

Life is too short to spend toiling at a job that pays the bills but doesn't feed your spirit. But what has meaning for one person doesn't necessarily work for another. So, if you were wondering why you find your job so unfulfilling, perhaps the stars have the answer.

The Elements of Success



Astrology can give us a guide by showing the way we can best express our sign in the work that we do. There are two basic qualities that should be considered when looking at your star sign. There's the **Element** – **Fire**, **Earth**, **Air**, **Water** – and the **Mode** – **Cardinal**, **Fixed**, **Mutable**. Most people are aware of the elements but are less familiar with the modes. Each sign has an individual mix of an element and a mode which is specific to that sign. By combining these two you should be able to discover what kind of work suits you best.

The Elements **Fire** signs are confident and enthusiastic, they enjoy competition and freedom. **Earth** signs are careful, grounded and realistic, they like solidity, facts and stability. **Air** signs are playful and good communicators, they like ideas and intellectual stimulation. **Water** signs are cautious, sensitive and caring, they dislike anything too boisterous or feeling hemmed in.

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The Modes **Cardinal** signs are go-getting, always moving forward, outgoing and active. **Fixed** signs are solid, dependable, resistant to change and enjoy going in depth into things. **Mutable** signs are changeable, easily bored, adaptable and love making connections between things.

If you combine these two factors you can come up with your own recipe for what might suit you best. Here are some key words for your sign to start you off:

Aries • **Cardinal Fire** • Competitive work as opposed to team work. Being able to get on with things on your own terms. Sales and marketing suit your focus and drive. Being your own boss is ideal.

Taurus • **Fixed Earth** • Solid foundations. Determination. Dealing with facts, finances and bodies are your strengths. Must feel you are doing something useful.

Gemini • **Mutable Air** • Communicating, moving around with plenty of variety thrown in. Two jobs would suit this combination. Must not feel trapped.

Cancer • **Cardinal Water** • Caring and protective. Teaching and personnel work suits you. You need intimate human contact. Dislike of office politics and feeling people are uncaring.

Leo • **Fixed Fire** • Self employed, running your own show. Promotion, advertising, theatre. Must feel at the centre of things and that you have a creative input.

Virgo • **Mutable Earth** • You like to be of service. Nursing, health, secretarial work, looking after animals. Crafts such as

pottery and dressmaking. Planning and organising. Everything done well.

Libra • **Cardinal Air** • Must have beautiful surroundings. You like one to one situations and working as part of a team, counselling people suits you. Dislike sloppiness with no planning or strategy.

Scorpio • **Fixed Water** • You like to go into things in depth. Able to deal with tricky or difficult situations. Medicine and healing. Researching. Must feel you have the power to change things.

Sagittarius • **Mutable Fire** • Law, foreign connections, travel, feeling free. Publishing. You have to be able to speak your own mind. You like to be busy and are happy juggling many different things at the same time.

Capricorn • **Cardinal Earth** • Need to feel there is a clear ladder to the top. Traditional jobs attract you. Local government suits your approach. You need a sense of purpose and like to plan for the long term. Duty is important.

Aquarius • **Fixed Air** • Quirky, eccentric and unusual jobs. You have to feel you are making a difference to society. Social work or political work. Enjoy a friendly environment but want to remain somewhat detached. At your happiest when exploring ideas and theories.

Pisces • **Mutable Water** • Imaginative and artistic, often with musical talent. You enjoy helping others, so good causes and charities attract you. Like to turn fantasy into reality or sometimes the other way round!

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Editor's Letter

Welcome to our July newsletter. Are you labouring away at a job you hate? Perhaps it's time to consider what your true calling really is. If you are trying to do a job that doesn't suit your temperament then it's bound to leave you discontented. Our astrological guide to the best career to suit your starsign is obviously a bit basic and doesn't cover all the intricacies of your individual chart but hopefully it will set you out on the right path to thinking where your true vocation might lie. And it's heartening to know that some of our favourite foods have actually got some nutritional value. However, as I'm someone who can't start a box of chocolates without scoffing the lot I will still probably have to steer clear of that particular temptation however much I try to convince myself that it's a healthy option! If you have any comments you'd like to make about these articles or any other aspect of Star Temple News please do contact me on pat@startemple.net. And don't forget that you can now receive your newsletter electronically. If you would like to do this please contact us and we will be happy to put you on the electronic mailing list.

Pat Blackett
Pat Blackett

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We're so used to being told what we should and shouldn't be eating and some of our favourite foods are often considered 'out of bounds' as far as a good, healthy diet is concerned. But many of the foods we consider 'naughty' or 'bad' do actually have properties that are beneficial to our health.

Here is a list of our favourites that you might just find surprising:

Chocolate

Forget what you've heard: chocolate doesn't cause acne or migraines. And it contains some of the very same heart-disease and cancer-fighting antioxidants found in fruits and vegetables. While it is high in fat, research has shown that stearic acid, the main fat in chocolate, does not raise cholesterol.

Researchers at Harvard University have carried out experiments that suggest that if you eat chocolate three times a month you will live almost a year longer than those who forego such sweet temptation. But it's not all good news – the Harvard research also suggested that people who eat too much chocolate have a lower life expectancy. Chocolate's high fat content means that excess indulgence can contribute to obesity, leading to an increased risk of heart disease.

TRY Dark chocolate – the higher the cocoa percentage, the better – more pure chocolate means it contains less fatty cocoa butter. This richer, dark chocolate is also packed with flavour, so you can satisfy your sweet tooth with smaller amounts and fewer calories.

AVOID Chocolate bars filled with caramel, marshmallow and other fatty fillings.

Tea

Green tea was the first tea studied for its cancer-fighting benefits. Recent research shows that any tea derived from the leaf of a warm-weather evergreen known as *Camellia sinensis* has similar cancer-fighting properties. This includes all green, black and red (oolong) teas. The leaves of this tree contain chemicals called polyphenols, which give tea its antioxidant properties. Herbal teas are



A little bit of what you fancy...

not derived from this leaf and so do not have this particular health-promoting chemical.

The best teas are those brewed from loose leaves or tea bags of black, green or red tea, as they have the most antioxidant power.

Tea also has fluoride for strong teeth, virtually no calories, and half the amount of caffeine found in an equally-sized cup of coffee.

TRY Using a tea-pot for maximum infusion plus green tea for the most beneficial effects.

AVOID De-caffeinated teas – it's not clear that they have the same health-promoting qualities that ordinary tea does.

✦ Milk

Milk is a terrific source of calcium, but many people avoid it in favour of fizzy drinks. Drinking milk helps prevent the bone-thinning disease osteoporosis, reduces high blood pressure and may even fight obesity.

TRY Non-fat milk, which has only 80 calories a serving. If whole milk is the only kind you like, try gradually switching to 2%, then 1%, then non-fat.

Substituting non-fat milk for water when making oatmeal and hot chocolate which makes these foods much creamier tasting and they'll keep you full longer.

AVOID Milk and cream-based soups and sauces (such as bisque and Alfredo), which are high in fat and calories.

✦ Coffee

There's no need to quit coffee completely: recent studies have refuted caffeine's link to heart disease and high

blood pressure. Caffeine can relieve the symptoms of some allergies. It can also make you more alert and improve your concentration in difficult driving conditions.

TRY Limiting yourself to one or two cups of Java a day and going easy on the cream and sugar in your cup.

AVOID Extra-large fancy coffee drinks laden with cream, sugar, sprinkles and whipped cream, which can deliver as many as 300 calories.

✦ Eggs

Many people avoid eggs because they are high in cholesterol, but researchers now know that saturated fat – not cholesterol – is what's most important when it comes to heart health. Eggs are low in fat (one egg has less than five grams of fat), and they contain lutein, a nutrient that may help keep your eyes healthy.

TRY Poached, hard-boiled or soft-boiled eggs, which are low in calories.

Vegetable quiche – the vegetables help make it more filling while giving you more nutrition in every bite. (Add spinach to your quiche to increase your lutein intake even more.) Egg-white omelettes. Removing the yolk cuts out all the fat.

AVOID Eggs plus bacon, sausage and buttered biscuits. Eating an egg a day can be healthy, but the side dishes that generally accompany them are not.

✦ Nuts

It's true that nuts are high in fat – but it's the 'good', monounsaturated fat, which can reduce your risk of heart disease. They may even help you lose weight: since they are high in fat, nuts help you feel full longer. The magnesium in nuts has been shown to reduce

symptoms of PMS, such as bloating, mood swings and headaches.

TRY Having a small handful of nuts (about 170 calories) for a satisfying afternoon or evening snack. Adding them to breakfast cereal, salads and stir-fry dishes to boost flavour and nutrients.

AVOID Adding nuts to foods that are already high in calories and fat, such as biscuits, cakes and ice cream.

✦ Alcohol

Several recent studies have shown that one drink a day really isn't bad for you. In fact, having a few drinks a week may reduce your risk of coronary heart disease and stroke. When booze is bad: Three drinks a day or more and you up your risk of liver, mouth and throat cancer as well as of long-term memory loss.

If you are going to drink alcohol then the best drink by far appears to be red wine. Many studies have investigated the benefits of red wine and they suggest that a moderate amount of red wine (one drink a day for women and two drinks a day for men) lowers the risk of heart attack for people in middle age by 30 to 50 percent. Studies have shown that people from the Mediterranean region who regularly drank red wine have lower risks of heart disease. Another health benefit that has been attributed to red wine is fighting off the common cold. According to scientists in Spain, drinking wine, especially red, stops people from developing colds. Something in wine seems to have a protective effect because the same was not seen with beer and spirits.

Finally, red wine consumption is also said to decrease the risk of developing cataracts.

TRY A glass of red wine with your meal.

AVOID Cocktails and liqueurs that have a high sugar content.

CURRENT READERS LIST



Lynn

Credit Card Readings
Tue, Wed & Sun 2-6/7-11pm
Fri & Thu 2pm-7pm

Lynn describes what happens during a reading as "like someone switching

a T.V. on in my head". A clairvoyant and spiritual healer for more than twelve years, she is frequently consulted on love and relationship issues, being able to tune in to others involved in a situation. Lynn's insights into the past and present convince her clients that she has established a genuine link, giving them confidence in her guidance for the future. "I see reading as a privileged responsibility and get great comfort from being able to channel help and empowerment to people in times of need."

Welcome to our monthly update which lists our readers for both the credit card and premium rate lines, giving full details including when they are available. Callers are requested to always contact Star Temple readers through our main telephone numbers listed here, so that readers' schedules continue to be respected.



Yoko

Credit Card Readings
Tue, Wed & Thu 7pm-midnight
Sat 2pm-7pm
Premium Rate (PIN 7721)
Sun 9am-6pm

"I believe that we are all here to learn as much as we can about ourselves. It is my aim to help my clients to find the answers that they are seeking – many of which already lie within themselves – so that they can trust and follow their own unique life's path". Clairvoyant, clairaudient and clairsentient, Yoko has been psychic since childhood but says her gift has become much refined since she started reading professionally. Clients greatly appreciate her down-to-earth, positive approach and her willingness to explore whichever issue most concerns them at the time.

CREDIT CARD READERS
020 7686 4300
7 days 9am-midnight



Kathryn

Credit Card Readings
Wed 10am-2pm
Thu & Sat 6pm-10.45pm
Fri 6.15pm-10.45pm

A much sought after Clairvoyant Kathryn

will help you unlock the secrets of your future life path. She provides her many clients with authentic and honest readings. Issues such as relationships, friendships and marriages are closely examined in the strictest confidence. Kathryn has developed her own unique style of reading, combining her different psychic gifts to give you new insight and understanding into your life. Kathryn may also be consulted regarding the removal of negative energies and thought patterns.



Marcelle

Credit Card Readings
Mon 5pm-10pm
Fri 7pm-midnight
Sat 8pm-midnight
Sun 2pm-7pm

Psychic from birth, Marcelle

can see auras and spirit people. She receives guidance for you from your loved ones in the spirit world and also receives inspiration from her spirit guides on how to create the most positive outcome for your situation. Offering insights into relationship and financial/career issues, she uncovers past and present influences and shows you how to use your own hidden strengths and talents to influence your future. Marcelle works with the angelic realm and healing energies to provide you with upliftment, peace and strength of mind.



Shelley

Credit Card Readings
Mon 2pm-6pm
Tue & Wed 7pm-11pm
Fri 2.30pm-6pm/7pm-11pmt
Sat 9am-2pm

A natural medium and

healer, Shelley has been developing her gifts since childhood – not surprising, as her mother is a practising psychic. She is also clairvoyant, clairaudient and a skilled Tarot interpreter. Shelley's sensitive readings have helped many clients who have been recently bereaved and she is also frequently consulted on relationship issues. "I am just a channel", she says. "I believe that everything that comes through is what is meant to be heard at the time and is completely inspired by Spirit in the most healing way".



Cassandra

Credit Card Readings
Mon & Thu 2pm-7pm
Tue & Fri 9am-2pm

A very experienced clairvoyant, clairsentient and psychic astrologer,

Cassandra channels information from her spiritual guides to give you a sympathetic and helpful reading whatever your questions or concerns. She tunes in to loved ones through your voice and, as a Past Life Therapist, can reveal how your previous incarnations and those of the people around you are affecting your current situation. Although serious about her own and others' spiritual development, Cassandra believes in the power of laughter to heal and this is reflected in her readings.



Amber

Credit Card Readings
Mon & Wed 7pm-midnight
Thu 10am-2pm

A warm and reassuring lady, Amber has a long history in the field of

psychic work. Her reading ability was evident from when she was only thirteen years old, with her gifts of clairvoyance, mediumship and psychometry (holding an object to divine information about its owner) running in the family. Amber is in very direct spiritual contact when she gives her readings. In most instances it takes her no more than a minute to "link in". You can be sure of a friendly and sympathetic approach.



Lorraine

Credit Card Readings
Wed & Sat 7pm-midnight

As her grandmother was a Spiritualist it felt natural for Lorraine to develop as a clairvoyant

and clairsentient medium. She has also worked in homeopathy, aromatherapy and nutritional medicine and, whilst naturally psychic, is also used to counselling people. Lorraine often uses her third eye, which she describes as "like watching a cinema screen". With a practical and optimistic approach she empowers others, offering her clients alternatives. Lorraine strives for depth but is respectful of boundaries.



Thomas

Credit Card Readings
Wed, Fri, Sat & Sun
7pm-midnight

Thomas uses psychic, clairvoyant and mediumship skills and receives impressions from simply hearing your voice. Spirit people communicate with him through symbols, images and voice. He works with three spirit guides: oriental gentleman, Pang, Orion who helps with healing and his strongest guide, Red Moon, assisting with mediumistic healing. His guides are often helpful with identifying significant periods of time. Clients find Thomas has a relaxing and calming influence and will often return verifying his messages at a later date.



Hazel

Credit Card Readings
Mon, Tue & Sun 9pm-midnight
Fri & Sat 7pm-midnight

As a child Hazel struggled to make her family accept and understand her strong psychic powers. Now she says "Spirit is my life". A popular platform medium, she also teaches spiritual development, does voluntary work in hospices and runs her own healing centre. Helped by her 'honest and down to earth' Egyptian guide, Hazel tells it as it is, but with empathy and compassion. "My aim is to bring light to anyone who is struggling in darkness and to give them informed and positive hope for the future. That's my philosophy. That's how I work".



Mia

Credit Card Readings
Mon 9am-2pm/7-midnight
Wed, Thu, Fri & Sat
7pm-midnight

Mia uses her natural clairvoyant and clairsentient gifts to connect with you and Spirit to bring light to your current situation and help you find your own personal truths. She has since childhood had powerful psychic visions and prophetic dreams. Mia studied theology at University and her continuing interest in spiritual and mystical traditions across the globe grounds her own intuitive insights. Working without cards, her compassionate, direct and inspiring readings will help you to discover what it is that you most need to know.



Carla

Credit Card Readings
Mon, Thu & Fri 2-6/7-11pm
Tue 7pm-11pm
Sat 9am-2pm
Sun 2pm-7pm

Inheriting her gifts of clairvoyance and empathy from her mother and grandmother who were both psychics, Carla links to your feelings – emotional and physical – while receiving strong mental visual images that enable her to understand and interpret your situation. She can also use Tarot if you wish. Carla has helped many clients through difficult times with her caring, informative readings and her emphasis on the future. "There is always a more positive path forward. I like to give people the awareness and self-belief to find and follow it".



Paula

Premium Rate (PIN 7740)
Wed & Thu 10am-2pm
Credit Card Readings
Tue 10am-2pm
Fri 9.15am-2pm

Honest and direct, Paula emphasises the importance of truth in all that she does. "Truth is the starting point – it is the only thing that will set you free", she says. A very accurate and compassionate reader, this life-long clairvoyant can also offer healing visualisations and chakra balancing and she is a gifted colour therapist. With a reassuring and positive approach that combines the spiritual with the practical, Paula will show you how to move on whatever the truths of your situation, leaving you more enlightened, encouraged and empowered.



Julie

Credit Card Readings
Mon 1pm-midnight
Sun 2pm-midnight

Julie has clairvoyance as well as mediumship, clairaudient and clairsentient abilities. She learned initially from her grandmother, who read playing cards and tea leaves. Later she began to pick up on spirit energy in buildings and trained in healing, Reiki and psychic development. Also experienced in NLP, counselling and hypnotherapy, she uses a crystal ball and psychometry and has familiarity with tarot from individual "party" readings. A multi-talented reader who loves helping people using whichever of her talents is most needed.



Jeannie

Credit Card Readings
Tue, Wed & Thu 9am-2pm

When Jeannie was seven years old her mother gave her a set of tarot cards. An unusual present for such a young child – but in this case mother certainly knew best, because Jeannie is powerful natural psychic who, although she helped to design the beautiful 'Daughters of the Moon' tarot deck, now works almost entirely with Spirit. Clairvoyant, clairaudient and clairsentient, she aims to put people in touch with their own intuitive awareness so that they can trust in their path.



Sarah

Credit Card Readings
Mon & Sun 9am-2pm
Tue 2pm-7pm
Fri & Thu 7pm-midnight
Sat 9am-7pm
Premium Rate (PIN 7748)
Sun 7pm-midnight

Sarah has been reading since she was nineteen years old. Starting with clairvision she developed her psychic skills with the aid of archangels, including Ariel, Michael and Jesus. Now an experienced clairvoyant, clairaudient, clairsentient and medium she sees and talks to the Other Side, helped by the wisdom gained through self-realisation and enlightenment. "I love my job – it is a way of reaching people and helping them to trust that there is a great plan that is already written, and that this is how we can see the past, the present and the future".



Johanna

Credit Card Readings
Tue & Fri 2pm-7pm

"Every time the Realm of Spirit channels guidance through me, on my client's achievable present and future life options, I feel profoundly privileged". Experienced clairvoyant, clairaudient and clairsentient medium Johanna has a warm and sympathetic manner, working with you in a way that is insightful, enlightening and encouraging. She has brought comfort to many who are in distress: "The reassurance of relaying undeniable survival evidence from loved ones who have passed, humbles me overwhelmingly".



Daniel

Premium Rate (PIN 7707)
Sun 9pm-1am

Credit Card Readings
Mon 8pm-midnight

Compassionate and sincere, Daniel is a member of the British Astrological and Psychic Society and the Sussex Healer's Association and regularly writes for magazines and web-sites. His deep interest in divination has led him to conclude that there is a powerful psychic element at work the moment you are moved to seek advice and he is happy to answer specific questions, tuning into that moment. Also focusing on your birth date, Daniel works intuitively with understanding, honesty and humour, guiding you through periods of change and helping you make the most of your opportunities.



Selina

Premium Rate (PIN 7727)
Tue & Wed 6am-10am
Thu & Fri 9am-2pm

Working purely through Spirit, clairvoyant medium Selina always tries to give her clients evidence that only they could recognise, to show them that she has established a genuine link. With her intuitive understanding of the principles of cause and effect she is able to bring clarity to the most complex and bewildering situations, honestly but sympathetically. "I read from the heart", she says. A practitioner of Reiki, hypnosis and drama therapy, above all Selina has a deep reverence for nature and the divinity of Mother Earth and this is reflected in all that she does.



Violet

Premium Rate (PIN 7749)
Mon & Wed 2pm-midnight

A trained counsellor and spiritual healer, Violet offers a compassionate, empathetic and intuitive reading based on her wealth of experience and skills. Born in Vienna, she has travelled extensively all her life, studying different religions and cultures, particularly Tibetan, and developing her clairvoyant and psychic gifts along the way. Violet believes in a practical approach to spirituality, aiming to ensure that a body, mind, emotional and spiritual alignment is achieved: "I endeavour to provide a safe inner and outer space in which healing is allowed to take place".



Lola

Premium Rate (PIN 7759)
Sat & Sun 9am-2pm

Psychic ability runs on both sides of Lola's family. From childhood, she has accepted prophetic dreams and spirit world insights as everyday occurrences. "Everyone has an eternally wise Higher Self that connects with the infinite Oneness of the universe (also known as Spirit) where all understanding exists". A natural clair-sentient and clairvoyant medium, Lola channels information from Spirit via the Higher Self by sensing the subtle vibrations in people's speech as they describe their situation. Able to tune into and convey pertinent advice on most topics including relationships, she is a particularly clear channel for business, career and legal information.



Rudi

Premium Rate (PIN 7717)
Mon 9am-2pm
Tue 10am-2pm/7pm-11pm
Fri 10am-2pm

Credit Card Readings
Wed 10am-2pm
Thu 9am-2pm

Combining powerful psychic insights with a reassuringly understanding approach, Rudi is an experienced platform medium, clairvoyant and Tarot reader whose list of clients includes some familiar public names. He also teaches psychic development and is writing a book on his experiences in the world of Spirit. Rudi strives to empower you to make your own choices, often bringing closure to unhappy situations. He feels privileged to be a medium: "It proves to me that our loved ones are alive in the spirit world - when my clients come to know that too it is so fulfilling".



Amethyst

Premium Rate (PIN 7790)
Mon 7pm-midnight
Tue 2pm-6pm
Wed 8pm-midnight

Amethyst has been aware of Spirit and the need for healing people, animals and Mother Earth since she was a child. Working with her guides, Senegal and Durula - both ancient Tibetans - and Grey Wolf, a very wise old spirit, she also receives help from the angelic realms to give positive guidance to all in need. She runs healing and development circles and raises much-needed money for animal charities through psychic fairs. Using cards or crystal ball when appropriate, Amethyst seeks to provide self-empowering insights with her uplifting, healing readings.



Charles

Premium Rate (PIN 7737)
Mon, Wed & Sun 2pm-7pm
Tue 6pm-11pm
Thu 2pm-10pm
Fri 9am-2pm

With over thirty years' experience as a 'life-side' psychic counsellor, both on the telephone and face to face, Charles is an intuitive and very accurate reader. His many interests include the study of ley-lines, 'dragons' in cathedrals and churches and all aspects of mysticism. He is also a dowser, specialising in Natural Power Forces, and has written on the subject. Using cards to outline the overall aspect of your situation, Charles then fills in specific details clairvoyantly, giving you an extremely informative and sensitive reading.

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Or if you don't mind who you speak to hold the line to be put through to the next available reader.

IMPORTANT NOTE
 We have not had enough space to list all our premium rate readers, so if you have had a reading with someone who is not listed and need their pin number, please ring us on **020 7686 4300** and we will be happy to give it to you.



Tom

Premium Rate (PIN 7757)
 Tue 2pm-10pm
 Thu, Fri & Sun 2pm-7pm

Tom learned his psychic skills directly from his guides in the Other World, who he first saw at the age of seven. A multi-talented reader, he is clairvoyant, clairsentient, a spirit medium, past life therapist, dream analyst and healer, and he uses crystals, pendulum, cards or crystal ball when he feels they are appropriate. Tom gets straight to the heart of the matter. "I like to be as clear as possible, mentioning actual events, dates and times". Accurate and very understanding, he can throw light on all areas of your life, but specialises in relationship issues.



Marie

Premium Rate (PIN 7702)
 Wed & Sat 2pm-7pm
 Thu 9am-2pm

Marie, a gifted psychic-medium and clairvoyant, quickly picks up on whichever subject you would like her to focus on. "It is like watching a film" she says "then, through the ability to hear Spirit, I receive a stream of information to back that up". Marie can 'slip in' to another person's psyche, unravelling in detail the specific thoughts, motivations and true feelings of those around you and helping to examine and heal all kinds of relationship. With her advanced Spiritualist training, she feels privileged to pass on evidence and messages from loved ones in Spirit. "I work only from a place of complete truth".



Beth

Premium Rate (PIN 7700)
 Mon, Fri & Sun 6pm-11pm

In touch with the world of Spirit since the age of five, Beth has helped countless people to understand their life's purpose. "Our guides are always with us" she says. "They want to help us and only by listening to them can we really move forward". Experiences in her own life have given her a compassionate understanding of the problems of others. Spiritual medium, clairvoyant, healer and teacher, Beth is also a talented Tarot interpreter. This very empathic and positive psychic's warmth and concern for her clients, and the genuine truths of their situations, come over in all her readings.



Alison

Premium Rate (PIN 7706)
 Tue 6pm-10pm
 Wed 2pm-7pm
 Thu 2pm-midnight
 Fri 7pm-midnight

Alison's name in the world of Spirit, which has guided and influenced her throughout her life, is Earth Angel. "I work with love and have a deep awareness of the inter-connectedness of all things". In the course of developing her natural clairvoyant and healing abilities she has learned many skills and is now a respected and sought-after Reiki Master, Angel and Tarot card reader, Colour Therapist and Hatha Yoga teacher. A much-travelled psychic, she gains great satisfaction from devoting herself to "the work that Spirit has asked me to perform: helping others to achieve understanding, well-being and true peace of mind".



Angel

Premium Rate (PIN 7705)
 Mon, Wed & Fri 2pm-6pm

Angel is a natural clairvoyant and healer who has been working with Spirit and the angels since early childhood. She is also a trained Angel workshop leader and therapist. "My belief, and the principle upon which I work, is that by addressing issues, and the emotions associated with them, we can all change our future". Working with angels is also a very healing experience and many of Angel's clients tell her that they feel uplifted after their reading. "Guidance is there, available to us all. Whatever your concerns – past, present or future – with the help of my guides I am happy to assist".



Abbie

Premium Rate (PIN 7712)
 Tue 10am-2pm
 Wed 6pm-11pm
 Sat & Sun 7pm-11pm

"My guides take over as soon as I hear my client's voice", says clairvoyant-medium and spiritual healer Abbie. "It's so natural – it just happens!" Abbie does not beat about the bush, but goes straight to the truths at the heart of your situation; always focusing on the most creative way forward. Combining empathic counselling skills with strong psychic awareness, she has helped many people through difficult periods in their lives. "We are all here to learn. My guides show me how every experience can teach us to be more in control of our destinies – more fulfilled and at peace with ourselves".



Mary

NEW

Premium Rate (PIN 7716)
 Mon 7-11pm Wed 9am-2pm
 Thu 2-7pm Fri 6-11pm

Mary works with her guides and your own communicators from the world of Spirit, seeing, hearing, feeling and sensing. We all have lessons to learn and until we do life can continue in circles with similar problems reoccurring. Guidance can help us to understand and not have to endure these same lessons again. A natural healer since childhood, Mary has experienced wonderful healing miracles including many successes with animals. Everyone has times in their lives when they feel stuck in a place they don't want to be. Sensing this Mary can help you to move on. Her gift is for you.



Liz

NEW

Premium Rate (PIN 7720)
 Tue, Fri & Sat 7pm-midnight
 Sun 2pm-7pm

Spiritually and psychically aware from childhood, Liz inherited her gift of mediumistic channeling from her grandmother who was herself a popular medium. Using her counselling skills in all aspects of her psychic work, this sensitive reader has helped many clients traumatised by life's problems and dilemmas. Clairvoyant, spiritual-medium, tarot and dream interpreter and healer, Liz combines impressive accuracy with honesty and compassion. "I like to help people become stronger by showing them how to tap into their own psychic powers – Divine guidance is there for us all. I am just a messenger".



Sophie

NEW

Premium Rate (PIN 7758)
 Mon 9am-6pm Wed 7-11pm
 Credit Card Readings
 Sat 7pm-midnight

Immersed in healing and energy work, Sophie works with her angel guides to address the emotional, physical and spiritual concerns of her clients. This very holistic clairaudient has studied Medical Intuition and Chakra Clearing at the Psychic College, and can apply these skills to clarify your situation, however varied or deep-seated the issues. An 'amazing' tarot teacher encouraged her to develop her natural affinity with the cards. "They can be a powerful tool for realisation and growth – people are always surprised at how accurate and insightful they are. The feedback is wonderful".

Astrology

Pat Blackett



July 2006

Mercury turns to retrograde motion on 4 July bringing misunderstandings that arise out of nowhere. To compensate, godfather planet Jupiter shifts to forward motion on 6 July. The Full Moon falls on 11 July in dutiful and careful Capricorn. Love planet Venus moves into romantic Cancer on 19 July and pushy Mars moves into detail-oriented Virgo on 22 July. The New Moon on 25 July falls in glamorous Leo. Mercury moves to forward direction again on 29 July putting an end to all those irritating snags and hold ups.

Aries (Mar 21 - Apr 20)



Divided loyalties and opposing priorities make this a confusing time. Avoid making unrealistic commitments on 4 July. There's no simple solution to a domestic issue but the effort that you are putting into finding one brings surprising results. There's no stopping you from 22 July onwards when a complete new direction beckons. Talent on its own won't get you where you want to be, you need to take time to practise but generous planet Jupiter helps you out.

Taurus (Apr 21 - May 21)



You can make so much more of your home and a talent for doing up houses could become more serious. This is a prime time to concentrate on relationships especially as Jupiter moves forward again in your partnership chart from 6 July onwards. Travel arrangements are unlikely to go to plan: leave yourself extra time to reach your destination. Your ruler moves into the sign of Cancer on 19 July and lends you a hand when it comes to using your powers of persuasion.

Gemini (May 22 - Jun 22)



What you mean and what you actually say are likely to be worlds apart when your ruler Mercury turns to backward motion on 4 July. If in doubt, say nothing! It's not a time to get involved in financial discussions. It's a busy period so make sure you have the back up you need to enable you to fulfil your commitments. Family ties are highlighted on 22 July and a favour from the past could be repaid. Lucky Venus shines on your money zone.

Cancer (Jun 23 - Jul 23)



Don't get upset if friends and loved ones are hard to please on 11 July – the Full Moon will be toying with your emotions. Remember that everyone needs space from time to time. It's a key month for romance as Venus enters your sign from 19 July onwards. Lucky Jupiter is moving back into action so your creative powers will bring good fortune and a lot of support from those around you. Don't skim through legal documents – they need to be studied thoroughly.

Leo (Jul 24 - Aug 23)



A challenging Mars-Neptune aspect is liable to upset the balance of a close relationship on 5 July: be gentle when dealing with someone who lacks your confidence. Self imposed limits that have stopped you from being your best can be addressed and any traces of self doubt will be swept aside on 25 July. At home you will find yourself ready to make the decisions that everyone else has been avoiding and by taking action now everyone will feel much more positive.

Virgo (Aug 24 - Sep 23)



It will be easy to get over emotional about someone special on 6 July but, if possible, try not to show quite how deeply you have been affected. Wanting more from love is not selfish, it's what you deserve. You're likely to reach a critical point in a creative project and will be keen to share your hopes and fears with friends and family. When Mars moves into your own sign on 22 July you should start to feel that almost anything is possible.

Libra (Sep 24 - Oct 23)



Team efforts are threatened by someone's loose tongue: make sure it's not you that is speaking out of turn on 5 July. It's important that everyone feels loved and appreciated. When your ruler, Venus, is linked to lucky Jupiter on 27 July you should attract the attention of influential people who can make a big difference to career plans. With the emphasis on financial affairs, you need to take more interest and get involved with the way your finances are working out.

Scorpio (Oct 24 - Nov 22)



Mercury's change of direction on 4 July warns you not to cross swords with someone in authority. A recent loss of momentum can be reversed now that Jupiter, in your sign, is moving forwards again. This means you can build on your achievements over the past year and show the world what you can really do. Set aside plenty of time for socialising after 22 July as you will be receiving a host of enticing invitations that could lead to some very exciting propositions.

Sagittarius (Nov 23 - Dec 21)



All kinds of hidden dreams can be shared and fulfilled this month. Someone is keen to help you out so there's no shame in asking for assistance when it's needed. Anything that sounds too good to be true on 5 July is probably just that so try to avoid temptation. You have no excuse if you don't achieve your goals once ambitious Mars focuses on your success chart from 22 July onwards. Wait until the end of the month to make any significant changes to your finances.

Capricorn (Dec 22 - Jan 20)



A colleague is not deliberately trying to mislead you on 6 July, it's just that you are both getting your wires crossed. Tolerance is the name of the game this month: try to develop a compassionate attitude towards those less fortunate than yourself. The Full Moon on 11 July stirs up a strange attraction to someone who's been in your circle for quite some time. You can impress a team leader at work with your skill and foresight but remember first impressions often count most.

Aquarius (Jan 21 - Feb 19)



Don't believe all you hear on 4 July. Someone's sensitivities are close to the surface and your detached manner may not be the best approach to getting the most out of the situation. If you can allow the time to focus on improving a relationship the benefits will be enormous. A New Moon in your opposite sign on 25 July indicates new beginnings for a partnership. The planets are helping to strengthen your resolve when it comes to career choices.

Pisces (Feb 20 - Mar 20)



Neptune's challenging aspect to spiky Mars on 5 July brings out your vulnerable and sensitive side. Returning a favour may ease the tension. Planetary influences suggest everything will work in your favour for holiday plans although you may have to travel much further than expected. Venus shines in your house of love bringing plenty of romantic opportunities. There are more questions than answers on 27 July when it comes to a creative or artistic matter.