



Star Temple

Colour Healing

How important is colour in our everyday lives? How does colour influence us?

Firstly we can tell a lot about our mood and taste by the colours that we choose in our homes and also by what we wear. Needing a particular colour can often indicate what is lacking in our lives. Apart from being influenced by what is currently in fashion, our choices can shed light onto our moods and physical needs.

Colour is simply refracted light from the sun that hits an object and sends information to the retina of our eyes and then that information goes to our brain. It places a whole new relationship to colour when we consider that colour is not contained in an object but vibrates from the object.

All colours are contained in white light as demonstrated initially by Isaac Newton, who passed light

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



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Editor's Letter

As it gets darker and the winter sets in some of us feel sad at the passing of summer but some of us can suffer from SAD (seasonal affective disorder).

Not surprising as the winter can seem so long and dark, though I personally love the winter season, I confess I have had enough by January. We can soften the winter blues by being exposed to light and particular colours; a bright scarf and a spattering of colour really can make all the difference to our mood.

This months article on colour is particularly fascinating as there is so much to write about that I could only touch upon its essence, so I urge you find out more about this fascinating vast subject.

Those that are very affected by the lack of light, get expert help and think about hiring a special light box to find out if the problem is deeper than just longing for the freedom of summer clothes and long days in the sun.

So don't let yourself suffer this winter, check out the options, there are alternatives to the winter blues.



Pavlou Landraagon

◆ feng shui tip of the month



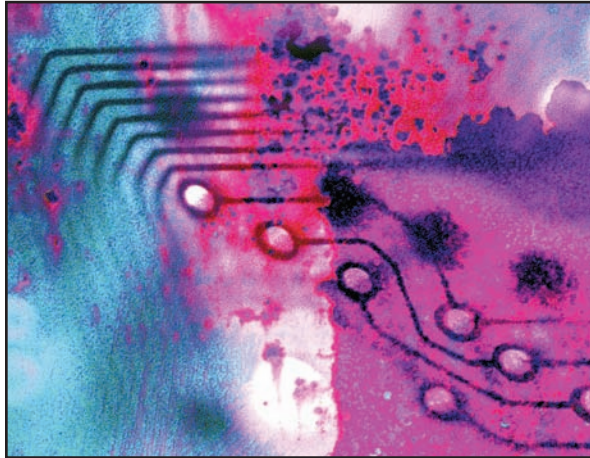
What: Use mirrors to reflect light into darker rooms.

Why: Light is Yang energy and sometimes darker rooms can make us feel depressed or uncomfortable. Putting a mirror up creates a bright upward energy and can make a room much cheerier; plus gives an impression of making the space larger than it really is.



through a glass of water to show the colours contained in white light; though the human eye cannot see all of the spectrum. Infra-Red and Ultra - Violet are both colour vibrations recognised for their healing abilities by conventional western medicine.

Infra-red photography records that particular lightwave and images show a ghostly glowing light that emits from objects and landscapes, excluded by filters in normal cameras.



Colour is everywhere and its vibrations influence our world daily regardless of whether one is colour blind. Indeed the word 'human' in the sacred Indian language of Gurumukhi means the "colour of the mind", hue meaning colour and man meaning mind. In Yogic and Spiritual healing terms this means that the fundamentals of healing are based on colour and therefore light. Diagnosis can be made on the colour of the aura and special cameras have been made to photograph the Auric Field as well as the light coming from the living energy field via Kirlian photography .

Scientist Dr. Fritz Popp, said to be the father of Biophoton research, proved that the cells of all living things communicate

via light which exerts an influence on the bodies biochemical processes. Healing modalities have been recognised for thousands of years, from the Egyptians constructing coloured healing light rooms to modern day counterparts such

as Colour Puncture . Partly based on the Oriental system of acupuncture, Peter Mandel created this treatment by researching the effects of coloured lights on key areas of the skin in particular

sequences to facilitate healing in the bio-systems of humans and animals. It can even lift up the face by putting specific colours onto zones of the skin.

For thousands of years humans have all come to the same universal fundamental truth that the human is dependent on light both for spiritual and physical nourishment.

So what is the colour of your mind?PL

www.spectrahue.com/mind.

www.colorpuncture.com

www.esogetics.de

www.pantone.com

www.kirlian.org/kirlian.htm

Colour me healing by Jack Allanach

Star Temple Readers

Welcome to our monthly selection of current readers.

For **full details & live availability**, please see
www.startemple.com

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

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◆ clairvoyant
clairaudient
tarot



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Sat 2pm-7pm

◆ clairvoyant



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

◆ clairsentient
tarot, crystal ball



Jeannie

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Mon, Tue, Wed, Thu
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◆ clairvoyant
clairaudient



Mae

Credit/Premium PIN 7702

Mon 10am-2pm
Wed, Fri 2pm-7pm
Sat 1pm-6pm
Sun 7pm-11pm

◆ clairvoyant
astrology
psychic, medium



Christine

Credit/Premium PIN 5502

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

◆ clairsentient
medium



Amethyst

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Mon, Tues, Wed
6pm-12pm

◆ psychic
tarot



Alison

Credit/Premium PIN 7706

Mon 7pm-11pm
Tue 2pm-11pm
Wed, Thurs 2pm-7pm
Fri 2pm-6pm

◆ angel, tarot
reiki master



Estella

Credit/Premium PIN 7724

Sat 2pm-7pm
Sun 6pm-11pm

◆ clairvoyant
past life
psychic



Mark

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Wed 9pm-midnight
Thu 9pm-midnight

◆ psychic
tarot
crystal ball



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Credit/Premium PIN 7742

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

◆ psychic
tarot



Tom

Credit/Premium PIN 7757

Tue, Thurs, Sun
9am-1pm, 2pm-7pm
Mon, Fri 7pm-11pm
Tues 7.30-10pm
Thurs 8pm-11pm
Fri 2pm-7pm

◆ psychic
tarot
dream analysis



Andrea

Credit/Premium PIN 7726

Mon, Fri 9am-2pm
Tues 8.30am-2pm
Thurs 2pm-7pm

◆ clairvoyant
clairsentient
tarot



Elica

Credit/Premium PIN 7719

Tues, Wed
2pm-7pm

◆ medium
counsellor
healer



Mia

Credit/Premium PIN 5510

Mon, Tue 2pm-12pm

Wed 7pm-12pm

Thurs 6pm-12pm

Fri 8.30pm-12pm

Sun 9am-7pm

- ◆ clairvoyant
clairsentient



Janis

Credit/Premium PIN 7705

Mon 8.30am-12noon

Wed, Sat 9am-1pm

Fri 8.30am-1pm

- ◆ clairvoyance
clairsentient
spiritual



Sandy

Credit Card PIN 5511

Mon 2pm-7pm

Tues, Thurs 7pm-mid

Fri 9am-2pm

Sat 2pm-11pm

Sun 7pm-11pm

- ◆ medium
clairvoyant



Rudi

Credit/Premium PIN 7717

Mon 9am-2pm

Tues, Wed, Thurs, Fri

10am-2pm

- ◆ medium
clairvoyant



Tricia

Credit/Premium PIN 7711

Tue 9pm-midnight

Wed 9pm-midnight

- ◆ psychic
intuitive healer
counsellor
life coach



Gwyneth

Credit/Premium PIN 7735

Mon, Tue 2pm-6pm

Wed 9am-1pm/2pm-7pm

Thurs 10am-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
medium



Richard

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Tue 2-7pm

7.30pm-midnight

Wed 7pm-midnight

Thu 2-6pm

7.30pm-midnight

Sun 9am-2pm

7pm-midnight

- ◆ clairsentient



Selina

Credit/Premium PIN 7727

Tue, Wed, Thurs

8am-2pm

Fri 9am-2pm

- ◆ clairvoyant
medium



Tanith

Credit/Premium PIN 7710

Mon, Wed, Sat

10pm-2am

- ◆ clairvoyant
tarot



Maria

Credit/Premium PIN 5514

Wed 7pm-11pm

- ◆ tarot
angel cards
reiki



Laura

Premium PIN 7732

Wed 7pm-10pm

Thu 10am-2pm

Fri 10am-2pm

7pm-10pm

Sat 10am-2pm, 7-10pm

- ◆ clairvoyant
psychic



Thomas

Credit Card PIN 5513

Mon, Fri, Sat & Sun

7pm-midnight

- ◆ clairvoyant
medium



Julie

Credit/Premium PIN 5507

Mon, Fri,

2pm-midnight

Wed 2pm-midnight

Sun 2pm-12pm

- ◆ clairvoyant
medium
crystal ball



Amber

Credit/Premium PIN 5500

Mon, Wed 7pm-11pm

Fri 8pm-midnight

- ◆ clairvoyance,
mediumship



Liz

Credit/Premium PIN 7720

Tue, Fri 7pm-11pm

Sat 10am-2pm

Sun 2pm-7pm

Sat 7pm-11pm

Sun 10am-2pm

- ◆ clairvoyant
tarot
dream interpreter



Fran

Credit/Premium PIN 7716

Tue, Wed, Thurs, Sat

7pm-11pm

Sat 7pm-11pm

- ◆ clairvoyant
medium



Hayley

Credit Card PIN 5503

Sun 7pm-midnight

- ◆ clairvoyant
tarot



Let there be *Light*

Light is one of the cornerstones of our wellbeing and lack of it can cause illness and depression. As winter sets in and the Sun becomes lower in the sky it is good to know that we don't have to suffer the consequences of the darker seasons.

About 7% of Britains suffer from SAD (Seasonal Affective Disorder) every winter with another 17% being affected with a mild form of this disorder, and the effects are debilitating. The lack of light affects the hypothalamus, the area of the brain that along with the pituitary is the glandular control centre, and creates a biochemical imbalance. Some of the symptoms range from depression, loss of self-esteem, hopelessness and despair, apathy, disturbed sleep patterns (either sleeping more or less) and difficulty with concentration.

If all this sounds familiar then help is at hand with SADA, a registered charity to help those that have no access to a sympathetic GP or who need support to help them find solutions to this perennial problem. The good news is that this

disorder can be managed (and a bonus is that is drug free) and up to 85% of diagnosed cases have been helped with light therapy.



Special light boxes have been designed to allow the body to absorb the extra light it needs, and used daily can really help the effects of SAD. Sitting only 2 or 3 foot away whilst doing some other activity (such as reading or knitting), is sufficient and the effects can be felt after only 3 or 4 days. Some light boxes have an intensity of 10,000 Lux (office lighting for example is on

average only 200-500 lux) but check with SADA for approved boxes. SADA also recommends that SAD sufferers do not wear tinted glasses as they will block light to the retina of the eye and exacerbate the problem.

Get help, there is no need to get SAD this winter. *PL*

For more information go to:
www.sada.org.uk

Astrology

Joanna Watters



Jupiter, planet of good fortune, has been backtracking through inventive Aquarius since the middle of June but will switch to forwards motion again on the 13th. This marks a positive turning point and, whatever dreams and schemes you may have been hatching, the focus is now on practice rather than theory. Similarly, any new opportunities or innovative ideas that present themselves at this time should be seized with enthusiasm. This is the ideal time to study and invoke the law of attraction as Jupiter's principle is expansion and he loves abundance of all kinds. Concentrate on your wildest expectations so that you can boost your ability to magnetize what you want, rather than attracting what you fear or resent. Collaboration is also especially important this month so give freely of your love, time and resources wherever possible – you'll be rewarded tenfold.

Aries (Mar 21 - Apr 19)



The Full Moon in your sign on the 4th singles you out for success with a special project or brings helpful information to light. However, facts and figures alone are unlikely to provide all the answers to a complex issue. Do not underestimate the power of your intuition at this time, especially if you are feeling your way through a new relationship. By the time your planet Mars moves into fiery Leo on the 16th you will be back in more familiar territory. Reclaim your usual confidence and choose the proactive rather than the passive options for rapid results.

Gemini (May 21 - Jun 21)



One of your greatest assets is your open mind. With both Jupiter and your planet Mercury on the move again you can now embrace all kinds of new possibilities and break the glass ceiling on any limiting beliefs. An issue that has been a struggle or a muddle is resolved in the light of new information or as the result of a different attitude. Only now can you see where you've been working in the dark. Your love life prospers around the 20th when you find the right words, or a new attraction takes off when you find the perfect way to break the ice.

Taurus (Apr 20 - May 20)



As much as you love the material pleasures of life, Jupiter's current message is not to make money your top priority. Be ruthlessly honest with yourself as you evaluate your job satisfaction or sense of purpose and you can make huge improvements. Career moves and decisions that are cemented around the 13th are not only important in themselves but they could also lead on to new ventures with huge potential. Your love life deepens from the 23rd and a heart to heart leads to revelation. With a new love interest the fascination is mutual.

Cancer (Jun 22 - Jul 22)



You are not known for your love of change but energetic Mars in your sign continues to goad you into action and needle you into deeper self examination. Surprisingly easy results or unexpected good news around the 5th spur you on even further to explore the unknown or the experimental and, more importantly, to recognize yourself as a high achiever. Solution finding is easy now that you have your thinking cap on the right way around. With piercing insight on your side do not avoid emotional risk taking, especially on the 24th when courage counts.



Leo (Jul 23 - Aug 22)



Jupiter spins his magic in your relationship sector. Trust him to move you in the right direction, whether this is meeting someone new who is good for you, reaching the point of mutual commitment or being liberated from unhealthy ties. Life is moving on quickly in other ways too as the action planet Mars arrives in your sign on the 16th. Realize that this makes you powerful and extra competitive but also possibly intimidating to those less sure of themselves. In your pursuit of success don't underestimate the value of being approachable.

Libra (Sep 23 - Oct 22)



As the sign of partnership personal relationships are high up on your happiness agenda, and especially at this time of year. There are areas of contention to deal with, however, and you will need all your diplomatic skills during the first half of the month. Real answers or love resolutions arrive from the 14th onwards as your planet Venus enters your sign, followed by the Libra New Moon on the 18th. Only then can you reach agreements without endless deliberation. New romance is full of promise, maybe with someone who has, until now, appeared indifferent.

Sagittarius (Nov 22 - Dec 21)



Your natural optimism is about to be justified as your planet Jupiter turns directly in the news and ideas sector of your chart. Whether this is your characteristic eleventh hour luck, or the results of a long and patient wait, the fact is that you now strike lucky. A cherished project bearing fruit, heartwarming news for a sibling, being in the right place at the right time – these are all possible scenarios for celebration. Take special note of events around the 20th or choose this date to finalize plans or contracts. New romance at this time is easy and super special.

Aquarius (Jan 20 - Feb 18)



Lucky Jupiter turning directly in your sign is swiftly followed by Mars muscling in on the action, kick starting a new chapter or taking the brakes off a situation that has been tediously slow going. Take longer term plans off the drawing board, even if you don't feel completely ready, or you could miss the magical moment for true progress. With love issues it's make your mind up time and honesty really is your best policy. If it's a casual lover or a partner with a commitment problem don't be afraid to push for an answer – it could be the best thing you ever did.

Virgo (Aug 23 - Sep 22)



Events this month are likely to bring a milestone in your life as task master Saturn is finishing a two year journey through your sign. It's a time for consolidation and reflection as you digest the full scope of experiences that have brought you to this point. With your own planet Mercury also powering forwards in your sign the future beckons. Do not waste time on regrets or self criticism, especially around the 8th. Rarely have you been in such a strong position to change your life for the better. Make major decisions with confidence.

Scorpio (Oct 23 - Nov 21)



There is at least one situation that requires you to be in control but in a "behind the scenes" role. Concentrate on some skilful engineering, either for a loved one or in preparation for a long sought after goal. Either way you can rely on the accuracy of your vision and powerful instincts. Your personal life takes centre stage from the 23rd with the arrival of the Sun in your sign, followed by Mercury on the 28th. Tackling the key issues in your love life then creates, or recreates, a deeper level of attraction and connection that brings out the best in both of you.

Capricorn (Dec 22 - Jan 20)



With opportunistic Jupiter picking up speed again in your finances sector there's some serious money to be made. An idea that comes through a colleague or associate, particularly for a team project, could open up a whole new avenue. Go for it and explore the possibilities exhaustively. When your planet Saturn changes signs at the end of the month there will be plenty of signals to point you in the right direction. At a more fun level you couldn't pick a better time for starting a lottery syndicate, and for romance your red letter day is the New Moon on the 18th.

Pisces (Feb 19 - Mar 20)



With your planet Jupiter now powering up again in the most private sector of your chart there is a theme of making peace with the past. Yours is a sensitive nature, easily hurt, but this doesn't mean that you can't heal. Leave old wounds alone or chalk a disappointment down to experience or possibly a lucky escape. From mid month the time is ripe for turning your love life around in positive ways. You and a partner can now easily meet halfway over your differences or, if you'd given up on love, events around the 17th prove that romance is easily reawakened.