inverting regularly and some benefits include:

- **improves cellulite**
- **relieves varicose veins**
- **decongests the internal organs that can contribute to 'middle age spread'**
- **stimulates circulation**
- **improves posture and regains some height loss associated with ageing**
- **hair growth**



Having read all of the associated rejuvenating benefits, I couldn't resist getting an inversion table and I have to say that I wasn't disappointed. I chose the Teeter model (that's Roger Teeter in the picture who after crippling back pain found Inversion

Therapy) as it was solid, well made and also carried a medical equipment certification, so it had been well tested as a model. As you are hanging upside down the last thing you want is to find the machine fails, so if you do not go for a Teeter then DON'T go for cheap!

The key is to take it slow at first with a few minutes 3 or 4 times a day. Of course there are some medical conditions that mean it is not suitable for everyone. Check the Teeter web site below for contraindications and ask your doctor or health care practitioner.

So bottoms up! PL

[www.losethebackpain.com](http://www.losethebackpain.com)  
[www.inversioninternational.com](http://www.inversioninternational.com)

# Astrology

Joanna Watters



*These are formative times. At a personal level the love planet Venus enters her fourth and final month of a long journey through fiery Aries, sign of individuality. There are ongoing lessons about that fine line between narcissism and self esteem, or how to meet your own needs without minimizing someone else's. With Mars also now in Aries you can throw masculine versus feminine energy into the melting pot. Find the balance and unbreakable bonds can be forged.*

*The bigger picture shows big thinking Jupiter moving towards a rare union with mystical Neptune on the 27th in principled Aquarius, sign of the collective and objectivity.*

*Act swiftly wherever you see the need for fairness, sensitivity or diplomacy and everyone will benefit.*

*Finally Mercury, planet of communication, is retrograde from the 7th to the 31st so avoid making firm commitments or important financial decisions during this time.*

## Aries (Mar 21 - Apr 19)



Venus has been meandering through your sign since the beginning of February, reflecting a journey through complex relationship issues or the maze of your own emotional needs. The quest continues but, with Mars now fuelling your true sense of self and purpose, your confidence is well on the road to recovery. Power forwards on the strength of lessons learned. In your working life it is time to further your ambitions and make a name for yourself. Put as many irons in the fire as possible and by the 27th at least one of these will be sizzling.

## Gemini (May 21 - Jun 21)



Your planet Mercury arrives in your sign only to turn around again on the 7th and disappear back into the most hidden sector of your chart. This smacks of false starts or changes of heart. Either way you are being urged to change tack and to look more closely at the things you think you want. Do your ambitions or desires stand up to closer scrutiny? Revise your game plan wherever necessary and any cause of regret can also be addressed and healed. When the New Moon falls in your sign on the 24th you can then make fresh starts that are the real thing.

## Taurus (Apr 20 - May 20)



With the Full Moon in your relationship sector on the 9th you can expect some intense moments of crazy passion or revelation. If you have been ignoring key issues between you and a partner further resistance is probably futile. Mercury travels back into your sign on the 13th, underlining the importance of finding your voice and putting your true feelings into words. There are second chances to be had with a love or work issue. This time around success hinges on a new understanding of what is required of you or why previous efforts failed.

## Cancer (Jun 22 - Jul 22)



The Full Moon in powerful Scorpio on the 9th draws your attention to your love life and the need to surf high emotional tides. Avoidance is not an option even if you do feel out of your depth. Be determined and constructive when it comes to resolving issues with a partner and you'll find that you can still learn things about each other. New romance is characterized by passionate attraction but look out for jealous triangles. The current climate is both competitive and secretive, and that goes for a work matter too. Redouble your efforts to secure success.



## Leo (Jul 23 - Aug 22)



The Sun – Saturn alliance on the 5th points to an opportunity to boost both your professional reputation and your earning power. As you thrive on recognition and on the good things of life this would appear to be a heaven sent combination but guard against complacency. Nothing short of total commitment to a project will suffice to secure success. Be wholehearted about your love life too. This is a time for sharing your dreams and schemes as well as forging your own path. If you are unattached and cynical a new love interest is about to make you rethink.

## Libra (Sep 23 - Oct 22)



Your planet Venus is now on the home stretch of a long journey through independent Aries and recent challenges are starting to make sense, especially in your love life. If nothing else you are learning how to fight for what you want and it is crucial now to stick to an action plan. At work you may be up against other people's egos but you now know how to play them at their own game. Wherever you desire recognition your best policy is to prove the power of your own initiative and motivation. Your results then speak for themselves – loudly.

## Sagittarius (Nov 22 - Dec 21)



You are rarely short of ideas or plans for the future, even though many of those may have bitten the dust in the past. Your task now is to muster your legendary optimism and to keep faith with your visions because you can now surprise even yourself. As your planet Jupiter heads to join inspirational Neptune, in the most inventive sector of your chart, you can shelve fear and go for whatever you want. In your love life it is all about fresh starts, especially from the 24th, so forgive each other for any upset. If you're single, romance goes from famine to feast.

## Aquarius (Jan 20 - Feb 18)



As expansive Jupiter travels towards sensitive Neptune in your sign you are on a path that could prove to be truly magical. If nothing else you are intensely aware of life's choices and possibilities, for yourself but also for those closest to you. The fly in the ointment is that your innate logic may now be your stumbling block. Start by accepting the need to go with whatever feels right in your gut, even if it doesn't make sense in your head. Details have a way of falling into place and by the end of the month you will start to discover just how true this is.

## Virgo (Aug 23 - Sep 22)



Life has been a bit of a treadmill in recent months but you have to admit that you do have a lot to show for it, either in terms of work results or in the shape of invaluable personal growth. With taskmaster Saturn switching direction in your sign on the 17th you can now turn your life around for the better, so capitalize on experience and move on with optimism. Approach your love life with a lighter touch. Life always has its worries but it's time to keep fun and flirtation alive, either in a steady relationship, or to excite the interest of someone new.

## Scorpio (Oct 23 - Nov 21)



The Full Moon in your sign on the 9th is swiftly followed by Mercury re-entering your relationship sector on the 13th. This makes for a power point of change, leading to new understanding and the chance to reconnect with a partner in an authentic way. It is not, however, always easy to communicate what matters most so be patient, with yourself and your other half. A new love interest will take off once you have established common ground. Tread cautiously with a business deal. Someone may be persuasive but you need facts and figures, not promises.

## Capricorn (Dec 22 - Jan 20)



The Sun in the fun sector of your chart aligns with your planet Saturn on the 5th and it is time to re-examine your priorities. Your work ethic is beyond question but job satisfaction is now increasingly important. Avoid taking on any project that fills you with weariness because there are other more satisfying options open to you, with the bonus of substantial financial rewards as well. When Saturn restores your personal authority from the 17th, doubts will drop away like an old skin. This time is a turning point in love as well and exciting developments lie in wait.

## Pisces (Feb 19 - Mar 20)



You have been swimming against the tide for some time now, either in a personal relationship or in sustained efforts with a work project. Your sense that enough is enough is spot on. Come the 16th you will either get the results that you have fought for, or you will be ready to throw up your hands and declare that you have done your best. Either way you are liberated because once you withdraw your energy someone else's has to step into the breach. When your planets Jupiter and Neptune unite on the 27th there is cause for celebration.