



NOVEMBER 2008

# Star Temple

*Jump on your hobby horse!*

*What brings in a sense of success, satisfaction, lifts depression, develops mental wellbeing whilst attracting a social circle? Answers on a postcard.*

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## CONTACTS



### Managing Director

Chris Odle

Write to Chris if you have any comments about Star Temple.



### Reader Services

Sally Renshaw

Reader enquiries to  
01822 616 542

### Customer Services Team

If you would like to speak with one of our friendly reception team, call our credit card booking line on 0800 422 0422.

Also contact reception for general enquiries about Credit Card and Premium line readings.



### Address

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### Editor's Letter

*I was touched after reading a letter in one of my favorite photography magazines ( I am a keen amateur photographer) about a lady that had lost her husband and suffered a long period of depression. She had found a digital camera in a car boot sale and consequently a new lease of life! After making photography her hobby, not only did she say her mental health was greatly improved but she found a new social life and friends, all enjoying the same interest and all learning a skill at the same time! I took to investigating further, as I KNOW that many of you will hide talents and skills under the proverbial bushel and many again will value the doorway a hobby will bring. New skills, new friends and for some will bring a new interest that may involve your partner and or family allowing you to spend more time together.*

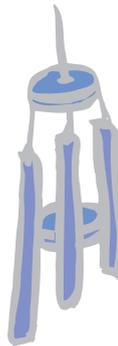
*Also we are looking at the Vitamin B range this month, as the second in our set of three important vitamin off-the-shelf self help. After investigating the serious health benefits they bring you I am sure you will be topping up your intake.*

*Until next time!*



Pavliou Landraagon

## ◆ feng shui tip of the month



**What:** *If you have a river, lake or water feature in the Southern sector of your garden then grow more woody plants and trees in this area.*

**Why:** *The South holds the element of Fire which is undermined or calmed by water. There will be an imbalance that could effect your life by not allowing your talents to be seen. It may result in you feeling that your life is dampened down and you are unable to fire ahead with your plans. PL*



**Hobbies** are underestimated, seen often as the domain of the potting shed or a pointless exercise that takes time and money. They are in fact a worthwhile life enhancing activity that is completely overlooked by many.

"I don't have time" I hear a chorus coming over the airwaves, but even if you indulge only a few hours a month, the rewards that are reaped can be invaluable. I calculated that watching 2 favorite soaps a week over a month comes to around a whopping 12 hours! What if we used that time for an activity that allowed us to develop a facet of our character that not only would we find of great personal value but even may have the bonus of including our partner and allow our family to participate too.

Do not dismiss hobbies as an expensive past time, that can be true depending on what you choose to do; being a fine art collector for example would be the domain of multi millionaires! However some hobbies can actually earn you money. Creating a collection of something that you are interested in may gain value as a whole, whilst each item alone has little monetary worth. Some postcard collections for example have become interesting and valuable in themselves.

Learning about your interest can make you into an expert of that field and attract people that will seek your advice.

Some people have even developed their hobby into a new career and created a

complete life style change.

There are no rights or wrongs around a hobby (as long as they are legal and not anti-social!) Make sure you find a hobby that is really YOU and don't let a limited perspective of your own talents and skills hold you back from exploring something you have always wanted to do. Of course it has to be enjoyable too.



### Some Pointers

- if you are unsure about what you would like to do then experiment with lots of different activities.
- check to see if your local adult education centre has any evening classes in the skill you feel you would like more practice in, writing for example.
- do not let other people undermine your new found interest.
- see if there is an already existing club that you could join.
- work out your budget and your time. How much

money are you honestly able to spend on your hobby and how much time will you allocate to it. Anything more is a bonus

- decide if you would like a hobby that involves family and friends or do you see this as precious time to spend on yourself.
- most of all prepare to enjoy the feeling of success and achievement it gives you and just **GO FOR IT! PL**

*Find out more about your chosen hobby: Google it, go the library and you tell me!*

# Star Temple Readers

Welcome to our monthly selection of current readers.

For **full details & live availability**, please see  
[www.startemple.com](http://www.startemple.com)

All our readers now have a pin number, with many  
doing both credit and premium rate readings.

**Credit/debit card 0800 422 0422**

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**Premium 0906 110 4326**

**ROI 1580 600 299**



## Carla

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

◆ clairvoyance  
Tarot



## Maureen NEW

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

◆ clairvoyant



## Mel

*Credit/Premium PIN 7707*

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

◆ psychic  
medium



## Alison

*Credit/Premium PIN 7706*

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

◆ angel, tarot  
reiki master



## Karena

*Credit/premium PIN 7703*

**Fri, Sat** 7pm-11pm  
**Mon, Thu** 7pm-11pm

◆ clairsentient  
tarot, crystal ball



## Jeannie

*Credit/Premium PIN 5506*

**Tue, Wed, Thu**  
9am-2pm

◆ clairvoyant  
clairaudient



## Christine

*Credit/Premium PIN 5502*

**Mon, Sat** 10am-2pm  
**Wed** 2pm-7pm

◆ clairsentient  
medium



## Amethyst

*Credit/Premium PIN 7790*

**Mon, Tues, Wed**  
6pm-12pm

◆ psychic  
tarot



## Eric

*Credit/Premium PIN 7742*

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

◆ psychic  
tarot



## Elizabeth

*Credit/Premium PIN 7715*

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

◆ clairvoyant  
clairaudient  
clairsentient



## Mark

*Credit/Premium PIN 7709*

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

◆ psychic  
tarot  
crystal ball



## Elica

*Credit/Premium PIN 7719*

**Tues, Wed**  
2pm-7pm

◆ medium  
counsellor  
healer



## Tom

*Credit/Premium PIN 7757*

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

◆ psychic  
tarot  
dream analysis



## Kathryn

*Credit Card 5508*

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

◆ clairvoyant



## Mia

*Credit/Premium PIN 5510*

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

- ◆ clairvoyant
- clairsentient



## Jenny

*Credit/Premium PIN 7736*

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

- ◆ psychic
- dream analysis



## Sandy

*Credit Card PIN 5511*

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

- ◆ medium
- clairvoyant



## Rudi

*Credit/Premium PIN 7717*

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

- ◆ medium
- clairvoyant



## Tricia

*Credit/Premium PIN 7711*

**Tue** 8pm-midnight  
**Wed** 9pm-midnight

- ◆ psychic
- intuitive healer
- counsellor
- life coach



## Gwyneth

*Credit/Premium PIN 7735*

**Mon, Tue** 2pm-6pm  
**Wed** 2pm-7pm  
**Thurs** 9am-2pm  
**Fri** 2pm-7pm

- ◆ clairvoyant
- psychic



## Rachel

*Credit/Premium PIN 7722*

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

- ◆ clairvoyant
- clairaudient
- clairsentient



## Richard

*Credit/Premium PIN 7708*

**Tue** 2-7pm  
7.30pm-midnight  
**Wed** 7pm-midnight  
**Thu** 2-6pm  
7.30pm-midnight  
**Sun** 9am-2pm  
7pm-midnight

- ◆ psychic, tarot



## Selina

*Credit/Premium PIN 7727*

**Tue, Wed, Thurs**  
8am-2pm  
**Fri** 9pm-2pm

- ◆ clairvoyant
- medium



## Tanith

*Credit/Premium PIN 7710*

**Mon, Wed, Sat**  
10pm-2am

- ◆ clairvoyant
- tarot



## Maria

*Credit/Premium PIN 5514*

**Wed** 7pm-11pm  
**Fri, Sat** 2pm-7pm

- ◆ tarot
- angel cards
- reiki



## Laura

*Premium PIN 7732*

**Wed** 7pm-10pm  
**Thu** 10am-2pm  
**Fri** 10am-2pm  
7pm-10pm  
**Sat** 10am-2pm

- ◆ clairvoyant
- psychic



## Hayley

*Credit Card PIN 5503*

**Thurs** 7pm-11.30pm

- ◆ clairvoyant
- tarot



## Hazel

*Credit Card PIN 5504*

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

- ◆ psychic
- medium



## Thomas

*Credit Card PIN 5513*

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

- ◆ clairvoyant
- medium



## Julie

*Credit/Premium PIN 5507*

**Mon, Fri,**  
2pm-midnight  
**Wed** 7pm-midnight  
**Sun** 2pm-12pm

- ◆ clairvoyant
- medium
- crystal ball



## Fran

*Credit/Premium PIN 7716*

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

- ◆ clairvoyant
- medium



## Amber

*Credit/Premium PIN 5500*

**Mon, Wed**  
7pm-11pm  
**Sun** 7pm-11pm

- ◆ clairvoyance,
- mediumship



# to B or not to B?



Our focus is on Vitamin B this month. Vitamins are such an easily accessible self help tool, whether from supplements or our food source, that we cannot overlook them unless we want to compromise our health.

Once thought of as a single vitamin, the group called the B complex work in unity with each other hence often being present in one supplement.

Comprising of B1, B2, B6, B12, as well as Biotin, Choline, Pantothenic Acid and Folic Acid, this group is vital to our mental and physical wellbeing. Deficiency can have serious results including anaemia, depression and swelling, as well as more minor complaints such as broken flaky nails, poor repair of hair and skin.

Folic acid is now commonly taken by pregnant woman as it is shown to reduce birth defects including Downs Syndrome.

Three million people in Britain take B vitamins and 2 million of them are women, with the aim to beat PMS. Males take it to cope with stress and gain an increase in energy.

An article in the British Medical Journal states that according Dr Katrina Wyatt, 100mg a day is effective in helping premenstrual depression. As the government recommended dose is only 10mg a day it is hoped that funding for trials may be set up to confirm safe levels. There has been a huge outcry over plans to limit the sale of B6 but the government have held off so RDA levels can be re-evaluated. Always check for the recommended dose on the bottles or ask for

professional advice.

So where in our food are the B's to be found? Black strap molasses (the healthy component of sugar), oatmeal, meat, fish, green vegetables, whole grains, eggs and dairy are all great sources. Do your homework to find out which in the range of the B's are more prevalent in different foods and or take your supplements. Vegans beware though as B12 is not present in vegetables and a different source needs to be found, usually in the form of fortified foods.

As B complex can help against senile dementia and may reduce heart disease, all of us, male or female young or old will find B's to be crucial in our diet. Though buying supplements hits our purse, if a high quality diet is lacking, can we afford to be without them? PL

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For more information:  
[www.eatwell.gov.uk/healthydiet](http://www.eatwell.gov.uk/healthydiet)  
[www.netfit.co.uk](http://www.netfit.co.uk)  
[news.bbc.co.uk/2/hi/health](http://news.bbc.co.uk/2/hi/health)  
[www.netdoctor.co.uk](http://www.netdoctor.co.uk)

# Astrology

Joanna Watters



*There's an important month ahead, starting on the 4th with serious Saturn and rebellious Uranus in a rare opposition. The big message here is to check complacency of any kind and to be prepared for any change that is thrust upon you. It's happening for a reason even though it may be some time before that reason is apparent or meaningful. By contrast and by way of compensation we have a lively dance taking place between the Sun, Uranus and Jupiter, planet of opportunity and good fortune. This is especially powerful between the 10th and 13th, the latter date also bringing the Full Moon in fertile Taurus. If ever there was a time to make your own luck this is it. Set the wheels in motion for your deepest wishes and when Jupiter aligns harmoniously with Saturn on the 21st the results could be spectacular.*

## Aries (Mar 21 - Apr 19)



There's a turbulent picture at the beginning of the month and with your planet Mars in conflict with Neptune on the 4th it may be difficult to find your usual focus. An emotional issue is also likely to be debilitating, especially one which forces you to face your own misconceptions. You hate to get it wrong but to err is human not to mention educational so why be so hard on yourself? Mars moves on into optimistic Sagittarius on the 16th and someone special restores your faith, both in yourself and the future.

## Gemini (May 21 - Jun 21)



You're known as the chatterbox of the zodiac but with your planet Mercury entering intense and secretive Scorpio on the 4th there are some things better left unsaid. Tread very carefully around a work or domestic issue, especially if feelings are already running high. When Mercury moves on into outspoken Sagittarius on the 23rd you'll get your chance to say what you really think and to enter into a debate without rancour. Your love life hots up at the same time and a new attraction carries exciting potential.

## Taurus (Apr 20 - May 20)



Your planet Venus is entangled with the Saturn-Uranus clash on the 4th, pulling you into a volatile or unexpected situation that you could well do without. Don't try to sidle away. The quicker you deal with a problem the more effective your damage control tactics will be. Relationship issues are more sensitive than usual but with Venus moving on into constructive Capricorn on the 12th, swiftly followed by the Full Moon in your sign, you can't fail to see what is needed. It's then just a matter of putting theory into practice.

## Cancer (Jun 22 - Jul 22)



Your protective tendencies are stronger than ever as someone close to you faces a demanding or stressful situation around the 4th. Think twice, however, before rushing to the rescue. Keeping a caring but objective distance is now more helpful than giving too much of yourself. Similarly, be willing to fight your own battles if only for the reward of self empowerment. The Sagittarius New Moon on the 27th favours emotional independence, whether you are single or attached, and you will find out how true this is in the coming months.



## Leo (Jul 23 - Aug 22)



With your financial world in the firing line around the 4th it's time to think outside the box when it comes to resolving money issues. You love to be lavish but if it's on credit you'll benefit hugely now from saying no to yourself. Get in touch with your legendary creative streak and find ways of living life to the full that won't cost the earth. Fortune smiles on your love life from the 10th. Finding the magic blend of fun and serious commitment is a recipe for success. If you're looking for love, dreams can become a reality on the 21st.

## Libra (Sep 23 - Oct 22)



Life's tempo is marked slow as the month begins so make the most of a period of reflection. Reviewing the past before you decide on the future will bring fuzzy desires into sharper focus. From the 12th you'll be more sure footed and busy rewriting your script. Your love life brightens up from the 16th as Mars enters cheerful Sagittarius but bear in mind a partner's need for space, and don't feel left out if they have their own avenues to explore. Genuine interest and encouragement are the way to his heart, and his respect.

## Sagittarius (Nov 22 - Dec 21)



Life would be so much easier if someone would just tell you what they want or expect of you but the truth is that maybe they don't have the answers either. Don't push someone too hard or try to force a situation towards resolution. With your planet Jupiter about to play a powerful role matters will sort themselves out from the 10th, and probably in a way that you couldn't have anticipated. The New Moon in your sign on the 21st coincides with Pluto's final exit – the magical moment of putting past ordeals firmly behind you has finally arrived.

## Aquarius (Jan 20 - Feb 18)



Imaginative Neptune is powering up in your sign from the 2nd but you firstly have to come to terms with the things that are not working in your life. This is not the time to stay fixed on a particular course through stubbornness, not that you will be allowed to. With your planets Saturn and Uranus so dominant this month a huge shake up is inevitable and the benefits of this come home to you around the 13th. Letting go of an old dream is tinged with sadness but the new horizons opening up before you are filled with promise.

## Virgo (Aug 23 - Sep 22)



With Saturn still traveling through your sign the clash with Uranus on the 4th is likely to bring a personal issue to crunch point and stop you in your tracks. This may take the shape of realizing what you don't want, which is as good a starting point as any when it comes to finding happiness. Your goal now is to look constructively at the options open to you – there are more than you might imagine as you will discover around the 16th. At the same time choices or key issues in your love life also become clearer, and more interesting.

## Scorpio (Oct 23 - Nov 21)



As Mercury enters your sign on the 5th there's some deep thinking to be done, especially in the light of a recent setback. If anyone can dig under the surface for inspiration it's you, so don't underestimate the power of your originality. Only then can you formulate your plans and voice them with passion. When the Scorpio Sun lights up Jupiter and Uranus from the 10th to the 13th it's your turn to shine. Your love life takes centre stage at this time and a heart to heart brings new understanding and a deeper connection on both sides.

## Capricorn (Dec 22 - Jan 20)



You are not a natural rebel but events at the beginning of the month teach you how to become one. If you are typecast into a role that doesn't suit you, either at work or in your personal life, it's time to crack the concrete casing and reclaim the right to change your mind. It's the first step to changing your life. When Venus arrives in your sign on the 12th the value of self love is even stronger, preparing the ground for Pluto's arrival on the 27th. Transformative changes await you and your quiet courage will keep you on track.

## Pisces (Feb 19 - Mar 20)



Uranus continues to travel through your sign and shows his disruptive face in events that unfold around the 4th. Disillusionment with a project or a close relationship is difficult to handle and feelings are running high, yours and someone else's. However, there's nothing that can't be resolved as long as you resolve not to shy away from the things which are difficult to say – or hear. When your planet Jupiter steps in on the 10th the proverbial silver lining shines through and the New Moon on the 27th sparks an exciting new opportunity.