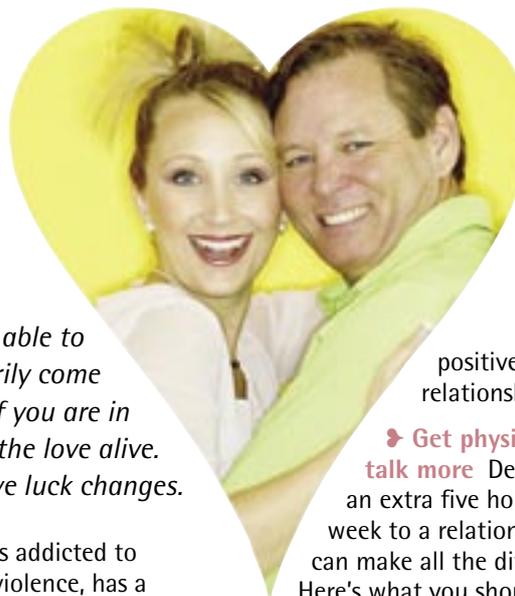


Find love and keep it



Many people are searching for love but don't seem to be able to find what they are looking for. But love doesn't necessarily come your way without putting in some groundwork first. And if you are in a relationship, some effort is also required to keep the love alive. Follow our tips below and see how your love luck changes.

positive about our relationship'.

➤ **Get physical and talk more** Devoting just an extra five hours per week to a relationship can make all the difference.

Here's what you should do:

- Touch affectionately – a kiss, a pat, a squeeze (5 mins x 7 days)
- Find one thing that you can do together each day (2 mins x 5 days)
- Have a low stress conversation when you reunite at the end of each working day (20 minutes x 5)
- Go on a weekly date, just the two of you, in a relaxed atmosphere (2 hours)
- Give genuine admiration and appreciation at least once every day (5 mins x 7)

➤ **Create a relationship map together** To become more familiar with the details of each other's lives, make a list of 50 questions from 'favourite meal' to 'best recent day'. Answer the questions about your partner and see where the gaps are.

➤ **Delegate** Let your partner do more to help out with chores such as cooking and cleaning. If you don't do this you can end up with a partner who has 'learned helplessness'. It's very easy, especially for men, not to know how to use the washing machine just because the woman is the only one who always does it.

RECOMMENDED READING

The Relationship Cure by Dr John Gottman, Crown Publications, 2002

Now you can text our Psychics!
Text **Temple** then your question and send to **84184**
Each reply costs just £1.50

Looking for love

➤ **Let go** Completely forgive yourself for all past mistakes and wrong doings. You should acknowledge what you did and then move on. You must believe that whatever has happened is now over. Whenever you think of the past with regret or nostalgia banish those thoughts and replace them with visualising what you want for now and the future.

➤ **Get out there** The equation's quite simple – the more people you meet, the better chance you have of finding the right one. Accept every invitation that you can. Ask everyone you know to introduce you to their friends. Log on to friendship and dating sites. Go to singles clubs. Break the mould of your existing social life and meet as many new people as possible.

➤ **Check your love interest out early** Even if you're not hunting after marriage material, you need to make sure any person you start to date is not going to make you miserable. So however much you lust after them, make sure they aren't just using you. Check – by watching, by asking questions, by seeing how he/she behaves to you and to the other people you see him/her with. Walk away immediately if you find out that they are married, engaged, living with someone, or dating. Walk too if he/she

drinks too much, seems addicted to drugs, shows signs of violence, has a track record of infidelity or flirts too much with other people.

➤ **Have fun** Every time you meet, do something fun, even if it's only fish and chips as you're walking home. And every time you have met, do a mental check: has the balance of positive and negative been roughly five to one. Keep that balance and you'll both keep thinking that the relationship is worth it.

Making love last

➤ **Lay solid foundations from the start** If you want to develop a sound relationship, you need to set the ground rules right from the start. Make sure that the two of you are taking roughly equal time to talk and listen, that you are both getting what you need and that you are telling each other clearly if either of you does or says anything which offends or insults the other. If something's wrong, be honest with yourself and the other person, clear the air and get back to the fun stuff.

➤ **Turn negatives into positives** Instead of complaining about your partner's obstinacy, choose words that are less provocative. For example, 'I respect him for his strong beliefs and confidence and it makes me feel more

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ROI 1580 476 919 €2.40 per minute

CONTACTS



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



Managing Director / Readers Manager
Robin Roper
Admin enquiries to 01822 616922.

Customer Services Team

If you would like to speak with one of our nine friendly reception staff – Vicky, Julia, Matt, Cally, Carrie, Emily, Lauren, Sophie and Jodi – please telephone our credit card booking line on 020 7686 4300.



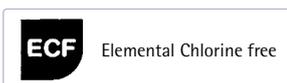
Also contact reception for general enquiries concerning Credit Card and Premium line readers.

ADDRESS

Star Temple Ltd
P.O. Box 132, Tavistock
PL19 0WA



Star Temple News uses environmentally friendly paper



Editor's Letter

Welcome to our August newsletter. Many people are searching for love or wondering why they find it so hard to keep a relationship alive. We hope that our front page article will encourage you to get out there and find love or, if you have already found that special person, start working on keeping your relationship healthy and on track. And have you ever wondered whether you had the ability to heal? Apparently we all have the capacity to heal ourselves and those around us but we just don't know how to harness that ability. Our wellbeing section looks at three simple but highly effective methods of healing that are relatively easy to learn. They are also techniques that can be put into use almost immediately – so, what are you waiting for? 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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Spiritual healing

Spiritual Healing compliments conventional medicine by channelling life energy to the patient in order to help them recover from illness, injury or distress. Healing energy can be directed by the healer's consciousness and may flow through the hands over any distance. This spiritual energy can help speed up the natural healing process of the body and improves recovery time.

Spiritual healing is a natural energy that flows through the healer to the subject being healed. You do not have to believe in it for it to work and no religious faith is required. It is a natural energy that most people have to some extent and which can be used alongside conventional medicine.

You can use this method on yourself or on another person. Sit comfortably, close your eyes and breathe in a relaxed way. Hold your hands in front of you palms upwards. Now see light pouring from above and through your hands. They become surrounded by a brilliant blue and white light. Now let the palms face each other as you keep them about six inches apart. Feel the great surge of energy between them as you do this. A blue/white beam of light leaps and streams between the hands.

Now place one hand on your forehead and the other at the back of the head, just above the neck. Continue to visualise the stream of light flowing between the hands. This light is a healing force. Feel how soothing it is. You may notice how sometimes the energy changes direction, feels hot or cold, or one hand becomes more dominant than the other. This is all quite normal. When you feel the light reduce take your hands away and rest for a few moments.



Simple healing techniques

Have you ever wondered if you have the ability to heal? There are several healing techniques that are simple to learn and can benefit you and those around you fairly quickly and easily. Read on to find out more.

Crystal therapy

Crystals have been used down through history for healing, personal reflection and meditation. Crystals work well with the human energy field, they can move, absorb, focus, direct and diffuse energy within the body.

When the body is unwell or diseased it is usually because the person has in some way lost their balance/natural rhythm. Working with crystalline energy helps the body to find that natural rhythm again. The crystal's perfect atomic structure gives out a resonance of perfection, a pattern for the body to follow.

Selecting a crystal for a particular purpose is a great way to help yourself without having to devote much energy to it. The proximity of the crystal is constantly affecting your own frequency, guiding you upward toward your goal. Similarly, a crystal that does not have a good match is constantly draining you by lowering

your vibrational frequency. Hence, selecting the right crystal is of crucial importance.

There are many books that describe crystals and their usage, yet most of them disagree on exact properties. This makes perfect sense if you consider that different crystals of the same family have different properties, and also that people will react to them differently.

But this does make the selection of the right crystal more challenging, if you don't know how to proceed.

Here is a simple process to identify which crystal will work best for your specific goal.

- 1 Clearly identify your purpose
- 2 Look for a few crystal varieties that seem to support your goal (in a book, online, from a professional, etc.).
- 3 Pick a specific specimen offering a vibrational match to your frequency.

That last part is best accomplished by holding the crystal in your hand or thinking about holding it (if you're buying online for example) and state your purpose: 'I want to lose weight.' Always state the purpose in an affirmative sentence (so don't say: 'I want to stop feeling angry').

Affirmative sentences allow the flow of energy (which is what you want), while negative sentences trigger resistances. Close your eyes while you state your purpose so you can focus inward.

If you are more in tune with your emotions, look for a good feeling (light, tingly, happy, smiling, good memories come to mind, laughing).

If you are more in tune with your body, you can use muscle testing: balance yourself upright and let your body 'hover' and let it fall in the direction it wants. If you fall forward, it means you have a good match. If you fall backwards, you don't.

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying on hands and is based on the idea that an unseen life force energy flows through us and is what causes us to be alive. If one's life force energy is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an 'attunement' given by a Reiki master and allows the student to tap into an unlimited supply of life force energy to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone.

It has been successfully taught to thousands of people of all ages and backgrounds.

For further information on the healing techniques in this article contact:

- The Reiki Federation at www.reikifed.co.uk
Tel: 0870 850 2209
- Affiliation of Crystal Healing Organisations at www.crystal-healing.org
Tel: 07837 696 301
- NFSH, National Federation of Spiritual Healers at www.nfsh.org.uk
Tel: 01932 783164

FURTHER READING

Reiki for Beginners: Mastering Natural Healing Techniques by David Vennells, Llewellyn, 1999

An Introductory Guide to Crystals for Health and Well-Being by Stephanie Harrison & Tim Harrison, Vega Books, 2002

CURRENT READERS LIST

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.



Terence

Credit Card Readings
 Mon 7.30pm-midnight
 Thu 7pm-midnight
 Sat 2pm-7pm

With a family background in healing, Terence began developing his psychic talents in his twenties. Using clairvoyance together with tarot cards, a family gift, he frequently receives powerful picture images alongside the card designs. Terence can find information from personal items such as jewellery and, in telephone work, makes a similar link through your star sign. Relationships are a speciality but he will always seek to focus in on your main concerns and desires and point you in the right direction.



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.

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



Yoko

Credit Card Readings
 Tue, Wed & Thu 7pm-midnight
 Sat 2pm-7pm
 Sun 10am-5pm

"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.



Marcelle

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

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.



Lorraine

Credit Card Readings
 Mon 7pm-11pm
 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.



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".



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.



Cassandra

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

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.



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.



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".



Jeannie

Credit Card Readings
 Tue, Wed, Thu & Fri
 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-midnight
 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 Arial, 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".



Richard

Credit Card Readings
 Tue 2-7pm / 7.30pm-midnight
 Wed 7pm-midnight
 Thu 2-6pm / 7.30pm-midnight
 Sun 9am-2pm / 7pm-midnight

Richard was four years old when he first became aware of his remarkable psychometric abilities. Although tools such as tarot cards, crystals and a mandala are used to focus energy, he depends on his clairsentience to read the forces surrounding his clients. He works with his guides (the main one being a young girl named Grace) and occasionally with people in spirit connected with the client who enable him to give insightful advice. Richard prefers to be an all-rounder, helping people with whichever issues they feel they need advice on at the time, rather than specialising in any one discipline.



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".



Paula

Credit Card Readings
 Mon 9.15am-2pm
 Tue & Wed 10am-2pm
 Fri 7-11pm

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.



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."



Mia

Credit Card Readings
 Mon 2pm-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.



Amethyst

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

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.



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.



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.



Rudi

Premium Rate (PIN 7717)
 Mon 9am-2pm
 Tue 10am-2pm/7pm-11pm
 Credit Card Readings
 Wed & Fri 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".



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".

PREMIUM RATE READERS
 Open 7 days, 24 hours a day

NEW easier to use service!

You can now ring
0906 1104 326 or
any of our published premium numbers
 and be put through to whoever is available or choose a particular reader by entering their pin code.

If you would like a reading with a preferred reader, see when she/he is on and dial one of our numbers. When prompted enter their pin.

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.



Zetti

Premium Rate (PIN 7760)
 Tue & Fri 2pm-7pm
 Wed & Sat 7pm-midnight

"The images are so vivid". By tuning into the vibrations of your voice life-long clairvoyant Zetti quickly discerns your situation, using her cards to focus and with the help of her spirit guides. "It is a reader's responsibility to put people at ease" she says. Zetti's friendly manner inspires confidence, which in turn enables her to access the deeper truths of whatever lies at the heart of your concerns. "I like to leave everyone feeling that they have been given something to work with. Even when you can't totally solve a problem, there is always a better way forward".

Sophie



Premium Rate (PIN 7758)
Mon 9am-1pm
Wed & Thu 7-11pm
Credit Card Readings
Sat 7pm-midnight

Immersed in healing and energy work, clairaudient Sophie has been guided increasingly along psychic-spiritual pathways, working holistically with her angels to address clients' concerns. She will clarify your situation, however varied or deep-seated the issues, while giving you the insight and strengths needed for self-empowerment. Sophie's natural affinity with Tarot cards provides added dimension to her compassionate and motivating readings. "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".

Abbie



Premium Rate (PIN 7712)
Tue 10am-2pm
Wed 7-11pm
Thu 8pm-midnight
Sat 9am-1pm
Credit Card Readings
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".

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.

Angel



Premium Rate (PIN 7705)
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".

Mary



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

A psychic clairvoyant, spiritual medium, natural healer and psychometrist with over thirty years experience, 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". 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



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".

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 clairvoyant 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.

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.

Marie



Premium Rate (PIN 7702)
Thu 9am-2pm Sat 2-7pm
Credit Card Readings
Wed 2pm-7pm

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".

Astrology

Pat Blackett



August 2006

August promises to be an interesting month. The Full Moon on 9 August falls in the humane and rational sign of Aquarius. Mercury moves into glamorous Leo on 11 August, closely followed by Venus on 12 August. The New Moon on 23 August falls in practical Virgo on the same day as the Sun moves into that sign. Mercury moves rapidly to join them on 27 August. Finally, two contrasting big aspects: godfather planet, Jupiter, forms a harmonious trine with electric Uranus on 29 August and our Saturn opposes nebulous Neptune on 31 August.

Aries (Mar 21 - Apr 20)



If you can listen to your heart but follow your head it will lead to long-term benefits and allow you to get ahead of the game. However, as you'll soon realise, this is easier said than done! Saturn's sobering influence on 7 August warns you not to rush things. The right job waits for you if you can put aside past disagreements with someone you have worked with before. Venus lights up your romance prospects but a lack of direction could scupper your plans on 13 August.

Taurus (Apr 21 - May 21)



Family life is at the heart of your month and it's important to find a way to share out financial responsibilities. If you have your doubts about one particular plan on 18 August do make sure you talk it through rather than bury your feelings. Someone in a position of authority is in a bullying mood but bide your time because now is not the time to challenge their position. The New Moon on 23 August promises fun times with children and loved ones.

Gemini (May 22 - Jun 22)



There's a danger of trying to do too much and ending up doing less than you originally intended on 18 August. Strong words are required when it comes to airing your views. You must put your point across on 21 August otherwise you will miss a great opportunity. Money problems fall into place and extra cash can be released. Investigating the facts about a property takes concentration but you will reap the rewards of any time spent in research.

Cancer (Jun 23 - Jul 23)



The Full Moon on 9 August could bring out your insecurities: keep your nerve and you should be able to break free from emotional doubts that have held you back. You don't have to do anything you don't want to do so follow your instincts rather than someone else's orders. For a lot of the month finances are emphasised with Mercury and Venus both shining on your money chart. But make sure that you share your good fortune with others on 26 August.

Leo (Jul 24 - Aug 23)



Your word is your bond but you will never be able to convince someone who needs constant reassurance of that fact: just accept that people come in all varieties and you will get over it. Duty comes first on 7 August and it's just a case of having to grin and bear it. Someone you encounter on 27 August sets your pulse racing but by the end of the month you may have to face up to some hard decisions as far as relationship issues are concerned.

Virgo (Aug 24 - Sep 23)



Listen to your body and don't burn the candle at both ends: your health and your standards could suffer. A New Moon in your sign on 23 August signals a time to look ahead and leave your worries behind you: the future is yours to mould and enjoy. Routine burdens become lighter and free up time to pursue a long held dream. If you're looking for an exciting partner the signs are good. Your mental powers are at their very best from 27 August onwards.

Libra (Sep 24 - Oct 23)



If you work as part of a team you can get a great deal done on 17 August. If you insist on working alone you will lose momentum. You may have to hide your enthusiasm from someone who excels at criticising your plans. Clear away lukewarm commitment and map out where you want to go on 26 August: be who you want to be and others will react well. Venus reminds you that love is never enough to keep a relationship going - you also need mutual trust.

Scorpio (Oct 24 - Nov 22)



It's not what you know but who you know: pull whatever strings you can reach on 13 August. You may feel like taking on the world but save your aggression for those in power and leave those weaker than you alone. Passion is your stock in trade and the planets are combining to spice up your love life on 29 August. You have a contribution to make to a local project and ambitions that once would have seemed like a wild dream are now within your reach.

Sagittarius (Nov 23 - Dec 21)



It's probably best to steer clear of any grand gestures: true friends love you for yourself, not for what you can spend on them. Love links you to someone far away on 12 August. You're never happier than when planning a long haul trip and this just might be your opportunity to get away from it all. You do need to distinguish between fantasy and reality on 18 August if you want to avoid an embarrassing misunderstanding. Take charge at work: others will be happy to follow.

Capricorn (Dec 22 - Jan 20)



Being too trusting of someone who talks extravagantly about their financial plans would be a mistake on 21 August: being cautious will pay dividends. You need to let go of a business matter in order for the project to move on and be successful. Don't let stubbornness get in the way of progress. You are capable of giving as much or even more than you take in love and family life and this quality will be fully appreciated by those around you on 29 August.

Aquarius (Jan 21 - Feb 19)



The Full Moon in your sign on 9 August could affect your usual objective stance. This will give you an insight into how others might be feeling which can only be a good thing. Your cash situation is set to improve on 23 August. Your success chart is full of opportunities right now although you will have to play your part by showing that you are serious as well as talented. Mars is busy stirring things up, so you may be more distracted than usual.

Pisces (Feb 20 - Mar 20)



It does not always follow that the harder you work, the more you accomplish, but this month it does. Focus totally on what you are doing and before you know it the task will be completed. Travel plans get a boost on 8 August especially if you are planning a romantic trip for two. Mars in your partnership chart stirs up plenty of love action and you will start to feel much more positive about a close relationship after the Sun changes sign on 23 August.