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## Megan Fox



On the face of it, she has it all. Yet, despite her success, Megan admits that she has low self-esteem, and has been criticised by many in the industry for being cold and unfriendly. What combination of astrological signs could create these feelings in someone that has so much – and could this be part of a psychic lesson that Fox must learn?

**continued on page 2**

**Were you Lovers  
in a Previous Life?**

**p6**



**The Power of  
Visualisation**

**p7**



**Monthly Horoscopes**

**p4**



**Psychic Profile**

**p8**



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8 pages packed with  
inspiration!

July 2011



# Megan Fox

Looks, wealth, fame, and curves that make her the envy of women everywhere. She constantly finds herself topping polls of *World's Sexiest Woman*, and recently married her long time sweetheart Brian Austin Green. So where does her low self-esteem come from, and what astrological forces are at work as she faces the future?



aggressive  
confident  
solitary



patient  
sensual  
stubborn



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Fox was born in 1986 on the 16th May, making her a Taurus born in the Chinese Year of the Tiger. She has repeatedly spoken of her unhappiness with herself; "I never think I'm worthy of anything...I have a feeling of being mocked all the time. I have a lot of self-loathing." This self-analysis seems to be at odds with the qualities that her signs are most famous for. Tigers are renowned for their self-confidence and are a symbol of psychic strength and power, while the Bull is noted for its stability and simple approach to life. Why then should the combination of these two signs create such psychic turmoil in Megan?

### *Achieving balance between the zodiacs*

The answer may be that she has not achieved balance between her two zodiacs and, in order to do so, must experience the worst of her governing sign. In order to attain a higher psychic level of completion, Megan must first understand that there are negatives and positives associated with all higher energies. The Fates are hard taskmasters and they do not spare the rod to spoil the child.

According to Megan, she can be "aggressive, domineering, hurtful and selfish." These are the extremes of behaviour exhibited by Tigers that have not yet learned to exist in psychic harmony with those around them, suggesting that Megan's natural inclination is to be ruled by this sign. However, rather than drawing on the qualities also offered to her by Taurus, she is eschewing them in favour of channelling the Tiger in its purest form. Tigers are solitary creatures and suffer from a belief that they are superior to others. In 2009, she was described by members of the Transformers crew as "thankless, classless, graceless and...unfriendly." It seems that, by tuning her psychic antennae into the confidence

and determination offered by her celestial feline, Megan has lost her ability to empathise with those around her. Empathy and the ability to 'read' people are two more traits associated with the Tiger but, in tapping into one side of what the sign has to offer, Megan has been carving a lonely path for herself.

### *Psychic red alert*

However, psychic disharmony has a way of manifesting itself. For Megan, this is becoming apparent in her feelings of self-doubt - feelings that are alien to the Tiger and will no doubt throw her into a form of psychic red alert. The motto of the Taurean might well be: "Take care of the senses and everything else will take care of itself." It seems that the Bull, in its slow and tenacious manner, is sending psychic signals to Megan's subconscious that all is not as it should be. Behind the horns, Taurus is a sensitive creature and particularly concerned with the wellbeing of those around it. Megan's Bull will have been aware that her choosing to exploit the power of the Tiger will cause her to lose touch with the psychic web that connects us all and hurt others in the process, and if there's one thing the Bull can't stand it is wilful or insensitive behaviour.

*She was described by members of the Transformers crew as "thankless, classless, graceless and unfriendly."*

Although the Bull's horns are often seen as a form of defence, they can also be used to inflict psychic wounds on itself. Megan's Taurean sensibilities are urging her to open herself to all the aspects that it and the Tiger can provide. These messages will manifest themselves as the 'self-loathing' that Megan has spoken of.

Fox has recently spoken of her history of self-harm. In many ways, this is a physical manifestation of the psychic messages being sent to her by the Bull. In times of psychic stress, symptoms can take corporeal form. For Megan, this is a tangible sign of her unhappiness with herself - a physical and psychic distress flare. However, better than self-harm to attract attention would be to tap into the Bull's practical streak. If Taurus becomes aware of subconscious upheaval, it will address the problem in the most matter-of-fact way it can. In giving into her Bullish instincts, Megan might see that something is preventing her from achieving spiritual happiness, and seek out the people best qualified to help her achieve it. This might be a professional or it might be friends. Unfortunately for Megan, the path she is choosing at the moment means that her circle of friends will continue to dwindle - until she chooses to do something about it.

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## Aries (Mar 21 - Apr 19)



You have strong potential to communicate your way through energetic blocks, especially with a partner or close associate. This kind of honesty will not be easy, but as suppressed issues come to the surface, dealing with them bluntly is sometimes the only way to clear the air. In the realm of money there is a good opportunity, but it requires unusual action and a leap of faith. This may manifest as a career move, or a unique idea in your current job that earns merit and puts you in position to be promoted. Uranus occupies your sign all month, giving an electric charge that helps you work creatively.

## Taurus (Apr 20 - May 20)



Good things can happen when Jupiter is in your sign, Taurus, and they will this month. It may be something that brings joy right away, or it may be terribly inconvenient at first, but make no mistake - Jupiter's presence is helping you to grow and expand. When a sudden impulse for a creative project, journey or educational opportunity pops out at you, don't hesitate. The stars are also prompting you to invest in your health. There is no money better spent than that which makes you healthier and happier; these qualities will energise and set you up for more abundance. Expect a sudden development in the realm of friendship, be it an end or a beginning.

## Gemini (May 21 - June 21)



The month ahead is unusually psychic, intuitive and spiritual in nature. Life around you may be entering its most breezy Summer phase, but the stars are insisting on some deep inner work. Why? Let's just say they want you to be happy, and a good dose of introspection can go a long way. Not only that, it can go right along with a day at the beach, if you stay tuned to your inner frequencies. Finding a charitable work will be particularly useful, and will feed you more (or at least as much) as any Summer cookout. Where extravagant spending is concerned, be vigilant; a better time will come to really treat yourself.

### JULY

# HOROSCOPES

CAREER

LOVE

SPIRIT

DESTINY



**Chris Odle**  
Astrologer & Shaman

Uranus turns retrograde, setting the mood for deep spiritual exploration, while Jupiter in Taurus provides joyful and lighthearted fun.

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## Libra (Sept 23 - Oct 22)



Your first instinct this month is to do things yourself, especially since someone let you down recently, and didn't come through when you needed them. In some ways, such as your diet and exercise habits, taking things upon yourself is exactly what you need. But working alone in matters of education and career is not much of an option for a bright and personable Libra like you. Allow feelings of disappointment to come up and pass through you, and by the third week of the month as the Sun moves into your house of social circles, you'll feel like your old self with a better perspective on interconnectedness.

## Scorpio (Oct 23 - Nov 21)



Every area of life is influenced by good communication, as you'll notice this month. On the more practical side of it, Mercury passes through your career zone, giving you increased power to make good things happen at work. But there is a deeper side to this theme of communication, related to the spiritual, psychic and relationship areas of your life. Beware of how you express yourself, not only in words but in thoughts. Jupiter gives you plenty of energy for growth in your existing partnership, or a great chance to start something new - but this can only happen if you become more aware of how you communicate.

## Sagittarius (Nov 22 - Dec 21)



Summer fitness is key for you this month, as your ruling planet Jupiter continues through the health and healing area of your chart - and what better reason to get in shape than new love? Mars and Venus are together in your relationship zone, and this no recipe for a fling. Expect a deeper connection if you are single, and don't miss your chance to complement someone in a random, everyday situation. The area for caution is finance and anything involving legal proceedings or insurance. Make an extra effort to be friendly with people in this area, and you'll come through just fine.

## Cancer (June 22 - July 22)



As the Sun moves through your sign, it charges you with the ability to really be yourself, and shows you how to keep this up throughout the year. Feel the magnetic rays of confidence and self-expression wherever you go. There is a block to work through at home, and if you are in a partnership, emotions will pull you in different directions until the conflict is resolved. Relationships may be stable but never static, and hitting a new social scene will help the both of you find new ground; either that, or it will cause a sudden change in your relationship life, whether bringing in someone new, ending something that is no longer healthy, or both.

## Leo (July 23 - Aug 22)



You are on the verge of speaking up about something that's been bothering you, and you'll find occasion to do it this month. The best time to break the silence will come around the 23rd, when the Sun moves into your sign. As you prepare to revamp yourself for another year, notice how things are more and more interconnected. In particular, your physical health and daily spiritual routines are connected to your career trajectory and deeper emotions. Compartmentalising your life will no longer work in these circumstances, and as you perceive the connections more clearly, you will have a better sense of which steps to take.

## Virgo (Aug 23 - Sep 22)



Sometimes you feel like the weight of the world is on your shoulders, but you can be too demanding of yourself. Share the burden and accept the help of others on a personal or creative project. Even if their help is less than perfect, it will benefit you and broaden your perspective. Speaking of which, new horizons are calling your name, and if you can't go to them, there are plenty of ways in this day and age to bring new horizons to you. Doing so opens a door to love if you are single. If you are in a relationship, take stock of how you see your partner, and whether that image is realistic and true to life.

**Expect a deeper connection if you are single, and don't miss the chance to compliment someone in a random situation.**



## Capricorn (Dec 22 - Jan 19)



With Sun, Moon, Venus and Mercury all spending time in your house of partnerships, expect the spotlight to shine brightly on that area of your life. You are in the process of reinventing yourself - whether this process is just beginning, or has been going on for some time - and a significant other must go with the changes. If not, the situation will only become more stressful until something gives way. Whether you're single or attached, make an effort to change your routine. You will find fulfillment, joy, and love connections on the road less taken. Where money is concerned, your powers of negotiation are sharp, so take advantage.

## Aquarius (Jan 20 - Feb 18)



As much as you need intellectual nourishment, your body and physical health are asking for more attention. Sometimes it seems you must choose between these two aspects of life, but this month, as a host of planets move through your house of health and healing, you realize that taking care of your body gives you more energy for other pursuits. Everything is connected. If you're seeking love, whether a long-term partnership or just a Summer fling, you're likely to encounter it in an everyday situation related to health and diet changes - at the juice bar or yoga class, perhaps?

## Pisces (Feb 19 - Mar 20)



Time to lighten up and enjoy the Summer vibes, and not just for kicks, but because it's good for you! Your emotional health needs a dose of fun, and you'll certainly get it as Sun, Moon, Mercury and Venus all move through your house of fun and pleasures. Not a bad place to be when the weather's warm! A casual meeting is likely to bloom into something more lasting and serious, but only if it lines up with your spiritual health and long-term goals. Turning over a new leaf in your social life is simple as finding communities that accept you, and hold the space for you to speak honestly and expansively about how you feel and what you're up to.

# THE POWER OF VISUALISATION



Visualisation is one of the most powerful psychic tools you have at your disposal. While many are familiar with the term, they may not fully understand what it means or why it works. Once you master the ability to visualise your goals, there is little to stop you achieving anything you want in life.

Visualisation is the art of communicating positive desires and instructions to your subconscious mind. The result is that your psychic self will do everything in its power to make those thoughts into a reality. In order to understand how it works, we have to broaden our understanding of the subconscious.

## Your psychic 'black box'

Your subconscious is like the black box recorder on an aeroplane. It records everything that happens to you each and every day, including events, sights, sounds, smells and feelings. You may have felt a piece of music evoke deep feelings or transport you to a certain place or time. Rather than simply recalling the song, we are given a sensory replay of how we were feeling at that time. This is an example of how the subconscious uses all the senses in its recording process.

## Your subconscious trusts you

An important thing to know about your subconscious is that it believes everything you tell it. Because your subconscious is a psychic extension of yourself, it sees no reason why you would lie to yourself so it considers whatever you tell it to be true. It will, however, only respond to positive instruction. For example, if you are told "do NOT think of a blue bear", your subconscious does not hear the negative and completes the instruction as it sees it. The result is that you cannot help but think of a blue bear.

Similarly, if asked to rate your own talents in a particular field, you might say: "I'm not bad." Your subconscious will not hear the negative, and you may find yourself doubting your abilities. A better stance to take is "I'm pretty good". Your subconscious will react to this affirmation by increasing your confidence.

## Using positive energy

Knowing these things helps us to find the most effective way to visualise. By turning our desires into images that are complete as can be, and imbuing them with positive energy, the subconscious will respond with all the ammunition in its artillery to help you achieve your goal. This is partly due to the fact that your subconscious cannot tell the difference between what is real and what is not. Films move us because our psychic selves cannot discern fact from fiction. By supplying your subconscious with positive imagery, you are telling it how you want your life to pan out

## Turn it into a sensory experience

The art of visualisation is to turn into a sensory experience. Firstly, you must decide what it is you want to achieve. This goal should be realistic - the subconscious is capable of many things, but is not to be treated like a genie in a lamp. Next, you must find the time and space in which to relax. Your mind and your body should be a blank canvas, ready to embody the sensory ripples caused by your visualisation. On visualising the achievement you wish to make, use (if possible) instances from your past where you have achieved something similar. For example, if you want to improve your self-confidence, remember a time where you were at your most self-assured and visualise that moment in as much detail as you can muster.

As you create these images, you should allow your subconscious to fill you with the feelings you experienced at the time. The next step is to visualise the 'current you' stepping into that image from the past and inhabiting it, once again allowing yourself to fully experience the feelings generated by this.

Visualisations are not a guarantee of overnight success, but a gradual process of psychic and physical change. Visualisations should be repeated daily at a time when your subconscious and unconscious mind is intertwined. This is usually just before you go to sleep or just after you wake up. By embracing visualisation, you are letting your psyche know that you are ready to take control of your life and get everything from it that you can.

Looking for clarity? Call our psychics today on  
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by Barney Battles

# Were you Lovers in a Previous Life?

Most of us have had the experience of disliking someone at first sight. Often, this is a case of our subconscious making informed decisions about the way someone behaves, looks or speaks. On the surface, this person may appear entirely inoffensive, but our psychic selves are able to 'read between the lines', translating factors such as body language into an accurate identikit of someone who may not have our best interests at heart. However, it is often harder to explain encounters in which we are instantly attracted to someone and feel we have known them forever within minutes. Is it possible that you have met and cared for each other in a previous existence?

These feelings often come up in the early stages of a relationship. They can take many forms, such as instinctively knowing their likes or dislikes, what they're going to say, or experiencing a deep attraction that goes beyond the physical. These feelings can also grow within a relationship, and many people instinctively know if their partner is upset or in trouble, or even dream similar dreams. For some, these instincts kick in almost immediately, but for others they take time to develop. In both instances the perception is that we have known our partner for longer than seems possible.

## Intertwined in Another Time?

Short of sharing a simultaneous past-life regression with our partner, most of us can only guess whether we have been intertwined in a previous life. There may be clues, such as having a shared interest in a certain period in history or experiencing dreams about specific instances that are seemingly irrelevant to daily life. But these also depend on whether you believe in reincarnation or not. For those who don't, there are still questions to be answered.

In the instance of disliking someone on first sight, our innate psychic abilities connect with another subconscious in such a way that a 'red alert' button is pressed. The process is not dissimilar in finding someone we like. However, instead of the red alert siren going off, our subconscious systematically lets down certain defences and allows communication to commence on a higher level. In the instance of finding someone we connect with on a more profound level, we must understand the power of the subconscious.

Many people connect psychically before they even meet. Internet dating is a prime example of this. Although words are exchanged, connections can be forged without a physical meeting. This is because our psychic selves are attuned to finding the best in life and constantly on the lookout for positive energy. If you consider yourself as a transmitter and a receiver with a specific frequency, then you have to accept the possibility that someone else may transmit and receive on the same wavelength. While you may not have met the person with whom you are subconsciously communicating, you may be aware of a feeling, such as an undefined emptiness in your life or even the feeling that there is 'something around the corner'.

## Your Psychic Antennae

This instinct is, in fact, your psychic antennae exchanging signals with another transmitter. While the messages may be vague and indecipherable at first, they are laying the foundations for a deeper level of understanding. For most people who feel they have met someone before, it often happens on a first meeting. The dam breaks and the ether is buzzing with psychic conversation.

However, it is also possible for this to occur in an established relationship. This usually comes with the realisation that the other person is the missing piece of your life puzzle, and the delay is because the two partners are developing their psychic abilities at different levels, and it takes time to find the frequency that lets them communicate on entirely honest and vulnerable levels. When it does happen, couples can refer to it as going through a second honeymoon or seeing each other again for the first time. There is some truth to this, as the couple be finding a deeper psychic understanding of one another and taking their relationship to a higher level.

For those who accept the possibility of reincarnation, the concept may be easier to understand, but still just as surprising. If reincarnation allows us to encounter an infinite number of souls and spirits on our journey to perfection, a love that reaches across physical death is a powerful one indeed. Whatever your belief, a love that is so profound as to engender deep, psychic communication is one to be treasured.

read more at [StarTemple.com](http://StarTemple.com)

# READER PROFILE

# Christine

*Have you had any memorable experiences reading for a client?*

I have enjoyed working with the lovely staff and the wonderful clients associated with Star Temple for a number of years now, however I have enjoyed walking with a particular client on her path for several years as she has found her own spiritual self through illness. We have learnt from each other and had many "eureka moments" along the way. I am looking forward to receiving a copy of her book when it is published as it will not only be a fantastic read, it will also be a reflection of the work we have done together and a reminder that the Universe is at work in all our lives.

*What makes a good psychic reading?*

Every reading is different but for me it is when the connection between the client and me becomes one, and our energies flow so that the answers are clear and directive. For this to happen I feel the client must feel safe and able to open themselves up to the information they need. When the call ends I know we have both come away with satisfied souls, and a little wiser to boot.



*When did you first realise you were psychic?*

Strange things began to happen at around the age of 10, and when I was a teenager and lost my paternal grandmother, I realised I had inherited my gift from her. There were two events that I remember well, one was my announcement that my Aunt was pregnant and that she would call at the weekend to tell us, and she did, even though she told that she could not have children after an accident and it was a huge surprise to the whole family. The other event was when I saw my nana die in a dream. I later joined a spiritual circle, worked as a medium, cleared houses of negative energies, and gave healings in Thailand. Since then I have been blessed with the perfect job for me, as I am able to help and guide people on their personal path, and have the benefit of growing with them. Having the ability to step into another person's energy when invited, and to offer clarity and comfort, is truly humbling and a great honour.

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