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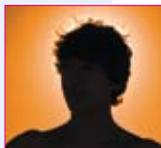
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April 2011

Cheryl Cole

Having been through a high profile divorce, a life-threatening illness and trouble behind the scenes of The X-Factor, many are wondering how much more Cheryl can take. What can she do to protect herself in the future?

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8 pages packed with
inspiration!

Cheryl Cole

Born in Newcastle, England | 30th June, 1983 | Cancer, Pig



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How Much is Too Much?

Throughout the year, Cheryl Cole has barely been out of the news. Having been through a highly publicised divorce, a life-threatening illness and political wrangling behind the scenes of the X-Factor, many are wondering just how much more Cheryl can take. While her position as 'the nation's new sweetheart' seems secure, now seems the time to ask just how much psychic damage Cheryl has sustained and what she can do to protect herself in the future.

Cheryl is governed by two very different signs - Cancer and the Pig. Unfortunately, they both have an innate sensitivity at their core, which will have suffered at the hands of recent events.

Her boundless faith in humanity

There is a superstition amongst Chinese astrologers concerning those born under the sign of the Pig. It suggests that people help Pigs through life, but only to fatten them up so that they will make a better meal at New Year. This hints at Cheryl's boundless faith in humanity, a common trait in all Pig people, but one that can easily stray into the realms of naivety. This would certainly seem to be true of her marriage to footballer, Ashleigh Cole. Cheryl appeared to be completely unaware of his infidelities until they were announced through the Press. Until that point, she would have behaved in a way that is true to her porcine nature by being a loyal and loving wife. When Pigs choose a partner, they do so in the belief that it will be for life and she will have had no qualms about trusting him with her innermost secrets and desires.

Where the first phase of the Pig's life is calm and tranquil, it is during the second phase that problems of this nature often occur. It is almost like a psychic test to see how a Pig will react when their trust in someone close to them has been ultimately betrayed. Many Pigs react viciously and will choose to make a big scene, denouncing the traitor in their midst as loudly as possible. However, this route is a negative one and leads only to self-torment. While Cheryl's faith in humanity and relationships has been fundamentally damaged, it seems that she is in tune with the more serene nature of her Eastern sign. Rather than opt for a slanging match through the newspapers, Cheryl maintained a dignified silence.



Disguising a fragile core

As a Cancerian, Cheryl will have developed a strong carapace to disguise her fragile core. However, these shells can take on different forms and Cheryl's is one of bubbly professionalism. This is not to say that she is 'two-faced' or 'fake' in any way. Because of their highly sensitive natures, Cancerians have a strong desire to fit in. As a result, they are capable of developing a protective shell that suits their environment. Cheryl's is bright, colourful and disarmingly attractive, but has been developed instinctively rather than through a desire to manipulate.

However, the Crab must not be underestimated, as they are perfectly capable of using their charms to get what they want. Cheryl's success as a solo artist and her subsequent adoption by the British public is, in part, due to the shell she presents in the world of entertainment. Yet, despite the bright colours of her shell, there is also a transparency to her armour that enables people to detect her underlying vulnerability. It is this that makes her so attractive, even when she is at her glossiest. It is also this that allows her to be taken for a ride by those with less than scrupulous natures.

faithful
sensitive
dignified

emotional
reclusive
spiritual

Two powerful claws

However, as a crab, Cheryl is also possessed of two powerful claws and she will use these to defend herself, her friends and her family. Perhaps the most recent example of this is her self-defence in the light of the Gamy Nhenyu scandal on the X-Factor. While Cheryl is being pilloried for her decision to drop the singer, who is living in the UK without a visa, she is steadfastly maintaining her innocence as the villain of the piece. The disintegration of her relationship with fellow judge Simon Cowell gives a clear insight into just how much psychic stress she is under.

A further indication of just how much spiritual damage has been done to her over recent months is her bout of malaria. This condition led to Cheryl having fluid on the lungs – an area of which Cancerians must be very mindful. Stress can have a profound effect on the chest area of the Crab and lead to complications in later life.

Taking some 'time out'

In order to restore herself to full psychic and emotional health, Cheryl should take time to meditate and carry out positive visualisations. The Pig and the Crab are both attuned to higher energies and find it easy to tap into their restorative properties. However, during times of stress, they are just as likely to forget that this power source is available to them. Taking time to develop her psychic senses will allow Cheryl to

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Aries (Mar 21 - Apr 19)



The issue this month won't be whether or not you have enough energy to move forward with

your plans, but rather how to contain the abundance of energy you feel. There is a parade of planets in your sign, including Sun, Mercury, Venus, Mars, Jupiter, and Uranus! When the planets concentrate like this, especially a powerful sign like yours, it brings dynamism to your creative and personal life. Mercury retrograde in your sign is the one to watch, however, especially when it crosses your Sun on the 9th. Everything will be going great except for the little things. Roll with the punches and you'll be fine.

Taurus (Apr 20 - May 20)



Neptune enters your 11th house of friendships on the 3rd, marking a big change in the role friends

will play for you in the coming months. On the one hand, you have possibilities of new and renewed friendships, offering real mutual support. On the other, you will be approached by people who require something from you but give little back. The Sun is your centre, entering your sign on the 20th and strengthening your sense of self in the world. This will be pivotal in reorganizing the friendship energies at work in your life. Love is more likely to surface next month, as more planets come into the light of your 1st house.

Gemini (May 21 - June 21)



What could be better than loads of new people and interesting chances to share ideas? Only the

ability to communicate to the full extent of your Geminian ability while making the rounds. Amidst all the action around your 11th house of social life, Mercury is moving retrograde, threatening to spoil the fun. As long as you err on the side of caution and don't lose your cool when someone forgets your name or you can't find an address, you'll be unscathed and ready to go when Mercury turns direct on the 23rd. If you're in the market for romance, a purposeful social gathering is the first place to look.

APRIL HOROSCOPES

CAREER LOVE **SPIRIT** DESTINY



Chris Odle
Astrologer & Shaman

Neptune makes a big shift to watery and psychic Pisces, while Mercury, Saturn and Pluto all move retrograde. Look for synchronicities and deep spiritual realizations.

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Libra (Sept 23 - Oct 22)



Your ruling planet Venus makes its way through your 6th house of work and health,

accompanied by Mars and Neptune. If you're single, a sizzling prospect is likely to develop through work or social connections. You'll have to use your best powers of judgement and consider the consequences before acting, especially as Mercury moves retrograde through your house of partnerships. If you feel weighed down by romance or partnership, add light social interactions to your schedule. Something as simple as a movie with a platonic friend will do you wonders and reinflate your buoyant nature.

Scorpio (Oct 23 - Nov 21)



You're likely to attract serious attention this month, and someone will catch your eye as well.

This is partly your nature (Scorpio is often named the sexiest sign), and partly the barrage of activity in your 5th house of pleasures. Venus, Moon and Mars all spend time there, but the kicker is Neptune which joins the party on the 4th. This brings an element of clouded vision, and asks you to look closely before rushing into anything. Your everyday routine is disrupted by Mercury retrograde, but don't let it get to you. Jupiter in the same house will help you breathe deeply and expand your perspective.

Sagittarius (Nov 22 - Dec 21)



An old friend shows up to say hello, but ask yourself, is that all they really have in mind? Whatever their

motive, it's worth examining carefully. There's a lesson to be learned, and you can only do it by looking within yourself. Home and family require a lot of attention this month, which can be a challenge for a footloose explorer like you. Spending time near the water will be of great benefit, allowing you to slow down and reflect. The stars are also trying to teach you a lesson about money, that you are only the steward, and that it does not bring happiness by itself. Learn that on an intuitive level and the stars will have done their job.

Cancer (June 22 - July 22)



Two areas of your chart are loaded with strong energies; these are learning, and career.

You have created a healthier work environment in recent months, and now the process continues on a higher level. They say that few people actually love their jobs, but does it have to be that way? You either need to be creative and expressive within your existing career, or put the wheels of change in motion. With Pluto turning retrograde in your partnership zone on the 8th, love is in the hot seat. If you are holding on to an unhealthy relationship, it's only a matter of time, as something better awaits.

Leo (July 23 - Aug 22)



Due to a strong connection between your partnership and communication issues,

it's important to talk it out with a lover or friend. Money and assets will come up, as well as the effect your different friends have on your life's direction and purpose. Mercury will be retrograde for most of the month, but you'll find that certain conversations can't wait, especially if you've been putting them off. An array of planets in your mystical 8th house, including visionary Neptune arriving on the 4th, deepens the vibe of your month, opening the door to a profound synchronicity or spiritual experience.

Virgo (Aug 23 - Sep 22)



In practical matters, your number one concern this month is impulse spending. The glitz of a

new toy will cloud your financial vision as Saturn moves retrograde through your second house, so be vigilant and know that if you really want to splash out, a better moment is soon to come. Saturn's not the only planet moving backwards - your own Mercury is retrograde, suggesting emotional discord with a partner or friend, and challenges with joint finances. This is not all bad, as the planets are working out kinks in your life path. If you stay mindful, you'll feel the benefits almost immediately.

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Capricorn (Dec 22 - Jan 19)



There is nothing wrong with feeling strong-willed, as you do this month. Willpower gets things

done in the world - however, taken too far it can work against you. With Pluto going retrograde in your first house, you feel intensely independent but it is difficult to know when you are stepping on someone's toes. Mercury retrograde adds to the situation, especially in your home environment. Constant and creative communication is the key. A troublesome financial issue will clear up and give you the space to focus on what matters. Don't push things on the career front. Now is a time to keep your head down and plod ahead.

Aquarius (Jan 20 - Feb 18)



Neptune makes a big transition into your 2nd house of finance, joining a

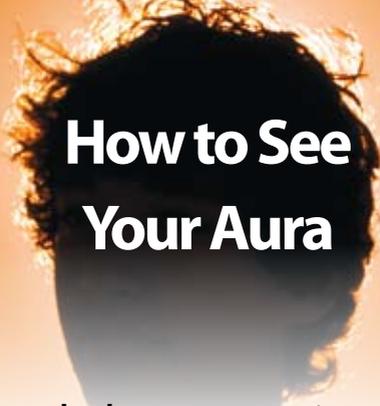
host of other planets. This is a double-edged sword. You'll notice creative ways to expand your wealth, including an enticing new business opportunity, but you may become footloose and fancy-free with your cash, and see resources dwindle before the month is through. If that weren't enough, Saturn, the great planet of lessons, is retrograde in Libra, the sign of balance. Enough said - watch your checkbook! If you're single, a potential love interest is in your sights, but action is best delayed until the 23rd, when Mercury resumes forward motion.

Pisces (Feb 19 - Mar 20)



For someone who is highly intuitive by nature, a quantum leap in the realm of intuition

can be a lot to take, but that is exactly what the stars have in mind for you this month, as Neptune enters your sign on the 4th. Look at this time as the initial wave of a psychic and intuitive change brought on by Neptune in your sign. Things will stabilize, but while they do, go easy on vices and anything that drastically alters your state of mind. Mercury retrograde creates challenges in your financial world, so don't let any fine print slip by unnoticed. Better to hold off on any major moves until Mercury turns direct on the 23rd.



How to See Your Aura

A simple exercise can help you tune in to your energetic field

The aura can best be described as your spiritual signature. It is a manifestation of our conscious and subconscious activity and can be used to 'read' people's emotional and psychic states. We all have the ability to read auras; all that is required is to know how to use your psychic and physical senses. Once you have attuned yourself to be able to see and interpret an aura, it can be a useful tool through which to divine how people are feeling, both physically and emotionally, regardless of what they may be telling you.

Auras have been documented through history; they are not a new phenomenon. Advanced spiritual beings, such as Christ, Buddha and their immediate disciples are often portrayed as radiating golden light, incorporated into religions as halos. Today, scientists acknowledge the existence of electromagnetic, ultra-violet and infrared energy fields that are generated by living beings. Photographs of auras have confirmed what many have believed for a long time - that these energy fields change and fluctuate according to the physical, mental and spiritual state of the subject.

A three dimensional image

The key to reading auras is to use your vision in a different way. There are many books available, which offer optical illusions in which the reader has to look past the flat, two-dimensional image to reveal a three dimensional picture that could not be seen initially. To achieve this, the eye must be in a relaxed state and relaxation is a vital factor in all aspects of an aura reading.

How to see your own aura

To see your own aura, you will need to sit or stand in front of a mirror about half a metre away. It is important to have

a neutral colour behind you and to have created a lighting state that is subdued and ambient but not dim. Not only will this encourage relaxation, but it will also allow your eyes to work in a different way.

Whilst looking at yourself in the mirror, begin to sway gently from side to side. At the same time, try and look through your reflection to the wall behind, rather like the techniques used to see 'living eye' pictures. At all times you should be relaxed. Not only does this allow your optical muscles to loosen, but it will also engender a trance-like state in which your subconscious will become more alert and receptive. After a time, you should notice a shimmer surrounding the outline of your head. Initially, it may be difficult to discern colours, but this should come with time and practice.

Opening a door to greater understanding

Once you are able to see the colours of your aura, you will have opened the door to a greater understanding of yourself and those around you. Typically, the main colours in an aura are yellows, reds, blues and greens. Yellow denotes a high level of mental activity and optimism. Reds are the colour of someone's psychic strength and will. While blue is the colour of calm and spiritual balance, darker shades can reveal depressive tendencies. Greens reveal someone's ability to sympathise and are a good measure of their ability to heal on a psychic level.

Once you are familiar with the patterns of your own aura, you will be able to read subconscious messages from your own psyche, giving you a greater understanding of your own spiritual and physical well being. Using these techniques on others will give you greater insight into how those around you are truly feeling.



Wisdom of Letting Go

Each encounter we make in life gives us the benefit of positive and negative experience. If we are psychically and spiritually aligned, then the best we can take from any situation is wisdom - how to deal with a similar problem in the future or the ability to pass our discoveries on to someone in the same position that we once were. However, if we are not at our full psychic strength then experiences can wound us and, inevitably, we are left with spiritual baggage.

What is spiritual baggage?

Spiritual baggage can be likened to household clutter. It serves no real positive purpose and, ultimately, can get in the way of our truly enjoying ourselves. So why do we accumulate it? The answer lies in the division between the conscious and the unconscious mind and the way in which they operate. In any situation, especially traumatic ones, we instinctively look for a way to take control of it. We comfort ourselves that we still have some choice in the matter – no matter how illusionary this thought might be. The subconscious mind will analyse and respond to both the positive and negative factors of an event and try to make sense of them both. The conscious mind, however, will generally focus on one or other aspect – and it would appear to be human nature to dwell on the negative.

Peculiarly, even clinging to the negative aspects of a situation will give us a sense of security, albeit a false one. Most of us are aware of people who seem to 'enjoy a drama' or are 'never happy unless they're miserable'. As strange as it may seem, these statements are more accurate than we might first think. Retaining anything from a trauma or event, no matter how negative, leads us to believe that we are still in control, that we own part of the event and that we have taken something from it. Yet accumulating negative baggage can only serve to weigh us down, both spiritually and psychically.

Breathing out

If accumulating spiritual baggage is like holding your breath, then 'letting go' is life a psychic exhalation - it takes with it the negative concerns that can latch onto your psyche and subvert it into a pessimistic, unconstructive force. It also allows us to inhale again, having made room for all the positivity that can evade us when we are so spiritually downcast and even affect our physical health.

If you are suffering from the psychic effects of an event, the first thing you must do is realise that, by clinging on to what has been, you have much less control than if you were to let them go. Begin by putting yourself into a relaxed state and focussing on all the positive things that your life has to offer and that you have to offer life. If this sounds like an ego-massage, then that's because it is. A massage relieves tension and stress and it is possible to massage your psyche as much as it is your neck or shoulders. As you affirm to yourself how much you have to give, you should find negative thoughts creeping in. This is your subconscious attempting to expel its own stresses and strains. As these thoughts appear, visualise them as images, no matter how abstract they may be. Then, rather like colour-separation overlay in films, drain the colour from that negative image, making it spectral. Once the image is ghostly, transpose one of your first, positive affirmations over the top of it, giving it bright colour, detail and sound. This will tell your subconscious that the time has come to convert harmful thoughts into healing ones.

As you practice these meditations, your subconscious will start to reassess each situation that is causing you psychic distress and, ultimately, you will achieve a balanced view of your experiences, allowing you to move forward with clearer vision.

READER PROFILE **Karena**

Star Temple Psychics



Have you had any memorable experiences reading for a client?

Without going into much detail, I once read for a lady. She wanted a medium, I told her honestly I didn't consider myself to be a medium but that I was sometimes able to sense loved ones that had passed on, and if she wasn't happy within the first 5 minutes she could go back to reception. I ended up talking to the lady for an entire hour. At the end of the reading she was very grateful. She said I was the best medium she had ever spoken to! No other reader had ever had such clear connection with her loved one. After the reading she called reception to give her positive feedback. It made me feel good, but still I would not call myself a medium!

What makes a good psychic reading?

I guess when the clients feel they had a good connection with the reader and had all their questions answered without having to ask to many questions. To me it is also important that my client feels more relaxed, calmer and has a clearer outlook for the future and can understand their present situation better.

"Karena gave me the best telephone reading I have ever experienced."

- First time caller

When did you first realise you were psychic?

I sort of knew all my life I had a special gift, but the first time I realized I no longer could ignore this gift was at the age of 12 - 13. It was a Wednesday morning. I was having my breakfast. I was just staring at the sky, when all of a sudden I knew my aunt had passed away. It was as if I saw her drifting past in the clouds. About 3 hours later my mother was told by relatives her sister had died at the exact time I sensed it. I have to admit, it frightened me.

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