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Michael and Catherine Was it written in the stars? p6

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The new web site offers even more: Celebrity interviews, sex/relationship columns, free Tarot and psychic readings, and daily horoscopes to keep you in touch with the stars. Plus, live access to our psychics.

2010 Oscars Astrological Forecast p3



What's ahead in March? Your Horoscopes p4



Healing with Herbs p2



Psychic Profile p8



March 2010

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HEALING WITH HERBS

Elizabeth
Brooke

Herbs are an alternative to medicine from your doctor, and some of these remedies can be made from what's already in your kitchen.

VIRUSES

Sap from trees and then mixing it with wax in the bee hive. It is a powerful anti viral remedy and can be used to nip any viral attacks in the bud; dosage depends on the strength of the tincture so follow instructions on the bottle.



COLD SORES

These generally develop due to being run down. Although it really stings, dab Tea tree oil or lotion onto the lesion to dry it up quickly.

CONCENTRATION

Take ginseng and rosemary to keep focussed and alert. Ginseng is an adaptagen - it can increase the effect of other medicines - so don't drink lots of coffee at the same time or take with prescription drugs.

RASHES

Use witchhazel, available in most big chemists, or check ethnic stores for Rosewater or Orange flower water for a lovely cooling lotion. Use neat on cotton wool, dab on the affected area.

SINUSITIS

The best remedy is a few drops of Olbas oil dropped onto a handkerchief and inhaled. You can also add 4 drops to a bowl of boiling water, cover the head and breathe in.

FLU

Echinacea is a potent antiviral remedy, use as a tincture. It is also brilliant as a preventative to build up your immune system.

HANGOVERS

Caused by the dehydrating effects of alcohol and a sluggish liver. Drink loads of water and take 10 drops of dandelion tincture every 3 hours. Even though you may not feel hungry, a high protein meal will raise blood sugar levels and reduce nausea and dizziness.

NAUSEA

The aromatic herbs are great. Make a tea from peppermint, fennel or chamomile, and if none is to hand, take 1 teaspoon of cider vinegar in 50 ml of water. Sour, but works brilliantly!

INSOMNIA

My remedy of choice is always lavender. Use 5 drops of essential oil in a warm bath before retiring, burn 5 drops in an oil burner or sprinkle the essential oil or lavender water on your pillow.



ANXIETY

Cut out stimulants: tea, coffee, alcohol, sugar. Drink chamomile (2 tea bags plus honey/sugar) throughout the day. For strong panicky feelings take the bach flower remedy, Rescue Remedy.

DEPRESSION

Cut out stimulants, take rosemary and Melissa tea to lift the spirits, burn rosemary essential oil in an oil burner, or add 4 drops to a bath.

COUGHS

My favourite remedy is coltsfoot syrup, make your own with 500ml of water and 30g of dried coltsfoot, steep until reduced by half, add sugar to taste. Take 1-2 teaspoons 3 times a day.

HEADACHE

Often caused by a sluggish liver. Use Milk Thistle tincture (available in most chemists) 10 drops 3 times a day. Due to stress: use lavender as for anxiety. Tiger balm, found in health food stores and, can be rubbed on the forehead and temples to ease the pain.



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2010 OSCAR Forecast

by Helen Adams & Patrick Arundell

Best Actress

Some of the favourites so far are the indefatigable Meryl Streep, the glamorous Helen Mirren, and new talent Gabourey Sidibe for her role in *Precious*.

Then there's Abbie Cornish for her role in *Bright Star* or Carey Mulligan for her leading role in *An Education*. Mulligan is another rising star, who may just pip the other actresses at the post – though traditionally Oscars are given to experienced players.

Of these hot favourites, Meryl Streep is the one that comes up time and time again. She remains a sex symbol at sixty-one and has gained a new level of popularity for her roles in such films as *Mama Mia*, and more recently in *Julie & Julia*. Streep last won for Best Actress back in 1982 for her role in *Sophie's Choice*, and has been nominated more times than any other actress since the awards began. Will 2010 be another lucky year?

Her Sun in Cancer is in close proximity to Uranus, planet of shocks, surprises and sudden revelations. Planetary influences affecting this area suggest yet another earth shattering event! Both her Mars and Mercury are in buzzy Gemini, which gives her a versatile wit and charm – and this pairing is aspected by lucky Jupiter just days before the Oscar ceremony.

On the day of the Oscars, Venus makes a stunning aspect to Streep's Sun, whilst Mars aspects her natal Jupiter. What this means is that if anyone has a chance, she certainly does. Expect her to be among the nominees as envelope is opened.

Yet another genuine contender may be Gabourey Sidibe who had only played minor parts when she auditioned for the role in *Precious*. Suddenly she has the backing of such luminaries as Oprah Winfrey – so there is plenty of powerful influence behind her. A look at the planetary picture on March 7th – the day of the Oscars - reveals that no less than five planets are in Pisces, with Venus making a move into Aries. This suggests that a star who has been in hiding may be properly born. Sidibe has already been nominated for a host of prestigious awards including a Golden Globe - this year, her first lead part may land her an Oscar.



Meryl Streep could win yet another Oscar.

Winning an Oscar increases your life expectancy, according to data gathered since the first Academy Awards ceremony back in 1929! Looking at the astrological aspects, who will snaffle the Oscar and defy age in 2010?

Best Actor

There are a number of names cropping up in this category. The first is Morgan Freeman for his turn as Nelson Mandela in *Invictus*. Another is Jeff Bridges for his role in *Crazy Heart* as a boozing country music singer. Three other stars - Matt Damon, Joseph Gordon-Levitt and Colin Firth – have all played excellent and memorable roles.

Another clamour suggests that international heart-throb Johnny Depp might be in the running. In January he won a People's Choice award for the Decade's Best Actor, suggesting that his time may have come. The astral portents are looking good for Depp to get a nomination – and maybe more. Some excellent transits to both Mercury and Venus in his career zone from Uranus in Pisces suggest that he may be in for a surprise - despite the fact that he enjoys playing quirky roles and isn't too bothered about official recognition.

Matt Damon is another possibility. He won an Oscar for best Screenplay along with Ben Affleck, and has been nominated for Best Actor before. He recently played a lead role in *The Informant*, in addition to a supporting role in *Invictus* alongside Morgan Freeman, so Damon may be nominated in two categories. Yet his horoscope looks rather disappointing in this regard. He may be nominated, but someone else is likely to take home the statue.

Morgan Freeman has won an Oscar for Best Supporting Actor for his role in *Million Dollar Baby*, and many suggest that this time he could win for Best Actor. Given some of the dubious publicity he

received last year, plus a car accident in which he sustained severe nerve damage in one arm and hand, an Academy Award would surely boost his spirits. His chart shows a strong possibility of a nomination and even a win!

Finally, Joseph Gordon-Levitt is known for his roles both as a child and as an adult. Recently he played Tom Hansen in *(500) Days of Summer*, in which he falls in love with a girl who doesn't believe that true love exists. He has never been nominated for an Academy Award, but his chart reveals an array of influences which could all add up to a positive hit.

And the prediction goes to

A mixture of form, odds and horoscope influences suggest **Meryl Streep** for Best Actress and **Morgan Freeman** for Best Actor. However **Gabourey Sidibe** and **Johnny Depp** could be the surprise choices in a night filled with even greater nail-biting suspense than usual.

Aries (Mar 21 - Apr 19)



It's a strange mix of pleasure and sobriety this month - can you handle both at once? The Sun, Mercury and Venus are heading into your sign and when they all settle in around the 21st, people will notice your magnetic energy and an attraction may become irresistible. But before that happens, you may get caught up in false starts and botched words. When your passion heats up you sometimes forget all else, so read between the lines and you'll avoid hard feelings. You may not always understand how someone else's mind works, but to accept it anyway will serve you well.

Taurus (Apr 20 - May 20)



Focus and drive are a few of your gifts, but don't confuse them with isolation. There are loads of people out there whose help you can and must seek - that is, if you want to reach the top of the mountain you're climbing - so let new voices do some talking for you. When your conscience starts buzzing in your ear about something that seems insignificant, take a walk and check under the hood before you act - it may be a bigger deal than you think. A useful career message may surface, but in today's ocean of information, it will take alertness to catch it.

Gemini (May 21 - June 21)



You have a give and take relationship with the past - sometimes it makes good entertainment, but sometimes it just has to be let go. If someone unexpected shows interest in you, romantically, let the past come to completion before rushing in or away. You have plenty to mull over as your career zone is feeling a rush, including a transit from Mercury and a well-placed Mars. This puts strong cards in your hand, so crank up the charm and play them well. The spotlight may be all over you from the 11th onwards, and you shouldn't have any trouble finding your love for it.

HOROSCOPES CAREER LOVE **SPIRIT** DESTINY



Chris Odle
Astrologer & Shaman

March brings waves of romance and intuition as five planets drift dreamily through Pisces, but things turn volcanic later in the month.

Call 0800 422 0422 for more details

Libra (Sept 23 - Oct 22)



Despite your uncanny ability to balance and juggle life's myriad aspects, don't be surprised if the tightrope feels a bit wobbly this month. Few can rival your ability to put emotions aside when needed, but things put aside will resurface out of the need to be felt and expressed, and your terrain will seem uneven all of a sudden. Letting go and expressing something deep will help you find an even fuller expression of your personal beauty, and this month it may help you find new romance as well, when the Sun, Venus and Mercury gather in your house of partnership three weeks in.

Scorpio (Oct 23 - Nov 21)



You'll be greeted by luscious pangs of sensuality this month, with a host of planets frolicking in your area of love affairs and romance, including a New Moon on the 16th. The issue, if any, will be too many possibilities. You can dial a trusted friend or connect with the earth to avoid being carried away by all the attention. Or, if you'd rather let yourself be carried away, keep in mind that a lighthearted approach serves well here. Something more stable may materialize down the line, but now is the time to be playful and unattached.

Sagittarius (Nov 22 - Dec 21)



Recognition is likely to come your way this month, showed by both the Moon and Mars - better to accept it gracefully even if it wasn't your aim. On the other hand, your wandering boots may get a tug or two from someone at home. You may have to spend more time than usual in places all too familiar; books and films are important when you need to journey despite outward circumstances. And anyway, look forward to the end of the month, when a huge amount of energy shifts toward new and lighthearted love.

Cancer (June 22 - July 22)



Yours is a home-loving sign, but not immune to wanderlust. New territory beckons, whether it be outside or within; a trip abroad (or the idea to start planning), a new spiritual practice, or an unfamiliar neighborhood in your own city. These are not empty or meaningless urges, so don't brush them aside - find a positive outlet for the explorer in you. Dreams may be intense and a relationship may be continuously strained, but talking it out logically can help unravel the knots, as can theatrical escapes, the bigger and grander the better.

Leo (July 23 - Aug 22)



Mars is backing up through the early degrees of your sign, but promises abundant reserves of energy when it goes direct on the 11th. The Lion will be on the prowl - time to reinvent yourself, move confidently, and get noticed. Why not let your regal nature stay cool and unbothered - if you get hot under the collar you'll be apologizing later. Something unexpected may come your way, whether a task, object, or money. This is also a month of resources for you - shared resources, more specifically, and how to better recognise others in the pride.

Virgo (Aug 23 - Sep 22)



The full moon in your sign on 1st March fortifies your ability to put solid foundations under your goals. Others will look to your example. By the middle of the month you will be asked to make a more imaginative move, even if it tests your comfort levels. A concentration of energy in your relationship zone augurs well for love and romance, especially if you loosen your tongue let someone know how it is. You have to move quickly between the things you do best, and the things you need to work on - are you up for that challenge?

An attraction may become irresistible, but before that happens, you may get caught up in false starts.



Capricorn (Dec 22 - Jan 20)



The pace is quickening and you are required to flex more than usual. The world around you - meaning also the people around you - demands your constant attention. Not only that, the career train is chugging full speed with Saturn on your Midheaven. If you really want to ride that train, explore the emotional side of things to complete the picture of where you want to be. Practices like yoga and natural foods will do wonders to keep you in good spirits, and the latter half of the month will take some of the pressure off.

Aquarius (Jan 20 - Feb 18)



You are among those who can actually enjoy smoke and mirrors. The freedom of flight appeals to your senses, and you couldn't breathe without it, but practical matters need attention too. You'll see this month that being down to earth can also be imaginative and warm, while bringing you closer to a friend. You wouldn't want to miss the action in resources, practicality and money, nor the fine meals and sensuous walks in nature that will keep you in top shape and on a roll. A partner may be over analytical but Mercury will fly to the rescue mid-month.

Pisces (Feb 19 - Mar 20)



This month your sign is supercharged with planetary energy, and in a way the zodiac is playing by your rules. Make the most of your sparkling intuition, and your ability to guide it toward practical horizons. Mercury gives you a keen ability to be understood - a welcomed gift from the stars, as your intuitive nature is often lost on more calculating minds. Search for little things that have been put off over time, and knock them out one by one. You know very well that your own center is sometimes hard to locate, as your inherent sensitivity can overwhelm and pull you off course.



Match Made in Heaven?

Michael Douglas and Catherine Zeta-Jones are a rare success story in the realm of Hollywood marriages. The stars can tell us why, and what the future holds.

by Richard Curran
Star Temple Reader

One of the questions I am asked most when giving readings is whether a large age difference or diverse social backgrounds would cause any problems in a relationship. In reply, I use the example of Michael Douglas and Catherine Zeta-Jones to demonstrate that true love knows no barriers, not only of age but also of upbringing.

Michael and Catherine share the same birthday - albeit 25 years apart - and whilst Michael was born into Hollywood 'royalty' being the son of Kirk Douglas, Catherine came from humbler surroundings. She is the daughter of a former sweet factory manager from Swansea, Wales. So how can two seemingly contrasting people enjoy a marriage that is regarded as one of the strongest in the often-fickle world of show business?

Was it written in the stars? To examine a relationship, astrologers erect a special chart called a synastry chart that examines the interrelationships between the two people's birth planets and thus identifying any potential harmony or disharmony

between the couple. But like all methods of divination it only provides a guide to the way the relationship can develop. As a rule of thumb once the troublesome aspects do not exceed the beneficial ones then the relationship is very likely to succeed.

When we look at the combined chart of Michael and Catherine we notice that sharing a birthday makes their sun placements almost exactly in the same place or conjunct. Because they are Air signs and Air signs are naturally cooperative then this works well and it's a case of two hearts beating as one. Michael describes his meeting with Catherine after he had seen her starring in *The Legend of Zorro* as follows:

"As soon as I met Catherine I told her I wanted to have babies with her, and the moment I found out that she had the same birthday as me - tadaah! Then when I discovered she loved golf, I realised all my fantasies had come true. I've lucked out at this time in my life. I just lucked out. I'm so impressed by her intelligence, sense of humour and work ethic."

So was it truly a case of love at first sight? There are two pointers in their combined chart hinting towards this. Catherine's Mars conjuncts with Michael's Moon giving an intense mutual physical attraction or to use the title of one of Michael's films a 'Basic Instinct'. Also Catherine's Sun conjuncts with Michael's Neptune giving a karmic quality. They are truly soul mates who probably have a sense of knowing each other before. Catherine sums her attraction to Michael as follows:

"I do think I'm lucky I met Michael. Not just Michael Douglas the actor and producer with two Oscars on the shelf, but Michael Douglas the love of my life. I really do think it was meant to happen."

Catherine's Mercury forms a sixty degree angle or sextile to Michael's Pluto which allows him to transform his attitude to relationships. Michael was a notorious womaniser during his first marriage but it seems that he has changed his ways since meeting Catherine. Apparently Catherine stands to collect on a \$5m pre-nuptial agreement should he ever stray from the relationship. Michael sums up this change as follows:

"From the moment I met Catherine and we formed our family, I was a new man, very different from the one I used to be. This is the result of my everyday life with her, of the intense love we have for each other, of the great need for each other that we have, and of the great respect that we have for one another. There is a time when you become sarcastic, you lose the passion, and, when you are blessed again, and you have the fortune to love somebody the way I love my wife, you understand that you have to nurture your partner and not take everything for granted. What a marvellous gift!"

Catherine's chart shows she has her Earth houses linked together. Venus in Virgo is 120° (Trine) apart from Mars in Capricorn which trines Saturn in Taurus which in turn trines the Venus placement. This configuration, known as a grand trine, and appears on the chart as an equilateral triangle, makes

Catherine, for all her success and beauty a very grounded and practical person. She regards a successful marriage in the following words:

"For marriage to be a success, every woman and every man should have her and his own bathroom. The end"

Both Catherine and Michael have had to work hard for success. Even though Michael expressed an interest in acting at an early age, his father actively discouraged him and his brothers from following his footsteps. Catherine's parents were more supportive in assisting her love for theatre and even gave their blessing to her when at the age of sixteen she went to live in London to further her career. Nevertheless, there does not seem to be any envy in the joint chart. Michael's Venus is conjunct with Catherine's Midheaven, which shows he is supportive and proud of Catherine's achievements. Catherine's Saturn trining Michael's Moon shows that both parties stabilise each other swapping domestic and career roles if necessary. Catherine's Saturn sextile Michael's Saturn enables them to be good partners whether in matrimony or business. Everything achieved, jointly or individually, is for the benefit of the family.

Like other couples, there may be days where they disagree with each other and as Catherine's Mars opposes Michael's Saturn it can be a case of an irresistible force meeting an immovable object. However, softer aspects in their charts suggest that matters are discussed intelligently and a compromise is reached.

This is a marriage made in heaven, 2010 will bring more growth, and success to the family however there could be issues surrounding joint investments in the middle third of the year that could prove worrying at the time. Like Bogart and Bacall before them, Catherine and Michael are one of Hollywood's true fairy tale stories and shows that there is no barrier that love cannot overcome.

Mercury sextile Pluto allow him to transform his attitude to relationships.



CATHERINE

MICHAEL

CATHERINE



MICHAEL



Air Signs are naturally cooperative, especially two Libras.

Venus conjunct the Midheaven shows he is supportive and proud of her achievements.



MICHAEL

CATHERINE

READER PROFILE **DEMIAN**



When did you first realize you were psychic?

I first realised that I was psychic when I was three years old, although my parents have said that unexplained things happened from the moment I was born. I became aware of spirits from three years old and would quite happily see them and have conversations with them. I grew up in a big Victorian house in the early seventies that was used as a hospital in the First World War, so lots of paranormal activity

occurred. I could also sense when things were going to happen and had an immediate knowledge of the Tarot and Astrology, since both my parents, especially my mother were involved in mediumship and healing.

Have you had any great experiences with a customer who you have read for?

I have had many great experiences with clients; I have been a professional psychic for over twelve years now. However just recently I client phoned up to ask where her mobile phone was, since she had misplaced it and was in quite a state. I used remote viewing to locate the phone and informed her that it was in her living room, behind a door. The woman phoned back to say that indeed she located her missing phone, which was in her living room, behind the door, she was so happy!

What makes a good psychic reading?

For me a good psychic reading is about empowering the caller but also giving validations about the person who is calling, so they know that you are linking in with them. If I can't tell you anything about the past, how can I tell you anything about the future? It is also important to realise that the client has choices available to them, and to show them different angles of whatever situation they find themselves in. I trust my two spirit guides, they want to help individuals, so by the end of the call the client should feel uplifted and confident.

“ A good psychic reading is about empowering the caller, but also giving validations, so they know you are linking in with them.

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