



Star Temple

The Water Issue

Water water everywhere?

Most of us in developed countries take this simple stuff for granted; by simply turning on a tap we can have fresh clean water on demand, forgetting that for a huge population of people around the world, drinkable water is hard to get and some risk their lives by going to get it.

Water makes up to 70% of our own bodies and we have a limited survival time without it. Essential for the maintenance of our physical form it helps regulate our temperature, get rid of waste and is involved in essential biological processes. Plain and simple, without water there is no life. Described as odourless, colourless and some consider it tasteless, (which it is not, try water

in other countries and you'll get a different experience!).

The extraordinary thing is that because the Earth's atmosphere allows us to continually re-cycle water, we have access to the same stuff that a Tyrannosaurus Rex drank or that was around during our great

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Editor's Letter

Being one of those culprits that don't drink enough water, I thought I would undergo a new health regime this summer. Drinking more water is a fundamental beauty and health treatment that doesn't cost a fortune. Once I got into researching water I found a fascinating subject and in this edition I couldn't begin to touch upon all the facets of our relationship with it.

Water is the second most available molecule in the Universe, fundamental to Star formation and yet we take it so much for granted. Those that have it can be busy poisoning the water table with pesticides and weed killers when a natural alternative will be as effective, whilst others are dying every day from the lack of a clean drinkable source.

Water is fundamental in our Esoteric and religious practices and its healing capabilities are well documented.

So my mission to drink more (water that is) is paying off. Fine lines are disappearing and those little dimply bits are smoothing (yes we all have them).

Until next time!



Pavlou Landraagon

◆ feng shui tip of the month



What: Place a bowl of fresh water in the Eastern sector of your home. Change the water every day. If possible let the sun shine on it to energise it. You can place an affirmation under the bowl to empower what you would like in your life.

Why: Water directly reflects our own energy as we are made up of 70 percent of water.



grand-mothers time! Think on that next time you boil the kettle for a cuppa!

It continually moves around our planet, on it's surface, underneath us and above us, by evaporating into the atmosphere of the Earth. How or why it got here in the first place is still in debate amongst world scientists and some believe it was brought in by Comets hitting the Earth millions of years ago. 99% of water is unusable as it is too salty leaving a small proportion of water available to us.

Water, also known as H₂O, plays a huge part in the world economy, as it is used in industry for cooling and transportation and also as a solvent for chemicals.

Virtually all religions as well as spiritual and esoteric practices, make references to this liquid - from Christianity to Shintoism. It symbolises purity and cleansing. One of the first steps to Christianity is Baptism and for converts to Judaism they must first take a religious bath. Feng Shui harnesses cures using water and is one of the 5 Elements that reflects not only the make-up of our physical bodies but our surrounding Universe.

Thousands of people make the pilgrimage to Lourdes in France where the water is said to have healing properties and where an apparition is said to appear. She is known as 'Our Lady of Lourdes' who instructed "drink at the spring and wash in it".

Many cultures had and still have magical

rites to bring on rain, such as the Native Americans Rain Dance and the ceremonies of the ancient Mayans were often around the Ceynotes (openings in the ground to deep pools of water). In the Bible there are stories of water as a destroyer, such as the flood of Noah and his Ark to the parting of the Red Sea, in which the fleeing Israelites escaped an ensuing army.



An advocate of the healing powers of water was Dr Batmanghelidj, a medical doctor from Tehran who had studied under Sir Alexander Fleming, Fleming shared the Nobel Prize for the discovery of penicillin. He practiced medicine in London before returning to Tehran where later

he was imprisoned as a political prisoner for 31 months. It was here, with only water as a possible cure for the many prisoners that he started to document the effects of water on disease. His self help book "Your Body's Many Cries for Water" has been translated into 15 languages and is a wonderful book. He spent the last 20 years of his life in helping people understand the healing properties of water and its relationship with many degenerative painful diseases.

So that leaves the question, how much water do you drink?PL

www.watercure.com
www.lourdes-france.org
www.bbc.co.uk/health/healthy_living

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7pm-11pm

◆ clairsentient
tarot, crystal ball



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◆ clairvoyant
clairaudient



Mae

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Mon 10am-2pm
Fri 2pm-7pm
Sat 9am-2pm

◆ clairvoyant
astrology
psychic



Christine

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

◆ clairsentient
medium



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Mon, Tues, Wed
6pm-12pm

◆ psychic
tarot



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Credit/Premium PIN 7706

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Tue 2pm-11pm
Wed, Thurs 2pm-7pm
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◆ angel, tarot
reiki master



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

◆ clairvoyant
past life
psychic



Mark

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Mon 7pm-11pm
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◆ psychic
tarot
crystal ball



Eric

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

◆ psychic
tarot



Tom

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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



Kathryn

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Tue, Thu, Fri, Sat
7pm-11pm
Wed 10am-2pm

◆ clairvoyant



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

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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

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

◆ clairvoyant
clairaudient
clairsentient
medium



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

◆ clairsentient



Selina

Credit/Premium PIN 7727

Tue, Wed, Thurs
9am-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

◆ 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



Drink UP!

Water is vital for health, it regulates our temperature and transports wastes and our brain function is impaired without it. Coffee, tea and fruit juices do not replace water. In fact coffee can make you more dehydrated and add in a couple of Sodas in the day, you may find after a while it can develop into chronic dehydration. Dehydration starts well before the signal that we are thirsty and can lead to constipation, headaches, and kidney stones as well as other health problems.. When starting to take in more water, don't overdo it at the beginning, work up to at least 8 glasses a day and make it part of a routine; have a cup of hot water as your first drink, fabulous for the skin.

Weight Loss: It is thought that we also cannot lose weight without enough water in our bodies and not being fully hydrated means the body will not let go of fats easily. Many people are in chronic dehydration and the feeling of being thirsty is the last step in the chain of signals from the body to say it needs water. Water has zero calories and zero fat, so there is no excuse not to drink up! Some people can mistake the signal for thirst as hunger, leading to obesity. Drink a glass of water first and then if you still feel hungry, eat.

Brain Function: Many children are functioning with too little water, especially if they are drinking sodas instead, so make sure you give



them a water bottle and get them into this good habit. Their schoolwork will benefit too as their brains need to be fully hydrated to work.

Protect what we have: Don't use weedkillers and other poisons on the garden that will end up in our water table. There are safe natural versions. See the website below. If water is recycled around the whole planet then it adds to the meaning 'what goes round comes around' because it will!

Travel Safely: Water abroad can be polluted and carry parasites and disease. So following these guidelines should make your holiday safe.

If you are unsure of the quality of water, always buy bottled and be on the safe side. That includes rinsing your toothbrush in bottled water. Don't forget salads - washed in tap water can mean that you are still ingesting unclean water. Go for cooked dishes only! If you are going to a hot country always keep plenty of bottled water for you and your family.

Think of others: WaterAid works in 17 countries providing water, sanitation and hygiene education to some of the world's poorest people. £2 a month, over a year, is as little as it could cost to save a life!! **PL**

www.greenlivingtips.com/articles/38/1/Earth-friendly-weed-killer.html
www.lsbu.ac.uk/water/
www.thewaterproject.org
www.wateraid.com

Astrology

Joanna Watters



For the third time this year the communication planet Mercury enters a retrograde period, turning around on the 7th in Libra, the sign of the Scales that rules everything to do with relationships and negotiation. This puts us all on red alert when it comes to making agreements or trusting information on the assumption that we have the whole picture. We don't – and we won't have until Mercury switches back to forward motion on the 29th in detail loving Virgo. Do not commit to anything in word or deed until the end of the month. Also for the third time we have the clash of the titans as Saturn opposes Uranus on the 15th. Any situation that has been rocky for some time will no longer be sustainable, at least not at a price worth paying. Let the dust settle and you will find new and better options.

Aries (Mar 21 - Apr 19)



You thrive on immediacy but with your planet Mars winding through sideways moving Cancer, be willing to consider less obvious tactics. Matters that you would normally tackle with vigor and certainty now need a more delicate touch. Proceed with caution and show that you do know how to compromise. You may also find yourself more inclined to introspection, especially with regards to an emotional or family issue. Real answers will be slow to surface but a special someone brings a new clarity when the Sun ignites your relationship sector from the 22nd.

Gemini (May 21 - Jun 21)



As your planet Mercury reverses through the fun and creativity sector of your chart your current game plan will inevitably require some rehashing. Whether this applies to a pet project, a relationship or just enjoying life, the message is the same, that glitches rarely take care of themselves. Your whole life is a creative expression of you so whatever is pushing you towards dissatisfaction needs to be addressed sooner rather than later. A partner, or a new love interest, is willing to understand you, more than you may realize. Make sure it is mutual.

Taurus (Apr 20 - May 20)



There is a fine line between contentment, which is your forte, and inertia which is your enemy. As your planet Venus moves towards a challenging aspect with larger than life Jupiter on the 11th you have the chance to rid yourself of boredom or to break out of any lazy habits. In particular, an all or nothing approach in your working life is the key to creating or embracing an opportunity that will whet your appetite for success. Enthusiasm for life is also a love magnet. Pay special attention to events that unfold around the 20th for a major emotional transition.

Cancer (Jun 22 - Jul 22)



Itchy Mars is travelling through your sign for the next six weeks, stirring up your energy and desire to initiate personal change. Start by honouring your own priorities rather than other people's, get your teeth into new projects and take the lead when it comes to resolving conflict of any kind. You're in a strong position in terms of taking control of the things that matter to you so make the most of your extra clout. Guard against internalizing so called negative emotions. When it comes to fighting back there's a time for getting mad not sad – that time is now.



Leo (Jul 23 - Aug 22)



The love planet Venus in your sign until the 20th breathes new life into romance. If you've been waiting for a chance to reignite passion between you and a partner then do so now, while you're at your most seductive. With a new attraction, however, think twice before you throw caution to the winds. What starts dramatically could end just as quickly so play it safe with lashings of Leo dignity. When your ruler the Sun moves into the partnership sign of Libra on the 22nd you can move towards informed decisions in both your personal and professional life.

Libra (Sep 23 - Oct 22)



You are famous for indecision but as Mercury starts backtracking in your own sign you are unquestionably right to hesitate. Do not allow yourself to be pressurized or needled, especially by someone who is not genuinely interested in your welfare or even your point of view. Be evasive if you have to. When the Sun enters your sign on the 22nd you will find the confidence to challenge the reality of any situation that has had you going around in circles. New romance is simmering if you're unattached but keep it on the back burner for now.

Sagittarius (Nov 22 - Dec 21)



Resist taking life at your usual gallop. Your planet Jupiter is preparing you for big changes but for now the focus is on planning and preparation. Seek guidance with any matter in which you secretly question your own judgment, especially around the 18th. You can make life much easier if you ease up on that Sagittarian independence rather than telling yourself that you should always cope alone. Love issues need extra tact and diplomacy. Swallow your impatience until a partner shows that they are truly ready for an honest heart to heart.

Aquarius (Jan 20 - Feb 18)



With your two planets Saturn and Uranus on course for a head to head mid month your first area of vigilance is money. Financial risks of any kind need to be avoided. Think in terms of safeguarding and trouble shooting for the time being. In your personal life be prepared for more than the usual amount of ups and downs. Remember that the only relationships worth having are negotiated ones so keep the communication channels crackling, in love and at work. Reaching agreements is a challenge but from the 22nd your efforts will start to bear fruit.

Virgo (Aug 23 - Sep 22)



The New Moon in your sign on the 18th coincides with your planet Mercury backtracking into your sign. This marks the beginning of a new chapter that may well take the shape of second chances. Similarly, you may need to revise an opinion or a decision that has not worked out to your benefit. Do not feel disempowered. You are allowed to change your mind, to start afresh and to do so without guilt. When Venus arrives in your sign on the 20th life will feel a whole lot sweeter, which has a great deal to do with knowing and loving yourself.

Scorpio (Oct 23 - Nov 21)



With your planet Mars now in tenacious Cancer your staying power is not in question. Your other planet Pluto powers up on the 11th so it's hard to dispute that you're on the right track. However, guard against setting too much store by immediate results, no matter how promising they may look. With a complex work or personal issue you are still in an experimental stage. Save the ace up your sleeve for the 21st when Venus aligns with Pluto, bringing the chance for an in-depth conversation or turn of events that will lay the true facts bare.

Capricorn (Dec 22 - Jan 20)



With your planet Saturn on yet another collision course with unpredictable Uranus you'll probably have the feeling that you've been here before. You have, but this does not have to be pessimistic. On the contrary, having proved your resilience so many times this past year, you can now act on the certainty that you can survive and adapt probably better than anyone. Transformative experiences can be tough but the ultimate rewards are sweet, as you will find when Venus steps in on the 21st, reminding you to focus on your blessings and true priorities.

Pisces (Feb 19 - Mar 20)



The Full Moon in your sign on the 4th sets the scene for an unusually sensitive time, so try to be prepared. A work or personal situation may start to unravel, those you really need may be unavailable, but do not take such scenarios personally. More importantly, do not give in to feelings of abandonment. It will be all too easy to get critical, and then wish at a later date that you had been more tolerant. When the New Moon falls in your relationship sector on the 18th, followed by loving Venus on the 20th, you will find the gentleness that you need.