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## Zac Efron

The fresh-faced star made a name for himself doing musicals and movies for young age audiences, but now he is on a quest to redefine himself. What does the future hold?

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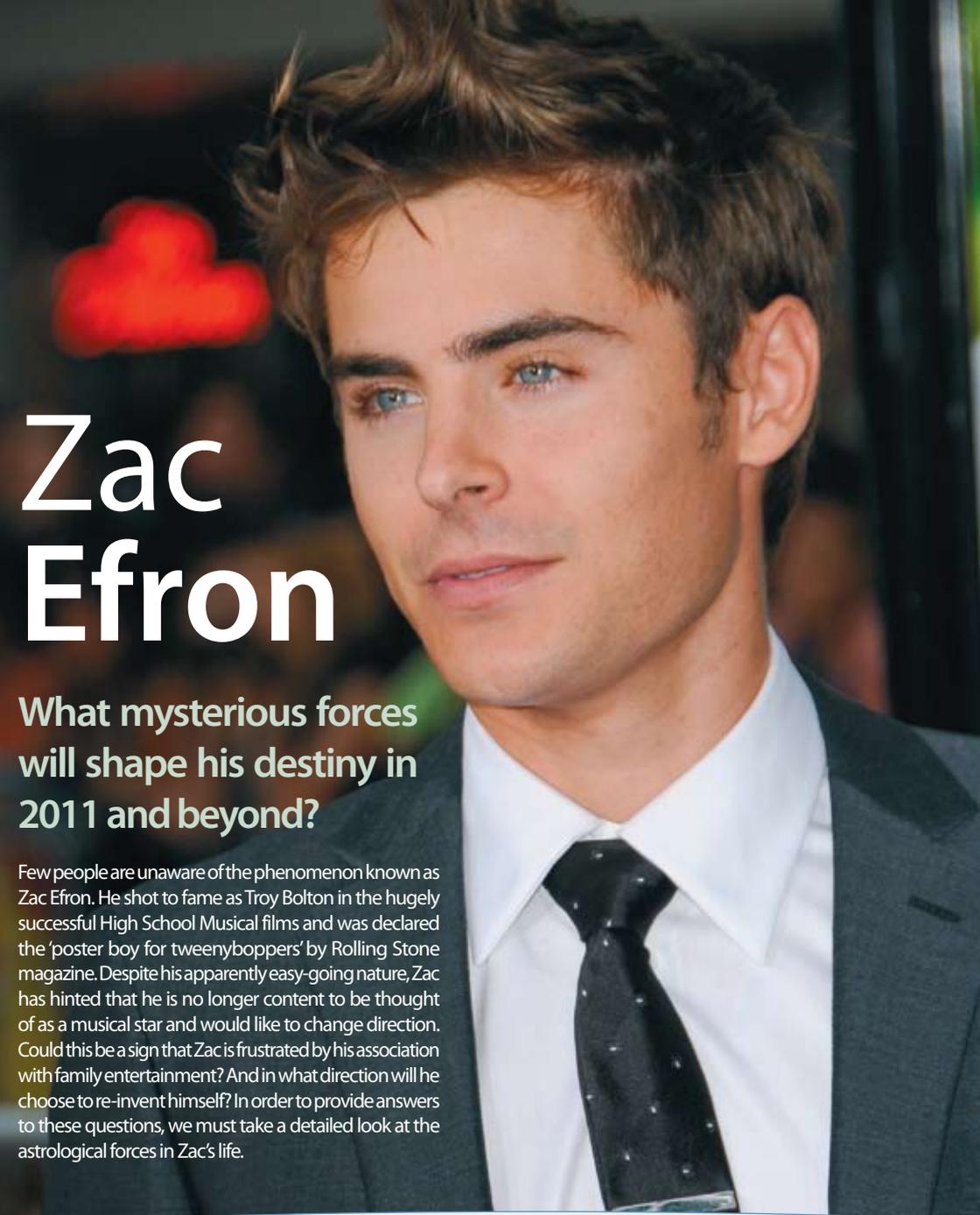
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# Zac Efron

## What mysterious forces will shape his destiny in 2011 and beyond?

Few people are unaware of the phenomenon known as Zac Efron. He shot to fame as Troy Bolton in the hugely successful High School Musical films and was declared the 'poster boy for tweenyboppers' by Rolling Stone magazine. Despite his apparently easy-going nature, Zac has hinted that he is no longer content to be thought of as a musical star and would like to change direction. Could this be a sign that Zac is frustrated by his association with family entertainment? And in what direction will he choose to re-invent himself? In order to provide answers to these questions, we must take a detailed look at the astrological forces in Zac's life.



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## Too timid?

Born on the 18th October 1987, Zac is a Libra in Western astrology and a Rabbit, according to Eastern beliefs. Both of Zac's signs are cautious and sensitive. The Libran scales are constantly striving for balance, while the Rabbit's timidity will not allow him to make a decision without considering all the possible options and consequences. However, one of these signs has a propensity towards chaos. The scales of Libra are not always in alignment and, when they are not, what is unveiled is the Libran's innate insecurity – which will manifest itself in displays of extrovert behaviour. Zac himself has said that, during his school years, he was well known as the “class clown”. This could well have been Zac reacting to his own disappointment at his academic prowess: “I would flip out if I got a B and not an A in school!”

Interestingly, the Rabbit also has a darker side. While it is well known for its sensitive, delicate nature, the Rabbit also harbours an innate pessimism. Once again, this is born out of personal insecurity and belief that they are bound to fail.

## His own worst critic

What is evident from both these signs is that Zac is his own worst critic – and it may be that this constant self-doubt and self-criticism has spurred him on to achieve heights that he secretly thought beyond his reach. While it was his father who first encouraged Zac to become an actor, it was Zac's cautious and self-deprecating natures that propelled him to stardom. Rather than just diving in, he embraced all the required disciplines of his craft, taking singing lessons and dance classes to give him a firm foundation from which to work.

It seems that the more negative aspects of both Zac's signs are working together again to help him achieve greater accolades. In a recent interview, Zac stated his desire to become recognised as a serious actor: “(There is) pressure from myself. I wouldn't say I feel it externally from other people,” he admitted. “It seems like it would have been fine if I'd just gone and done another musical or something. I

think for my own sanity and to prove something to myself, I definitely have to diversify, try new things that are more challenging, that are perhaps scary and that have a good probability that I'll fall flat on my face in the execution.”

These words seem to bear out the idea that Zac is forced ever-onwards by his own insecurities; he admits that he is under pressure from himself and has a low opinion of his chances of success. However, given that he seems to want to outrun the darker shadows of his star signs, it seems that he will succeed – but at what cost?

## Out of his comfort zone

While Zac was performing in musical films, he was working within his comfort zone; the Rabbit was appeased by his having weighed up all the options and his scales seemed balanced. However, as their ultra-sensitivity has come to the fore again, he is now driven to work in unfamiliar territory – almost as if he is paying some sort of psychic penance for finding a niche that he was comfortable in.

While Zac's aspirations are admirable, he must be careful of the darker aspects of both his signs. In trying to establish himself as an actor with gravity, he will be under a lot of scrutiny – and this could unbalance his inner scales and set his Rabbit running for cover. Unfortunately, with star signs of this nature, unbalance could send the Rabbit running in the wrong direction and set a course for self-destruction. If Zac is not careful, we may find the newspapers riddled with stories about drink and drugs; vices that offer an anaesthetic to silence the inner chastisement of his insecure signs.

On the surface, Zac appears to be a quiet, yet grounded person. However, this persona masks the insecurities placed on him by an unusual combination of astrological signs. On one hand it can work well for him, driving him to climb greater creative peaks. But too much pressure from these signs could see Zac ending up as a victim of his own sensitivity.

**Zac Efron**

**Born 18th October, 1987**

**San Luis Obispo, California**



**LIBRA**

o u t g o i n g  
c o n s i d e r a t e  
i n s e c u r e



**RABBIT**

s e n s i t i v e  
c h a r m i n g  
p e s s i m i s t i c

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



You'll hit the ground running in 2011, Aries, thanks in large part to Jupiter. This wise and kingly planet enters your sign later in the month, but not before it meets Uranus in your 12th house, putting things like yoga, spirituality and psychic development at centre stage, and prompting some significant inner renovation. With the Sun, Mars and Pluto settled in your career zone, and Mercury joining them on the 13th, last month's wait and see policy is history where work is concern. Let your instincts guide you, and strike while the iron is hot.

**Taurus** (Apr 20 - May 20)



Say goodbye to your comfort zone, Taurus - that is, if you want to open up a whole new world in 2011. The Sun, Mars, and Neptune are teaming up in your house of exploration and new horizons, and this at the dawn of a new year is potent energy indeed. Routine comforts and escapes must be shaken up, even uprooted, for the sake of something higher, newer and better. Saturn goes retrograde in your fifth house of health and healing toward month's end - beware of weak resolutions! They are prone to fail if you are not totally committed.

**Gemini** (May 21 - June 21)



If this month is any indication, the year ahead will be packed with the kind of intrigue, adventures, and challenges that really turn you on. Financial issues, especially where they involve partners, demand creative solutions, and patience above all. Meanwhile, expanding social connections offer new opportunities for self-development, and increased sensitivity has you feeling more psychic than usual. With all this fast-moving energy, you cannot stay long in a job that doesn't suit you. Keep abreast of health issues and stay positive, especially when Saturn reverses on the 25th and tempts you into excess.

# JANUARY HOROSCOPES

CAREER LOVE **SPIRIT** DESTINY



**Chris Odle**  
Astrologer & Shaman

This year starts off in truly transformational form as Jupiter meets Uranus in Pisces, prompting inner changes that will be put to the test with Saturn retrograde.

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**Libra** (Sept 23 - Oct 22)



The stars have nominated home and family as your first area of renovation in the new year, what with the Sun, Mercury, Mars, Neptune, and a new moon all making appearances in the home-related area of your chart. This is quite a multifaceted parade of energy, and it may have you scrambling to make sense of your family dynamics. How to start the year off right? Your own planet Venus provides the answer as it enters your pragmatic third house on the 7th. This provides the clarity and patience you need to navigate toward a more stable and healthy life at home.

**Scorpio** (Oct 23 - Nov 21)



With the decorations and confetti all cleared away, this month is about finding greater physical and spiritual beauty using healthy and natural means. Jupiter and Uranus together in your house of health and healing bring sudden opportunities and new techniques that can help you realise your new year goals. Whether this manifests as a new form of exercise or an unexpected spiritual practice, it is definitely worth signing up for something new to see where it leads you. Watch out for flaring tempers at home, where a clash of strong wills calls for highly creative diplomacy.

**Sagittarius** (Nov 22 - Dec 21)



The first few weeks of 2011 put the spotlight on your relationship to money, property, and other material resources. This is closely related to a shift in living arrangements or home dynamics, which ultimately brings you into a happier and healthier space. A host of planets traveling through your 3rd house give you access to powerful and creative solutions that serve the cause of greater personal evolution. Keeping your word, and holding others accountable for theirs, is a key ingredient to making healthy changes in the coming year.

## Cancer (June 22 - July 22)



Love is in the air this new year, Cancer. If you're unattached, the planets are poised to change that!

For those in a relationship, imbalances in responsibility and initiative will surface more and more, until the vital aspects of partnership are balanced and shared equally. How long this takes, of course, depends on you and your partner. Health is another hot issue, and you need support, so rely on a partner or friend to reach your goals mutually. The full moon falls in your sign on the 19th, offering a potent and well-timed surge of energy to make your resolutions truly last.

## Leo (July 23 - Aug 22)



After last month's philosophy of cutting loose, you're in need of some healthy discipline!

Not to worry - the stars have you covered. The Sun, Mars and Neptune all move through your house of healthy restraint and daily discipline, and this is augmented by a fortunate new moon. How lucky for you, Leo, as your new year's resolutions are likely to have legs where some others (many others, in fact) fall by the wayside. Visualize the changes you want to make, give it your best, and have faith in the stars to usher you into a grand and exciting new year.

## Virgo (Aug 23 - Sep 22)



Have you ever thought of making a new year's resolution to let your hair down and enjoy yourself a little more? Well, Virgo, this may be the year.

With a host of planets parading through your zone of fun and pleasures, the message is abundantly clear: a degree of playfulness and spontaneity is a vital ingredient to a happy 2011. If anybody can take such advice with a pinch of salt, it's you, and you'll be tested on your ability to do just that. This happens later in the month, when Saturn turns retrograde and tempts you with erroneous spending.

# Close friends are an important piece of the puzzle; they will give you the strength to make healthy, lasting changes.



## Capricorn (Dec 22 - Jan 19)



With all the energy that's gone into work and career, the planets ask you to step back

at the beginning of 2011 and view the bigger picture of who you are. The main areas of interest are your personal appearance and means of self-expression, and your situation at home. A sudden development in living arrangements is likely, and could even result in an unexpected move. Luckily, with Jupiter's influence, this is a positive transition to a more suitable way of life. The year's first new moon falls in your sign, adding an auspicious touch to your reflective first month of 2011.

## Aquarius (Jan 20 - Feb 18)



The new year is a perfect time for hidden influences to come to light, as they surely

will for you this month. Getting rid of unneeded emotional baggage frees you up to find higher ground in your personal development and relationships. This happens due to a steady stream of traffic through your reflective twelfth house, including the Sun, Mars, Mercury, Neptune, and a new moon. You also see a significant financial change when Jupiter meets Uranus in your money zone, but don't be alarmed - this is likely to be in your best interests.

## Pisces (Feb 19 - Mar 20)



The new year starts off in high form for you, Pisces, with an epic meeting between Jupiter and

Uranus in your own sign. This creates a truly revolutionary energy, and is very good news indeed, as recent events have had you banging your head against the wall in search of the best way forward. Now is the time for sweet release and the healthy promise of new horizons. Close friends are an important piece of the puzzle - they are likely to give you the strength and empowerment you need to make radical, lasting changes early in the year.

# Top Tips to Let Mind and Body Recover from the New Year

Everyone knows the New Year is a time of physical excess, but it is also a time of psychic excess. Since the mind and body are inextricably linked, it only makes sense to pay attention to both aspects of your being, using one to complement the other.



## Listen to your body

After the indulgences of Christmas, it is a good idea to set aside a few days to eat and drink well. This doesn't mean going on a radical de-tox. Instead, listen to your body and choose foods that promote a sense of wellbeing. If you suffer from indigestion, consider eating small amounts more often, and choose foods that are well known cleansers. Fruit, vegetables and leafy greens are high in fibre and anti-oxidants. And while water might seem boring after holiday wine and beer, it rehydrates your cells and brings colour and tone back to your skin. The body is the vehicle of the spirit, and if it is imbalanced, the psyche will be too. Eating well helps the body process holiday toxins while purging the subconscious of unnecessary distractions. All foods have energies and properties that can affect your psychic gifts. Taking exercise is also beneficial. Gentle walks offer restorative energies to both mind and body.



## Meditation

In preparing your psychic self for the New Year, meditation is a powerful tool. By relaxing into a trance-like state, you can allow your subconscious to reveal its true feelings about the year gone by, and its hopes for the year to come. Before meditating, take some time to write down the significant events that affected you last year. This will send a message to your unconscious that you want to address unresolved issues. As you enter your meditative state, be open to the pictures and feelings that come forward. The subconscious often communicates in symbols - pictures and images that appear meaningless will turn out to be very relevant indeed. By taking the time to explore and think through these pictures, you will come to a greater understanding of your psychic state at this time.



## Keep a dream diary

Once you have undertaken a reflective meditation, it is worth keeping a note of your dreams. As you allow your subconscious to cleanse itself, it sends greater and deeper messages to your conscious mind. These are the images that allow you to heal unresolved issues and achieve a greater state of inner balance.



## Predictive meditation

Predictive meditation is also a powerful tool, but should only be conducted after you find a degree of inner harmony. Before meditating, consider what you want to achieve in the new year - for example, achieving a greater level of physical or psychic health. By focussing on your goals during meditation, or in the period just before sleep, you pass psychic messages to your subconscious, and give it permission to work towards these goals. The subconscious cannot differentiate between reality and fantasy, so the stronger your visualisations, the greater access you will have to your untapped energies.



During predictive meditation, you may perceive images of your own future or even someone else's. We are all born with the natural ability to intuit and divine aspects of the future, but many of us forget how to use it. By clearing your mind and body of inhibitory poisons, you free your psychic antennae to pick up messages that might be floating in the ether. This is not to say you will be able to predict the Lottery results, but you will get a good sense of how the coming year will treat you or a loved one. Armed with that information, you can help bring about the best possible future.

# Soul Mate Resolutions for 2011



## For many, the New Year represents a chance to clean the slate and begin anew.

It is a time of hopes, aspirations and dreams – particularly for those who have not yet met their soul mate. If you are one of those who will be looking for love in 2011, there are a number of New Year's resolutions you might want to add to your list that could help you find love with the person of your dreams.

### Resolve to Find Your Soul Mate.

Many who have been single for a long time are prepared to accept the first person that comes along, rather than waiting for the person who ticks all the right boxes. Accepting second best may give a sense of self-worth in the short-term, but in the long-term it can only lead to paying a higher psychic price than you may be comfortable with. By accepting second best, you are affirming to your subconscious that you are not worthy of your dreams and ideals which, in turn, can instigate the beginnings of a self-fulfilling prophecy. Instead, take some time to consider all the qualities you would like in a partner, from their hair colour right through to their likes and dislikes. Write those qualities down on a piece of paper and refer to it, either before you meditate or just before you go to sleep. This will attune your subconscious to be receptive to that person when they enter your life, filling you with the confidence that they are attainable.

### Resolve to Achieve Happiness

There is an adage that suggests that people create their own luck. There is more truth in this, in psychic terms, than you might think. Psychic energies are like magnets. Positive energies will attract positive energies and repel negative ones. However, the reverse is also true. You may notice that once you have one negative thought, others are swift to follow. Negative energies are like iron filings to the magnet of the subconscious. Once you've attracted one, you open the floodgates to attract more. Again, meditation is a powerful tool. If you are feeling at a particularly low ebb or are experiencing low self-esteem, you should be aware that these are symptoms of psychic imbalance.

To restore your psychic harmony, you should practice positive visualisation. One of the most effective methods is to remember a time when you were confident and happy. Once you can clearly

visualise that moment in time, you should then visualise the 'you' of the present stepping into the 'you' of the past, rather like putting on a suit of clothes. Whilst visualising this, use the rest of your senses to remember how it feels to be this confident, attractive person. Your subconscious mind cannot tell the difference between reality and fantasy, so it will assume that you are giving it permission to restore balance to your psyche and become the person that you want to be. After a while, you will find that this state of mind becomes second nature and you will notice your 'luck' begin to change as your positive energies start to attract the same in other people.

### Resolve to Be Ready For Your Soul Mate

How you conduct your physical life can have a profound impact on your psychic life. Eating well and taking exercise are a fantastic way of aligning your body and spirit. However, this shouldn't be a punishing regime that you come to resent. Instead, you should seek to eat foods that nourishes you spiritually as well as physically. It might be that you choose to eat foods that are associated with good memories or that you associate with healthy, attractive people. Exercise should also offer solace to the soul as well as the body.

Taking a long walk in peaceful surroundings can leave you feeling much more aligned than an hour's sweating in the sterile environment of a gym. You may want to embrace a new activity such as climbing or golf. Not only are you gaining the benefits of exercise, but you are affirming your positive resolution to seek out positive people and focus your own good feelings. In addition, you will start to mix in new circles – circles in which your soul mate might be mixing.

### Weave A Little Magic

Once you have encountered the person who fulfils the right criteria, you should begin to visualise encounters in which you are both drawn to each other. These visualisations will make your psychic self more attuned to any signals your soul mate will send out – and also help you to send out the right signals yourself.

With all the psychic activity that takes place at the start of a New Year, preparing yourself mentally, physically and psychically to meet your soul mate will not only increase your chances of meeting the right person, but will also leave you feeling more confident and psychically aligned.



*When did you first realise you were psychic?*

Thinking back to myself as child, I was probably born to be psychic. My mother is native North American and was descended from one of the Inuit tribes. These people had great respect for the Earth and spirit realm. My father is Welsh and had a great deal of psychic experiences in his much loved Welsh Rhond Valley.

As a child he nearly died and saw the tunnel of light open above him. He told me he saw lots of people trying to walk into the light. Being stubborn he did not want to go and asked to stay, which he did, with increased psychic ability to help others.

So feeling spirit in dream messages was normal to me. I used to see bright colours around people and sometimes the faces of their spirit guides over their shoulder. These always being positive and healing experiences.

*What makes a good psychic reading?*

A good psychic reading leaves the client feeling positive, informed and empowered. I like to hear feedback, such as 'I feel better now and understand my situation'. I like to receive this feedback from regular clients and also that predicted outcomes have happened. It is wonderful clarification for reader and client, that leads to a trustful journey shared.

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