



# Star Temple

## SAYING IT WITH FLOWERS



*We love to give and receive flowers and allow them to speak a special message on our behalf. Are you saying what you think you are?*

*Read more and learn the language of flowers .*

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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.



### Address

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### Editor's Letter

*I don't know anyone that doesn't like flowers, male or female, whether they buy them for themselves or others or simply enjoy them from afar. The explosion of colour and fragrant smell can only uplift and clarify the spirit, unless of course allergies are involved! (I had wanted to try and produce the mag as scratch and sniff this month but I don't think Chris was that keen!)*

*However I always remember my nan being horrified at anyone giving or receiving flowers that were red and white mixed together. Old wives tale or tuning into the secret code behind giving flowers? Blood and tears she would say and further went on to tell me to refuse any ring that was pearl and ruby for the same reasons; that bit was easy as I was never offered one! Useful article for those that would like to leave the relevant page open around the house, as a hint for a partner!*

*We also look at the value of Vitamin C. I shall certainly be taking my quota.*

*Until next time!*



Pavliou Landraagon

## ◆ feng shui tip of the month



**What:** Keep spiky plants, such as *Dracaena* or *Yucca*, away from sitting areas or places where you relax or sleep. They can be put into larger sitting rooms as long as their sharp leaves are not pointing at anyone (unless of course you want a guest not to stay too long!).

**Why:** The pointing piercing shapes are cutting energy and you do not want sharp Qi aimed at people. However the upward Yang energy from these plants are good for stimulating Qi so place them in those areas accordingly. PL



Flowers have been significant for every major civilisation and they are still important now. We name children after them, Holly, Rose, Daisy, Heather, Jasmine are some examples but there still many more. They are a beautiful way to celebrate and signal every major occasion in our life - birth, marriage and finally death. We use them to express our message to another, and when we are at a loss for words, flowers do the job for us. Or do they? Have we given flowers and thought we were giving a message of "I cannot live without you" but the symbolism of the flowers was actually "sorry friends only"?

Even though flowers were used as a coded language in the Medieval era, our modern language around flowers was developed during the more oppressive Victorian times. Men and woman were not allowed to openly declare their feelings and therefore used flowers to convey a romantic message that often went unnoticed by others as a long courtship ensued.

Whether using real flowers, images or their scent given on a handkerchief, the messages become

more complex and the first guide book was published in 1819 called *Le Language des Fleurs* by Madame Charlotte de la Tour. During this era, flowers and their representations were found everywhere, they decorated hair, furniture and pressing fresh flowers was developed into an art form. So what do they actually mean?

her that she is perfect loveliness, and well she might be! PL



- *Roses with their heady smell, represent the language of love. Giving 12 Orange roses means desire.*
- *Poinsettias - named after an Ambassador that introduced them from Mexico to the States. Given traditionally at Christmas because of the story that a small poor child wanted to give a flower for the Christ Child and took a weed from the side of the road; it blossomed into a beautiful red flower. Originally given by the Aztecs as a symbol of purity.*
- *Lavender - I only want you as a friend.*
- *Heather (white)-protection and wishes to come true.*
- *Tulip - Perfect lover*
- *Hyacinth (purple or pink) - forgive me, I am sorry*
- *Calla Lillies - beauty*
- *Gardenia - Secret love*
- *Chrysanthemums (Red) - I love you too*
- *Sunflower - adoration, longevity loyalty*

So next time you give a bunch of Camellia's to the mother-in-Law, bear in mind you are telling



her that she is perfect loveliness, and well she might be! PL

Find out more:  
[www.clareflorist.co.uk/meanings.asp](http://www.clareflorist.co.uk/meanings.asp)  
[www.livingartsoriginals.com](http://www.livingartsoriginals.com)  
[www.proflowers.com/flowerguide/flowermeanings](http://www.proflowers.com/flowerguide/flowermeanings)

# 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**

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## Carla

*Credit Card PIN 5501*  
**Mon, Thu, Fri**  
2pm-6pm  
**Tue** 10am-2pm

◆ clairvoyance  
Tarot



## Maureen NEW

*Credit/Premium PIN*  
**Mon, Fri, Sun**  
6am-10am

◆ clairvoyant



## Mel

*Credit/Premium PIN 7707*

**Mon** 6pm-11pm  
**Wed** 9am-2pm  
**Thu, Fri** 6pm-11pm  
**Sat** 2pm-7pm  
**Sun** 2pm-11pm

◆ psychic  
medium



## Alison

*Credit/Premium PIN 7706*

**Mon** 10am-7pm  
**Tue, Fri** 7pm-11pm  
**Wed, Thurs** 2pm-7pm  
**Sat** 9am-2pm,  
3pm-7pm

◆ angel, tarot  
reiki master



## Eric

*Credit /Premium PIN 7742*

**Mon**  
9am-1pm /2pm-6pm  
**Wed, Fri** 9am-2pm  
**Thu** 2pm-7pm  
**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

◆ 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



## Elizabeth

*Credit/Premium PIN 7715*

**Mon** 9am-1pm  
**Thu** 7pm-11pm

◆ clairvoyant  
clairaudient  
clairsentient



## Mark

*Credit/Premium PIN 7709*

**Thu** 7am-10pm  
**Sat** 9am-2pm

◆ psychic  
tarot  
crystal ball



## Tom

*Credit/Premium PIN 7757*

**Tue, Thu, Fri, Sun**  
2pm-7pm  
**Mon** 7pm-11pm  
**Tue** 7.30pm-10pm

◆ psychic  
tarot  
dream analysis



## Kathryn

*Credit Card 5508*

**Tue** 6pm-9pm  
**Wed** 10am-2pm  
**Thu, Fri, Sat**  
6pm-10pm

◆ clairvoyant



## Mia

*Credit/Premium PIN 5510*

**Mon, Tue**  
2pm-midnight  
**Wed, Thurs, Fri**  
7pm-midnight

- ◆ clairvoyant
- clairsentient



## Jenny

*Credit/Premium PIN 7736*

**Mon** 9pm-midnight  
**Tues** 9.30am-2pm  
**Wed** 10am-2pm  
**Wed** 9pm-midnight  
**Sun** 10am-2pm

- ◆ psychic
- dream analysis



## Sandy

*Credit Card PIN 5511*

**Tues, Thurs**  
7pm-midnight  
**Fri** 9am-2pm  
**Sat** 2pm-11pm

- ◆ medium
- clairvoyant



## Rudi

*Credit/Premium PIN 7717*

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

- ◆ clairvoyant
- medium



## Rachel

*Credit/Premium PIN 7722*

**Thu, Sat** 7pm-midnight  
**Sun** 9am-2pm  
2.30pm-6pm/7pm-11pm

- ◆ clairvoyant
- clairaudient
- clairsentient



## 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

- ◆ psychic, tarot



## 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



## Hayley

*Credit Card PIN 5503*

**Sun** 7pm-midnight

- ◆ clairvoyant
- tarot



## Hazel

*Credit Card PIN 5504*

**Mon, Fri,**  
7pm-midnight  
**Sat, Sun**  
8pm-midnight

- ◆ psychic
- medium



## Thomas

*Credit Card PIN 5513*

**Wed, Fri, Sat & Sun**  
7pm-midnight

- ◆ clairvoyant
- medium



## Julie

*Credit/Premium PIN 5507*

**Mon, Fri,**  
2pm-midnight  
**Wed** 7pm-midnight  
**Sun** 2pm-11pm

- ◆ clairvoyant
- medium
- crystal ball



## Fran

*Credit/Premium PIN 7716*

**Tue, Wed, Sat**  
7pm-11pm  
**Sat** 7pm-11pm

- ◆ clairvoyant
- medium



## Terence

*Credit Card PIN 5512*

**Mon, Thurs**  
7.30pm - midnight

- ◆ clairvoyant



# Vitamin C - are we getting enough?

The summer is over and winter brings sniffs, snuffles and the usual season of colds and the more serious bouts of flu. So what can we do to help our immune system fight off those uninvited invaders?

Vitamin C has been in the recent past heralded as a first class act in helping the body's immune system fight off infections. Though there is debate as to whether this water soluble vitamin stops or merely reduces infection, Vitamin C is undoubtedly a valuable resource.

Unfortunately our reserves can become depleted with our lifestyle, smoking and antibiotics to name a couple! Our patterns can erode the very thing needed to keep us healthy and help us handle our daily stress.

Belonging to a group of anti-oxidants there is current research into how heart disease and Alzheimer's can be reduced by Vitamin C as well as research investigating as to whether it will also slow down cancer growth.

The British public spend 300 million pounds on vitamin supplements every year, but they are of course found in food and drinks and C is one of them. It becomes even more important therefore that we take in high quality good foods and leave out as much junk as possible. Even cutting food before it is needed will degrade it's quality very quickly and it will lose it's high nutritional value even if refrigerated so it is always best to buy fruit and veg whole.

As Vit C is also responsible for helping to maintain collagen (the lack of it means more



wrinkles) it becomes more important for us to consider our intake.

## Fruit and Veg

It's not just fruit that contains a good amount of this Vitamin but also the list below shows which food groups you can get it from and it comes as a surprise to find that red chilli's contain even more than Grapefruit. The greatest source is at the top of the list.

*Peppers, red chilli, Guavas, red Peppers, Kale leaves, Parsley, Turnip greens, green sweet Peppers, Broccoli, Brussels sprouts, Mustard greens, Watercress, Cauliflower,*

*red Cabbage, Strawberries, Papayas, Spinach Oranges and orange juice, Cabbage, Lemon juice, Grapefruit and grapefruit juice, Elderberries, Turnips, Mangoes, Asparagus, Cantaloupe, Swiss chard, Green onions , Okra , Tangerines , Potatoes Oysters, Black-eyes peas, Soybeans, Green peas, Radishes, Raspberries, Chinese cabbage, Yellow summer squash, Loganberries, Honeydew melons, Tomatoes.*

If buying supplements then go for a good quality brand such as Solgar or Quest. A slow release version will make sure you have a supply in your body when you need it. Don't go above the prescribed amount and you can go to a good health shop to ask questions if in doubt. Cold, what cold? PL

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[www.unhinderedliving.com/VitaminC.html](http://www.unhinderedliving.com/VitaminC.html) (see associated papers)

[www.the-health-store.co.uk](http://www.the-health-store.co.uk)

[www.vitaminfoundation.org/](http://www.vitaminfoundation.org/)

# Astrology

Joanna Watters



*Mercury, planet of communication, is retrograde in indecisive Libra until the 15th. To understand the impact of this, just think about all communication issues – conversations, information, ideas, decisions – all working upside down. Nothing is as it seems, promises get broken or totally forgotten, your computer gets a virus or you lose your mobile. So stay one step ahead and be vigilant. Back up all your important work and phone numbers, and double check your diary for important dates or commitments.*

*After the 15th you can put your world to rights and it will be make your mind up time about any important move, especially in connection to a key relationship. Exert your feminine power and instincts on the 28th when the New Moon falls in witchy Scorpio and you'll handle a sensitive situation with expertise.*

## Aries (Mar 21 - Apr 19)



Your planet Mars moves into powerful Scorpio on the 4th, giving you the edge when it comes to competitive situations. Your desire not just to succeed but to excel reignites and determination will carry you far. Being single minded is a plus in your working world but may, however, be a minus in your love life. You cannot afford to ignore your partner's deeper needs or to avoid sensitive issues. If a new romance is to make the leap from casual to committed the Full Moon in your sign on the 14th lights the way.

## Gemini (May 21 - Jun 21)



Your creative ideas, as ever, are plentiful but while Mercury is backtracking it's a time for thought rather than action. It's also the time for discussion and as you love to chat this shouldn't be too much of a problem. The trick lies in weeding out the helpful and feasible information from the unhelpful or the totally impractical. Be especially selective on the 6th and don't commit to anything until mid month. Venus, planet of love and money, arrives in your relationship sector on the 18th and red lights will suddenly be flashing bright green.

## Taurus (Apr 20 - May 20)



Your planet Venus is traveling through your opposite sign of Scorpio, putting the focus on your love life and bringing many valuable lessons along the way. Events between the 7th and the 11th are pivotal, not least because they reveal your own part in either conflict or a misunderstanding. Remember that what we create we can also change. Being courageous and admitting responsibility is now potentially transformative. When Venus moves into Sagittarius on the 18th you'll be free of old baggage once and for all.

## Cancer (Jun 22 - Jul 22)



The slow start to the month actually suits your cautious nature and you are likely to fare better than most as Mercury ties us all in knots. In fact, you're in the mood to rise to the challenge of solution finding and probably more for other people than for yourself. Hang on to your sense of humour on the 6th though when someone tries even your patience to the limit. The Full Moon on the 15th brings huge rewards and lights up your career path, while the New Moon on the 28th picks out romance. On either occasion it's time to be noticed.



## Leo (Jul 23 - Aug 22)



Your ruler the Sun meets retrograde Mercury on the 6th. In all the confusion or struggles going on around you, and within you, there's a moment of brilliant lucidity. Seize upon it, tuck it up your sleeve and play your ace on the 14th when an extra magical Full Moon smiles on your individuality. From then on everything starts to turn around for you and by the 23rd you're back in the driving seat. A relationship thrives once you refuse to make it the only source of your happiness – or unhappiness. You can be in love and be you at the same time.

## Libra (Sep 23 - Oct 22)



You're well known for your balancing acts but even you will be feeling that life is currently a mass of contradictions. With Mercury backtracking in your sign this is hardly surprising and it's a tall order to make your mind up about anything until mid month. By the 14th new insights lead you to realize that making any decision is better than making no decision at all. Go for it and pay more heed to your instincts, especially in love. It doesn't matter who makes the first move, just as long as it's made, which you'll see for yourself by the 31st.

## Sagittarius (Nov 22 - Dec 21)



If you're typical of your sign you'll tend to speak as you find and to wear your heart on your sleeve. With Mercury retrograde for the first half of the month you are well advised to curb both of these tendencies, especially around the 6th. Neither should you place naïve trust in someone, no matter how sure you may feel about him or her at the time. This simply boils down to self protection but easier days are not far off. Venus arrives in your own sign on the 18th putting the sweetness back into life and love. Treat yourself.

## Aquarius (Jan 20 - Feb 18)



As Mars powers into your career sector from the 4th you have the opportunity to take on a new challenge that will do wonders for your personal authority. This is not, however, an overnight sensation. Preparation for any work matter is vital, as is winning the goodwill of those working alongside or for you. On the 14th you'll discover just how well you are thought of as the Full Moon lights up sensitive Neptune in your sign. At the same time the romantic picture could hardly look better. Soften your boundaries and let someone get closer.

## Virgo (Aug 23 - Sep 22)



Meticulous attention to detail is one of your hallmarks and right now it's a quality that will serve you well. With your planet Mercury wreaking havoc for the first half of the month someone has to impose order on the chaos and there's no one better qualified for the job than yourself. Just be wary of taking fault finding too far in a situation where being liked is actually more important than being right. In romance let a new attraction develop at its own pace. When Mars aligns with Jupiter on the 27th a lasting bond can be cemented.

## Scorpio (Oct 23 - Nov 21)



The arrival of your planet Mars in your sign on the 4th opens a new chapter, one that is brimming with awesome potential. You are the expert at starting from scratch when you have to and whatever seeds you sow now are destined for a bumper harvest. This message gets louder as the month goes on, notably when the Sun enters your sign on the 23rd followed by the Scorpio New Moon on the 28th. Make a conscious decision to ditch fear or self doubt, and then watch how someone responds to you with intense interest and a new respect.

## Capricorn (Dec 22 - Jan 20)



With Mercury backtracking in your career sector it's a battle to make the progress you would wish for. Certain work matters or projects are being taken out of your hands or problems with a boss will get worse before they get better. This is either an endurance test or the catalyst you need to move on to pastures new. Pay close attention to events on the 7th when Venus connects with your planet Saturn, bringing gentle but powerful insights into either a professional or personal situation. Isn't life to be enjoyed, not endured?

## Pisces (Feb 19 - Mar 20)



For the first half of the month all you can do is to keep reading between the lines as a personal relationship or work situation becomes increasingly complex. There may well be moments when you feel totally in the dark. When Mercury turns around on the 15th you may not find immediate solutions but you will at least discover the full scope of what you are dealing with. The Scorpio New Moon on the 29th brings a fresh approach and sets you on the road to resolution. Emotional and practical details drop into place on the 31st.