

# STAR TEMPLE

The UK's Most Respected Psychic Network

credit card  
0800 422 0422

premium line (£1.53 / minute)  
0906 1104 334

email readings  
Sophie@StarTemple.com

24x7 Customer Services



## 2012 Mind Body Spirit festival

The **2012 Mind Body Spirit Festival** takes place **30th May - 4th June** at Earls Court, Brompton Hall, **London**. Come for the exhibits, performances, workshops, and good vibes! Be sure to visit Star Temple at stand #153.

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INSIDE  
8 pages packed with  
inspiration!

May 2012



# 2012 Mind Body Spirit Festival

Star Temple, the UK's Most Respected Psychic Network, is delighted to attend the festival as the exclusive provider of psychic and mediumship services.

Anyone interested in psychic readings, self-empowerment, crystals, angels, astrology, alternative therapies or just an injection of fun and inspiration will simply adore this show which takes place from 30th May – 4th June at Earls Court.

The vibrant six-day Festival attracts thousands of people eager to explore the show's multitude of revitalizing choices, whether it is a motivational workshop, the variety of the 150 marketplace stalls, FREE yoga and meditation classes, or the sheer entertainment value of the free live stage area.

Now in its 36th year, this annual London event has earned its popularity and success by consistently bringing together the very latest and best that the Mind Body Spirit community has to offer, including access to keynote speakers. Amongst the 50 strong presenter line-up for this year are: Sally Morgan, David Wells, Diana Cooper, Karen Kingston, Barefoot Doctor, Stewart Pearce, David Hamilton, Chrissie Astell, Ali Campbell, Gordon Smith and more.

Of course it is not only high profile names of the metaphysical world that

the show attracts - Dannii Minogue, Paul Merton and Jo Brand have all been spotted wandering the halls and soaking up its fun loving atmosphere. Plenty of other celebrities have an interest in spiritual matters too. Geri Halliwell, Paris Hilton and Emma Watson have all been pictured clutching copies of top selling self-development titles, whilst Victoria Beckham has been quoted as saying "I'm quite spiritual, I'm very good at visualization. I was talking to Gordon Ramsey and David about this and they're the same. Gordon visualizes a meal, then prepares it, David visualizes the goal....."



**Lucie**  
Reception



**Barney**  
Managing  
Director



**Chris**  
Founder

Star Psychics Ltd  
Trading as Star Temple  
P.O. Box 132  
Tavistock, UK PL19 0WA

tel: 0800 422 0422  
[office@startemple.com](mailto:office@startemple.com)  
[www.startemple.com](http://www.startemple.com)

# Visit Star Temple at stand #153!



● 30th May – 4th June 2012

Earls Court, Brompton Hall,  
London SW5 9TA.

● Opening Times:

11:00 – 18:00 Wed-Fri

10:00 – 19:00 Weekend

10:00 – 17:00 Monday

● £10.00 on the door

£8.00 advance

See website for workshop  
fees and concessions.

A visualisation that becomes manifest in our physical reality is a particular technique referred to as the 'Law of Attraction'. You'll find a workshop on this topic in the festival's extensive workshop programme, alongside others that cater to interests in psychic or intuitive abilities, healing, angels, manifesting desires and much more.

Providing a diverse platform for self-improvement and discovery at an affordable price is the drive behind the festival. "To glimpse into half of what we offer our visitors, outside of the Show's run, would not only take years of exploration, but would cost a

great deal" says Mel Carlile the Festival CEO. "It has always been our purpose to act as a facilitator to an individual's self-empowerment journey, whatever avenue that might take, whether it's through attending a workshop, or simply just connecting with like-minded people and forging new relationships. The Festival is like a face-to-face version of Facebook with people exchanging knowledge and ideas. But fun, laughter and joy have a huge part to play in making a visit to the Festival an exceptional time," says Carlile. "That's why the MBS Team spends a great deal of time organizing the live stage

entertainment. Many visitors come here for that feature alone, some of the talent on that stage is extraordinary. It's lively, it's soulful, it's interactive and it's very enjoyable, the perfect way to lift your spirits".

For 2012 there are some additional FREE attractions, like the Yoga Shala hosted by some of London's finest yoga teachers, offering visitors the chance to try out a diverse range of yoga styles. And the Mantra Lounge, where you have the opportunity to discover the bliss of a guided meditation or the peaceful state of sonic healing.

**For full programme details or advance ticket purchase call the ticket hotline:**

**020 7371 9191 or visit [www.mindbodyspirit.co.uk](http://www.mindbodyspirit.co.uk)**

## Aries (Mar 21 - Apr 19)



Work harder not smarter, they say. Or is the other way round? Your tendency to work

hard this month will prevent you from seeing a shortcut, unless you stay alert for ways to do things easily. Talk with a friend or significant other about that thing that's been bothering you. You'll feel differently on the 15th when Venus changes direction. Financial luck is high, especially around the 20th when a new moon falls in your sign. Be persistent with career and financial moves, and the fruit will definitely ripen. If you're in the love game and think there's nothing promising in your immediate surroundings, do think again.

## Taurus (Apr 20 - May 20)



You find yourself involved with drama, flair, style—even a Spring fling—yet your true desire is finding

deeper connections within yourself and others. That's okay. Forming these connections isn't as serious as it may seem, and in the end, the only thing you can do is follow your heart and see where it goes. Meanwhile a new digit has appeared in your age, but it doesn't really matter, not when Jupiter is radiating youthful vibes in your sign. As long as you're learning something new, you'll tap into those vibes and feel younger than ever. The new moon, falling in Taurus on the 20th, is a perfect time to start fresh.

## Gemini (May 21 - June 21)



On a deep spiritual level, the path of growth leads into your past. Certain loops have been playing

over and over, restricting your freedom of movement, and it's time to come up with some new tunes. Imagine the beautiful unexplored melodies just waiting to be discovered. All you have to do is really look at those patterns and ask yourself some honest questions. Then, as the rewards take shape, you'll build momentum. If you usually go out to meet your friends, try having them over to your place. Open your home to them, and even your past, if the opportunity arises. A new love prospect is shy, so you'll have to read between the lines.

# Horoscopes May 2012



**Chris Odle**  
Astrologer & Shaman

Venus joins Saturn and Pluto in retrograde motion, making for an introspective month of May.

Call **0800 422 0422** for more details

## Libra (Sept 23 - Oct 22)



It's time to go deep, Libra. Planetary power is concentrated in the psychic and introspective

areas of your chart, leading to fresh insight about your next big step. But this won't come automatically—you'll have to work at it, trusting the thoughts and images that flash across your inner screen. Those in a relationship might have a big argument, but it's nothing that can't be talked through. A chance to spend or invest money tempts you on the 6th, during the full moon, but it's best left alone for awhile until the stakes are clearly known. A friend of yours has a mysterious side you're only beginning to know about.

## Scorpio (Oct 23 - Nov 21)



Things look great on the social scene, so do whatever it takes to put yourself in the game.

Pleasant surprises are waiting in the conversations you'll have, and you never know where they can lead. Your current relationship is solid, as long as continued growth and expansion are paramount. Staying in won't do—you need fresh sights and sounds to experience together. Single Scorpions are likely to come across a new romantic prospect, yes—but this person is idealistic, and does not follow through where it counts. Look for a stroke of good luck when the full moon falls in your sign on the 6th.

## Sagittarius (Nov 22 - Dec 21)



A little anger and aggressiveness can frankly be a bit of a turn

on, especially to a fire sign like you. These emotions aren't always destructive, either. They indicate that you know what you want, and have a strong sense of self—so don't be surprised if a little outburst in a friend or coworker piques your interest, or if your own irritation seems to attract someone. And why are you irritated? It has to do with exploration. You love to explore and find new ground, but lately things have appeared too ordinary. Your mission is to find new growth in your existing life, rather than imagining a completely different one.

## Cancer (June 22 - July 22)



A wild night on the 6th, when the moon is full, offers healthy emotional catharsis. Later an old

friend resurfaces, but it's easy to be idealistic. Has this person really changed? Since you most definitely have changed, the friendship may not work any more. A fresh face is also fated to appear, and this has much more of what you need. It's inevitable that you're going to step on a few toes with the direct style of communication you're feeling, but this will do you more favors than anything else. A second opinion is needed to put your love life in perspective, so sit down with someone you trust and talk it over.

## Leo (July 23 - Aug 22)



A lofty goal demands financial commitment and a change in the daily routine. But if you

take the right steps, and are clear about what you want, luck is on your side. Your relationship problem is best addressed in a neutral place, where things can be discussed calmly and objectively. You can decide where to go from there. A friend is floating on cloud nine one minute and seeking advice the next. Best not admonish them, even though you saw the flaw in their plan before they did. Dreams and psychic impressions are lucid, which can make you uncomfortable. Something from the past is coming to the surface in order to be healed.

## Virgo (Aug 23 - Sep 22)



It doesn't hurt to go in a new direction—in fact, the stars are begging you to change lanes, and

they want to reward you with good luck and a clear path. As usual, it's best to heed their advice, since they're really just the various aspects of your own intuition at work. Meanwhile, someone close to you has high expectations, and guess what—you're equipped to live up to them! It's not always going to be so simple, but you might as well show your stuff and reap the rewards for now. Your personality and self-confidence are charged with the power of fiery Mars, and this will cause a few double-takes. Now—of what use could that possibly be?



# When your psychic barometer is spiking like this, many of your thoughts will find their way into reality.

## Capricorn (Dec 22 - Jan 19)



A big personal issue has finally been resolved, and fine-tuning the details will seem easy by comparison.

But challenges at work will keep you on your toes. With Saturn and Venus moving retrograde through the work-related areas of your chart, sources of disharmony are being revealed. This is nothing to be alarmed about, it's just your everyday life coming into alignment with your spirit. Someone will appear with poignant advice or a new idea to assist you. If you're job hunting, next month is better. New love is definitely possible through a class, course or workshop, so find something you're interested in and hop to it.

## Aquarius (Jan 20 - Feb 18)



The fact that you've been thinking about an old flame may cause them

actually reappear, so be careful what you wish for! When your psychic barometer is spiking like this, many of your thoughts are finding their way into reality. Do you see the obvious choice? You can either be dragged along by this, connecting the dots after the fact, or you can actively co-create what happens. Hint: Visualization techniques are extra-powerful in your world right now. And by the way, if you're up for giving that old flame a new chance, there's a possibility it just might work.

## Pisces (Feb 19 - Mar 20)



A bright light is shining on something you don't normally talk about, but it had to happen

eventually. Luckily, your friends (and partner, if you're with someone) are impressed with this new aspect of your personality. As long as you stay true to yourself, a door is opened. Mars in the partners area of your chart means that a relationship could start or end abruptly—and if you're out there looking, boldness pays big. A business contact develops through luck and casual conversation, reminding you that some things are meant to be. You'll get a surprise at home around the 15th, and don't be surprised if it's something that needs to be fixed.

# Unlock your Psychic Potential

Some people think they have no psychic powers. But have they ever tried to find them?

While we are all aware of the five senses, few are aware of the other senses that allow us to see, hear and experience things far beyond the physical world. Most people perceive psychic abilities as a privilege of the gifted, yet abilities such as clairvoyance, telepathy, clairaudience and intuition are innate in all of us. All we need to do is **unlock** and develop them to their full potential.

## Latent psychic talents

Many believe they have no psychic abilities at all. However, take the time to talk to these people and you will find that all of them have had psychic experiences at some point. Things like *deja vu*, a 'gut feeling' or knowing who is on the other end of the phone before you answer are all examples of the **psychic talents** we are all born with. Unfortunately, in this modern age, few are given the time or inclination to tap these reserves and use them in daily life. Instead, we focus on developing our physical forms and using mental abilities to deal with the stresses and strains we encounter.

Even our ancient ancestors used their psychic abilities. There is evidence to suggest that cave paintings were used as an early form of positive thinking. Pictures of prey would be daubed on the walls, focussing the psychic energies of the tribe on attaining what they really needed - in this case, food. So if we could **harness** our hidden gifts, consider how much more we could achieve in our lives, both for ourselves and for others.

## Developing your subconscious mind

The leap from turning a gut feeling into fully formed intuition, or uncanny ability

to guess correctly into a precognitive talent, isn't a great one. All it requires is the development of your subconscious mind. The **subconscious** is a powerful psychic tool. Only by accessing it can you discover what your psychic strengths are.

The secret is to repeatedly instruct your subconscious to develop these abilities. The subconscious doesn't know the difference between real and imagined events. When you become involved in a



book or a film, your subconscious reacts accordingly, creating physical responses. Feelings of tension, fear or joy seem real, despite your surface knowledge that the situation is fictitious. Using this knowledge, any instructions given to the subconscious are interpreted as real. Therefore, if you want to develop your innate psychic powers, all you have to do is **instruct** your unconscious mind, and it will go to work.

You may already have an idea as to what your psychic strength is, whether it is based on a sense of things that are about to happen or the seeming ability to know what others are thinking and feeling. The first step in developing your gifts is accessing your subconscious, and the best way to do this is **meditation**.

Achieving a trance-like state is easier than you might think. Most of us have experienced driving a car and being unable to recall certain parts of the journey. This is because conscious mind has taken a 'back seat' and the subconscious has come to the foreground. Daydreams are also like this. But with meditation, you can allow the subconscious to surface, whilst maintaining an awareness that allows you to issue positive instructions. During these light trances, tell your subconscious to **reveal** your psychic strength and develop it. This may manifest itself as visualising events that have happened and scenarios that you create. The subconscious will absorb these if they are presented in a positive light.

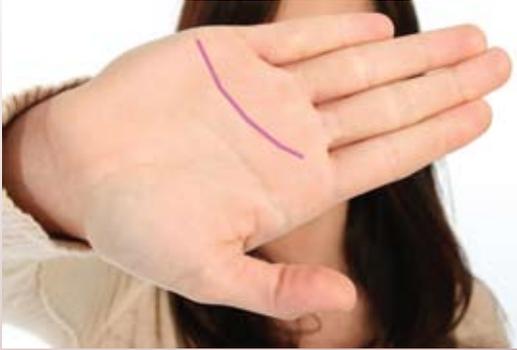
## Write it down

After each meditation, keep a diary. Note how you feel and also note any significant events that happen between sessions. Before the next meditation, look at the diary and **visualise** the events, recreating what happened and how you felt. Bring these images and feelings with you as you enter your next trance. This gives your subconscious reference material to look on and decide what areas need to be strengthened.

Developing your psychic gifts is never a story of overnight success, but you will notice subtle changes very soon through diligent practice. Typically, the **intuition** will develop first. As one of our primary survival senses from the past, it is the gift that most people can access quickly. As you improve your connection with the subconscious, and your intuition develops, your strongest psychic abilities will reveal themselves.

# Love & Palmistry

How do you express love and affection? What type of relationship are you looking for? The answer could lie in the palm of your hand.



## Curved heart line

- Passionate, spontaneous and tactile
- Not embarrassed by public displays of affection
- Generous and prone to spontaneous gestures
- Seeks warm, attractive and outgoing partners
- Sex is an opportunity to open up emotionally

When seeking new relationships, this person will take the initiative with openness and enthusiasm. They will look for common ground and scan for early signs of sexual chemistry. They are eager to win over and fall in love with the object of their affection, but will lose interest if the partner is too available or needy. They need lots of feedback and attention. Sexually they need a partner who responds to spontaneous impulses. Curved line people express anger easily; they tend to shout, throw things and then forget the argument.



## Straight heart line

- Analytical and reserved
- Prefers private shows of affection
- Reveals feelings through words and recollections
- Seeks quiet, sincere and thoughtful partners
- May be more inhibited sexually

When starting a new relationship, this person will wait for the other to give positive signals. They will seek a partner for compatibility and will need both emotional and mental chemistry before proceeding. They will seek to understand a partner's deeper feelings, and will intuitively understand how to balance the relationship. The straight line person is happy when their partner is happy. Sexually they need to feel wanted before they allow intimacy to occur, and they prefer sexually confident partners. In arguments, straight line people are prone to sulk, and may resort to passive aggression.

Looking for clarity about love? Our Psychics can help.

0800 422 0422

startemple.com

# reader profile

# Angelic

## Star Temple Psychics

### WHEN DID YOU FIRST REALISE YOU WERE PSYCHIC?

When I was very little. I always knew I was different. I could feel other people's emotions and hear their thoughts in my head. I just had no idea what it was because my family didn't encourage that sort of thing. I didn't have one of those life-changing moments as such. I just started doing mediation classes and psychic classes, and the gifts matured.



### TELL US ABOUT A MEMORABLE EXPERIENCE WITH A CLIENT.

A client of mine was desperate to find love. She felt that life was passing her by and she had no-one to share it with. Friends and family advised her to be more social and she felt that she was social enough and had committed herself to finding that perfect partner. My client

had reached the point of desperation and during an in-depth reading my Archangels were telling me that she would find her partner. I told her to take up dancing. She is not into dancing—she said that she had two left feet and thought it was rather odd to take it up. However, she took my psychic advice and found her local dancing group. After attending for a short period she found her Mister Right! They have recently married and settled in well together, are very happy and still attending dancing nights together.

### WHAT MAKES A GOOD PSYCHIC READING?

A good psychic is someone with the gift of intuition. It is a unique gift. I think it is important for the psychic to be humble and truthful, and to speak freely while remaining sensitive to the feelings and sufferings of others. A good reading is based on good mutual communication. The client must be honest and the reader must be tactful, direct, and caring.

Alaine  
PIN 7788

Claire  
PIN 7780

Liam  
PIN 7709

Alison  
PIN 7706

Demian  
PIN 7730

Mae  
PIN 7702

Amber  
PIN 5500

Eric  
PIN 7742

Nina  
PIN 7786

Amethyst  
PIN 7790

Gwyneth  
PIN 7735

Rachel  
PIN 7722

Andrea  
PIN 7726

Jade  
PIN 7717

Richard  
PIN 7708

Angel  
PIN 7718

Jeannie  
PIN 5506

Rosemary  
PIN 7733

Angelic  
PIN 7700

Jessica  
PIN 7777

Ruth  
PIN 7783

Athena  
PIN 7748

Julie  
PIN 5507

Sandy  
PIN 5511

Carolyn  
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Karena  
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Selina  
PIN 7727

Christine  
PIN 5502

Kathryn  
PIN 5508

Thomas  
PIN 5513

## STAR TEMPLE VIP

Want to join? Email [Sophie@StarTemple.com](mailto:Sophie@StarTemple.com)



Do you have a **burning question** and need a **quick answer**?

Why not text **SARAH** then your question to **78887**?



**Star Temple at the Mind Body Spirit festival in London!**

See page 3 for details

### 24x7 Customer Services

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**Premium Line** £1.53 per minute

**0906 1104 334**

### International

**+44 20 7788 9292**



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