



## Change your life without really trying

*We've asked Simon Brown, experienced Feng Shui practitioner, to come up with some tips for the New Year to help you to throw out the old and bring in the new in 2007.*

**S**imon's tips require minimal effort and cost very little so anyone can try them out. Simon looks at the different atmospheres that can attach to buildings and how these can affect a person's emotional energy fields. The key to using Feng Shui successfully is to identify what it is you'd like to change about yourself.

### Simple tips to change the energy in your home

**Plants** The more living plants you can bring into your home the more natural living energy will surround you. Living plants keep the energy in your environment moving and they can also slow the energy down to a healthier pace.

**Water** Our bodies are made up of 70% water. It is therefore affected by any water that might be nearby. Having healthy water close to you means that the energy radiated by the water has a positive effect on the water inside your body. The best way of achieving this positive effect is to have a bowl of water that you fill

up every morning, placed by an East or South East facing window. This means it gets touched by the sun as it comes up in the morning which enhances its powers. The next morning you should empty the bowl and refill it for the day ahead.



**Salt** As well as water, we also have a lot of sodium in our bodies. So following the same Feng Shui principles it follows that if we put sea salt by the front door or by a North East or South West facing window this salt will help to cleanse any energy that is coming into your home.

### Take it lying down

A free and very simple method that you can do to effect any desired changes is to turn the position of your bed to reflect what it is you want to achieve.

If you have short hair or if you look at a baby's head you will notice that there is a natural

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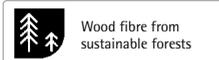
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Editor's Letter

Happy New Year. And welcome to our January newsletter. A fresh, new year always seems like the perfect time to refocus on your goals and begin taking

actions for positive change so we've put together some articles that we hope will give you some ideas for how you might go about ringing some changes in your life.

Many people are finding that Feng Shui really does work for them so why not try out Simon Brown's suggestion and move the position of your bed? It takes very little effort and no expenditure so what could be easier.

However, if even moving your bed sounds like too much effort you're probably suffering from the effects of an overindulgent Christmas! Perhaps your mind is turning to the desire to shed a few pounds in time for the Spring. Different diets appeal to and suit different people so we've put together information on some of the most popular diets so you can think about which one you might actually manage to stick with this year.

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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spiral shape in the hair and that's where most energy comes through to you when you sleep. This means that the direction that the top of your head points towards when you are sleeping determines what kind of energy comes into your energy field.

The easiest way to think about it is to consider the way the sun moves. So, if the top of your head is pointing East you can pick up more of the sun rise and spring time energy which encourages you to feel more confident and positive. Sleeping with your head pointing South is a midday or summer energy and this is a social energy that helps you to feel more expressive and outgoing. Pointing West will reflect a sunset or autumn energy and this is good for feeling content and happy with what you have in life. Finally, pointing North is a night time and winter energy which is best for feeling calm and peaceful. This is the best direction for those people who have trouble sleeping and need to rest.

Start a new relationship in 2007

If you have decided that 2007 is the year that you really want to find the right person to make your life complete then here are some things you can do to bring that about. The first thing you have to ask

is what is it that you need to change about yourself in order to be in the relationship you desire. And try to be honest with yourself. Once you have identified what it is you need to change then following the Feng Shui principles you need to bring those elements you have identified into your home.

So, if you are too picky then sleep with the top of your head pointing West. Use more pinks, pale yellows and earthy colours in your colour schemes. Make sure you have imagery that encourages you to feel calm and patient. And following this mood try to eat foods that take a long time to cook like bean soups and vegetable stews.

If you want to become more sociable then sleep with the top of your head pointing in a sunny direction ie, East or South and have bright colours in your home. Surround yourself with colourful, flowering plants and use lots of lighted candles. Eating spicy food with chilli, garlic or ginger will also pep up your mood. And if you've found that partners have found you too intense or intimidating in the past then sleep with your head pointing North and try wearing pastel colours, pale blues and creams. The foods that are good for you are fruits, salads and juices.



Finding a new career

Sleeping with the top of your head pointing east will boost your self esteem, confidence and enthusiasm. Having imagery around the house which reminds you of your successes and increases your belief that you can take on a new job will help bring about change. □

To find out more about Simon's work visit www.chienergy.co.uk or email him on simon@chienergy.co.uk.

Books by Simon include:  
Practical Feng Shui, Cassell Illustrated, 1997  
The Feng Shui Bible, Godsfield Press Ltd, 2005



Wellbeing

By 2 January are you one of those people that is promising themselves that this year will be different? In common with a large proportion of the population your resolution is probably that this will be the year when you will finally be fitter and slimmer.

It's easy to make your resolutions after having indulged in all the delicious foods on offer at Christmas time. We'll all be feeling stuffed and may even be looking forward to the odd green salad or bowl of fruit. But will we still be in the mood for a diet by March? The key to making a difference this year is whether you can be consistent and stick it out. And the only way you are ever going to stay committed is by finding a diet that fits your particular

tastes and lifestyle. It's no good going on a diet that is unsustainable throughout the year. All the experts tell us that weight loss should be modest (1–2 lbs per week) and maintained over a long period of time. This is the healthiest way to shed pounds and keep them off for good. In order to help you out we've compiled information on some of the most popular diets out there so you can see if at least one of them appeals to you.

### What suits you best

Here is a list of the different types of diet that you can try. Think about what suits your particular personality and your relationship with food best. For instance, some people love the idea of a pre-packaged meal diet because they don't have to make a decision about what they are going to eat but, as with everything, there are pros and cons to most diets on offer.

#### • Fixed-menu diet

This will provide you with a list of all the foods you will eat during the diet.

**Pros** Easy to follow because the foods are selected for you. **Cons** With a restricted choice of food it can make the diet boring and also hard to follow if you are away from home. This kind of diet does not teach you the food selection skills you need to keep weight off.

#### • Exchange-type diet

This is a meal plan with a set number of servings from each of several food groups. For example the 'starch' category could include one slice



of bread or half a cup of oatmeal. If your meal plan calls for two starch choices at breakfast you could choose to eat two slices of bread or one slice of bread and one cup of oatmeal.

**Pros** You have more day to day variety and can easily follow the diet away from home plus you learn to estimate what a good portion size is. **Cons** Often these are diets that involve a weekly group meeting which can mean a dependence is built up on the group which takes away from self-reliance and self-discipline in the long term.

#### • Pre-packaged-meal diets

These diets require you to buy pre-packaged meals (eg, Nutrisystem) that provide you with the right level of calories for weight loss.

**Pros** Helps you to learn appropriate portion sizes. **Cons** Can be costly. Doesn't teach you how to select and prepare food, skills that are needed to sustain weight loss.

#### • Formula diets

These replace one or more meals with a liquid formula. The drink is usually a balanced diet containing a mix of protein, carbohydrate and a small amount of fat.

# Finding the diet that will work for you in 2007



**Cons** Many nutritionists disapprove of the limited number of foods allowed but concede that a moderate approach poses no real harm.

#### • Mediterranean

A diet based on food traditionally found around the Mediterranean. Rich in healthy fats from fish, olive oil, nuts and seeds. Plus plenty of fresh fruit and vegetables.

**Pros** Easy to stick to if you like your fruit and veg as the diet requires a high consumption of fruits, vegetables, bread and other cereals, along with potatoes, beans, nuts and seeds. Also allows a moderate consumption of wine!

**Cons** Harder to follow if you like a lot of red meat in your diet.

#### • Atkins Diet

A controversial low carbohydrate, high protein diet.

**Pros** Helps stabilise your blood sugar and lower cholesterol. Unlike other diets it allows you to eat satisfying amounts of 'forbidden' foods and customise the diet to your needs and tastes. You can lose a lot of weight rapidly. **Cons** It's not a well balanced diet and side effects can be bad breath, tiredness and nausea. Constipation may also occur as a lot of high fibre foods are not allowed. The diet can get boring.



#### • Glycaemic Index Diet

The Glycaemic Index ranks foods based on the effect they have on blood sugar levels. The index runs from 0 to 100. Foods that have only a slow, small effect on blood sugar have a low GI value and these are generally the foods that are eaten.

**Pros** Most nutritionists and dieticians are ▷

**Pros** Easy to use and helps promote short term weight loss. **Cons** Most people regain the weight as soon as they stop using the formula. These diets do not teach you how to make healthy food choices.

### Popular diets to choose from

#### • Macrobiotic Diet

This is a diet that allows you to learn to live within the natural order of life. The main concept is that of yin and yang: these forces must be kept in balance to achieve good health.

**Pros** This diet appeals to health-minded individuals who are seeking a holistic approach to wellbeing. Numerous reports exist of medical conditions improving on a macrobiotic diet.

▷ supportive of the basic principles of this diet. The diet can help to prevent or reduce the risk of Type 2 (maturity onset) diabetes. Also claims to help improve good cholesterol and so reduce risk of heart disease. **Cons** It's difficult to identify the GI value of a meal. Meals can have a very different GI value to the individual foods contained in the meal. And some foods with a low GI value are packed with fat like chocolate and crisps and peanuts.

• **The Zone Diet**

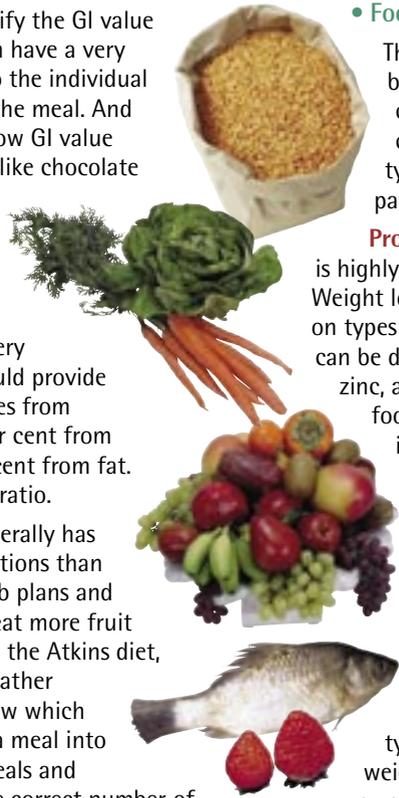
The idea is that to reach 'The Zone', every meal and snack should provide 40 percent of calories from carbohydrate, 30 per cent from protein and 30 per cent from fat. This is the 40:30:30 ratio.

**Pros** As a diet it generally has fewer dietary restrictions than many other low-carb plans and you are allowed to eat more fruit and vegetables than the Atkins diet, for instance. **Cons** Rather complicated to follow which can turn preparing a meal into a chore. Creating meals and snacks that have the correct number of Zone Foods Blocks is the hard bit. Eating out is extremely difficult.

• **Low Fat Diet**

The low fat weight loss program recommends a diet based on low fat or no fat foods. Reducing fat intake and regular exercise results in long-lasting weight loss. This program can be very effective if produced and supervised by an expert.

**Pros** This diet is one of the best ways to lose weight, but it is important that it is followed in the correct manner. **Cons** Many low fat diets found on the market reduce fat consumption



too much and it can become harmful for your health. A very high consumption of carbs is also not good, which is often recommended by some programs.

• **Food combining**

This eating plan states that weight loss becomes more likely if you separate certain foods and eat them in the correct combination. Therefore, any type of weight gain is due to eating patterns, not excess calories.

**Pros** Eating more fruit and vegetables is highly encouraged by most health experts. Weight loss may occur rapidly, due to the limits on types of foods allowed. **Cons** This system can be deficient in nutrients, including calcium, zinc, and vitamins D and B12. The concept of food combining is controversial, although in some cases, combining foods does enhance the absorption of nutrients.

For example, eating oranges (high in vitamin C) with steak helps to increase the absorption of iron during that meal.

• **Blood-Type Diet**

The claim is that If you follow a specific diet based on your blood type, you'll improve digestion and lose weight. Each of the four blood types has a very detailed list of foods that must be avoided, based on the premise that, each blood type has its own unique antigen marker that reacts in a negative way with certain foods.

**Pros** If you like following a set list of foods that you can and cannot eat, this diet may be for you. Specific guidelines are given for foods, amounts and timing of meals. Weight loss is likely to result from restricting your food intake. **Cons** This plan is unrealistic if, for example, members of one family have different blood types. Each of the four plans eliminates specific groups of foods, which can result in nutrient deficiency. ☐

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.

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

*Credit Card Readings*  
**Tue, Thu, Fri** 7pm-midnight  
**Wed** 2pm-7pm **Sun** 6pm-11pm

▷ Working with her spirit guide, Alexei, Jayne tells things as they are, have been and will be. A gifted clairvoyant-medium and clairaudient, she has been a professional reader for over thirty years and her friendly and warm manner is born out of a lifetime of trauma and miracles. With the belief that everything happens for a reason and every negative has a positive, Jayne uses her psychic ability to help people move forward with hope and belief in themselves. "Life's lessons can make us stronger – there is always a better way".



**Amber**

*Credit Card Readings*  
**Mon, Tue, Wed** 7pm-midnight

▷ 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.



**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.



**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.



**Shelley**

*Credit Card Readings*  
**Tue, Wed** 7pm-11pm **Fri** 2.30pm-6pm  
**Sat** 9am-2pm/3pm-7pm

▷ 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".

**Marcelle***Credit Card Readings***Mon** 5pm-10pm **Tue, Fri** 7pm-midnight  
**Sat** 8pm-midnight **Sun** 5pm-11pm

▶ 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.

**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.

**Akasha***Credit Card Readings***Sat** 7pm-midnight

▶ Akasha's readings are essentially concerned with your life's purpose. A gifted clairaudient and natural healer, she tunes in through angels before channelling "guidance, advice and messages" from Atavars – enlightened spiritual Masters. "They will tell you what they want you to know", she says. "It may not always be what you expect but it will be what you need to know". People often tell her that they can feel the love and encouragement that she is channelling. It is as though their soul has been touched, leaving them stronger and more aware.

**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.

**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".

**Lorraine***Credit Card Readings***Mon, Wed, Sat** 7pm-11pm

▶ 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.

**Rudi***Credit Card Readings***Wed, Fri** 10am-2pm **Thu** 9am-2pm  
*Premium Rate (PIN 7717)*  
**Mon** 9am-2pm **Tue** 10am-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".

**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.

**Hayley***Credit Card Readings***Sun** 7pm-midnight

▶ Hayley is always happy to answer specific questions. A sensitive young clairvoyant, she will give you a very rounded reading as she links with all the factors that are affecting your situation. If you wish she will use Tarot for confirmation of what she has picked up psychically, although her precognitive abilities mean that she often anticipates which cards will appear! Hayley likes to read beneath the superficial to touch your deep inner person, leaving you with a stronger belief in yourself.

**Lynn***Credit Card Readings***Tue, Sun** 2pm-9pm **Wed** 6pm-11pm  
**Thu** 10am-3pm **Fri** 2pm-6pm

▶ 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."

**Johanna***Credit Card Readings***Mon** 10am-2pm  
**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**

*Credit Card Readings*  
**Mon** 8pm-midnight  
*Premium Rate (PIN 7707)*  
**Sun** 9pm-1am

▶ 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.



**Christine**

*Credit Card Readings*  
**Wed** 2pm-7pm **Sat** 10am-2pm

▶ As a young woman Christine spent many years on a spiritual quest before she could accept that the 'knowing' which had been hers from birth 'unprompted and unwanted' was a precious gift to be shared with others. "I now believe that I act as a 'radio', tuned into an omnipotent force of pure Love... I am only an instrument". Clairvoyant, clairaudient and clairsentient, Christine has worked as a trance medium and healer. She offers compassionate, practical direction and understanding – and a peek into the future – to those seeking guidance and support.



**Carla**

*Credit Card Readings*  
**Mon, Thu, Fri** 2-6/7-11pm **Tue** 10am-2pm  
**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".



**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.



**Paula**

*Credit Card Readings*  
**Tue, Wed** 10am-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.



**Sarah**

*Credit Card Readings*  
**Mon, Sun** 9am-2pm **Tue** 2pm-7pm  
**Thu** 7pm-midnight **Sat** 9am-2pm

▶ 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".

PREMIUM RATE READERS

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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.



**Nikki**

*Premium Rate (PIN 7731)*  
**Mon, Tue, Wed** 7pm-midnight  
**Sun** 7-11pm

▶ Prophetic dreams from early childhood first made clairvoyant Nikki aware of her natural psychic ability. When she was fourteen she began to use Tarot cards as a means of channelling her psychic energy and she has always found them a powerful means of connecting with another person's psyche. She also uses crystal ball. "I believe we have a choice of many paths and options and I can guide you towards the best ones for yourself. Even in the most difficult of times we have the power to move forward and heal ourselves". Nikki's accurate readings will help to enhance your life.



**Tom**

*Premium Rate (PIN 7757)*  
**Tue, Thu, Fri, Sun** 2pm-7pm  
*Credit Card Readings*  
**Tue** 7.30pm-10pm

▶ 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.



**Abbie**

*Premium Rate (PIN 7712)*  
**Mon, Tue, Wed** 10am-2pm **Sat** 9am-1pm  
*Credit Card Readings*  
**Wed, Sat, Sun** 7pm-11pm **Thu** 8pm-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. "My guides show me how we can learn from our experiences, becoming more fulfilled, at peace, and in control of our destinies.



**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.

**Jenny***Premium Rate (PIN 7736)***Mon, Sat** 9pm-midnight**Sun** 6am-10am/9pm-midnight

▶ Clairvoyant Jenny welcomes questions. Strongly empathic, this gentle and compassionate psychic healer senses your magnetic force as soon as she hears your voice and with the help of her spirit guide, a young Indian girl called White Eagle, goes straight to the heart of your concerns. Working with crystals and cards when she intuits that they are appropriate as well as with her 'wonderful' angels, Jenny involves her clients in her ethical, indepth readings as fully as possible. "I like to give people the peace of mind that comes from genuine enlightenment and leave them with a feeling of hope".

**Liz***Premium Rate (PIN 7720)***Tue, Thu, Fri, Sat** 7pm-11pm**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".

**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.

**Marie***Premium Rate (PIN 7702)***Thu** 10am-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".

**Eric***Premium Rate (PIN 7742)***Mon, Thu** 2pm-7pm **Tue, Wed** 9am-2pm

▶ Eric lives and works in his own healing sanctuary, where he teaches and runs development groups.

A gifted all round psychic, he is clairvoyant, claudient and clairsentient, a member of the Home Counties Association of Spiritual Healers and a popular platform medium. He can also interpret the Tarot cards if you wish. Spiritually aware from childhood and experienced with many of life's problems, Eric likes to give proof of his link with the Spirit world during his empathic readings. "The guides are often family members or friends of my clients. The evidence is profoundly astonishing – and their help is invaluable and uplifting".

**Alison***Premium Rate (PIN 7706)***Mon, Wed, Thu** 2pm-7pm **Tue** 6pm-10pm**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 interconnectedness 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".

**Tanith***Premium Rate (PIN 7710)***Mon, Wed, Sat** 10pm-2am

▶ Tanith read palms as a young girl and soon realised that what she was picking up was uncannily accurate.

Throughout her years of nursing and raising a family she continued to develop her clairvoyant gifts, finding that her telepathic ability to link into what others were feeling enabled her to show them how to redirect their energy in a healing and beneficial way. With her strong belief in peace, Tanith will help you to find your own inner peace of mind and spirit.

**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 clairsentient 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.

**Amethyst***Premium Rate (PIN 7790)***Mon, Wed** 6pm-11.30pm**Tue** 2pm-8pm

▶ 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.

**Wayne***Premium Rate (PIN 7718)***Mon** midnight-2am **Thu** 10pm-2am*Credit Card Readings***Mon, Tue, Sun** 10pm-midnight

▶ Wayne realised that he had psychic ability during his teens. With the help of his guides he developed his skills over the years and is now a very experienced spiritual medium, clairvoyant, clairsentient, healer and psychometrist. He is also a Reiki master and Tarot interpreter. "I sense my client's energies as soon as I hear their voice and I try to pass on messages as gently and clearly as I can. Honesty is my fundamental policy – honesty, and the highest good". His clients testify that Wayne's readings leave them feeling uplifted and motivated and a lot more in control of their lives.

**Zetti***Premium Rate (PIN 7760)***Tue, Fri, Sun** 2pm-6pm

▶ "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".

**Marialyn***Premium Rate (PIN 7704)***Tue** 10pm-3am**Thu** midnight-3am/10.30pm-2am

▶ Marialyn is a clairvoyant medium and healer, who comes from a family with a strong background in psychic ability. A caring person by nature, even as a child Marialyn was the one that people came to tell their woes to. She is very easy to talk to and listen to and has received many letters thanking her for her work. One of her greatest rewards as a reader is giving people peace of mind; clients have said that she has changed their lives!

**Margot***Premium Rate (PIN 7729)***Thu** 7pm-11pm **Sat** 10am-2pm

▶ Margot's warm and sympathetic readings are aimed at freeing and healing the emotions that so often prevent us from fulfilling our true destiny. Extensive study has led her to discover a close affinity between her own Celtic background and the Native American culture, with their shared respect for the earth "and all that dwell thereon". Clairvoyant, clairaudient, a colour therapist and a member of the British Psychics' Association, Margot connects immediately through the voice, working with her spirit guides and angelic energies to clarify your situation. "It is only when we find the right path to travel that we will reach our full potential".

**Neelam***Premium Rate (PIN 7743)***Tue** 7pm-midnight**Thu, Sat** 7pm-11pm

▶ Neelam has been aware of her natural psychic ability since the age of twelve. She is guided by the spirit of the Indian saint, Sai Baba, and through him she has had many prophetic visions. To help others understand and deal with their situation she can channel into past lives and into the past, present and future, as well as pass on important messages from the other side. As an astrologer and numerologist she can give more detailed guidance when specific direction is required. This, coupled with her spiritual gift, gives powerful healing and guidance to all who need it.

**Louise****NEW***Premium Rate (PIN 7745)***Mon, Wed** 2pm-7pm**Fri** 9am-2pm

▶ "When clients come to me, not knowing which way to turn, the main things that I try to give them are hope and empowerment – by channelling the in-depth insights that will enable them to take charge of their own lives in the most beneficial way. Clairvoyant since childhood, and a practising Spiritualist, Louise takes the responsibilities that come with her psychic gifts very seriously; always telling it as it is, but with compassion and warmth. "Hope is something that we all need. At the end of a reading I like people to put down the phone and say to themselves, "Yes! I can do this".

**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".

**Harry***Premium Rate (PIN 7726)***Mon** 10am-2pm **Tue, Thu, Sun** midnight-6am**Fri, Sat** midnight-9am

▶ Harry has been working as a clairvoyant for over twenty years, since a critical illness in his early twenties reawakened the psychic connections with Guides that had been a daily part of his early childhood. Having also worked in a number of other occupations, Harry has a broad experience of life. He aims to take an equally compassionate approach to all clients, whatever their inner or outer circumstances. His readings also encompass the practical aspect, seeking not just the bare facts of a person's life but also how they can change their circumstances to better suit their needs.

**Karena****NEW***Premium Rate (PIN 7703)***Mon** 7pm-midnight **Thu, Sat** 7pm-midnight**Sun** 9am-2pm

▶ A warm and understanding reader with many years experience, Karena inherited her psychic gifts from her grandmother. A powerful clairvoyant, she links immediately through the voice and she can also use crystals, tarot or crystal ball to channel the insights that will be most valuable to you. "Honesty is very important to me", she says. "I don't hold things back, because it is only when we really understand our situation that we can begin to move forward". Feedback from her clients confirms Karena's conviction that what she does is very rewarding "I just want to help. I am so grateful for my gift".

# Astrology

Pat Blackett



**T**his month's Full Moon falls in the family loving sign of Cancer on 3 January. This means we should all try to get our priorities right as far as close relatives are concerned.

Lovely Venus moves into friendly and socially aware Aquarius on 4 January. Mars moves into the ambitious but cautious sign of Capricorn on 16 January followed by the New Moon in the same sign on 19 January.

The final piece of astrology this month is a squaring up of two giant planets, Jupiter in Sagittarius and Uranus in Pisces, on 22 January so watch out for flashes of thunder and lightning in your personal life!

**Aries** (Mar 21 - Apr 20)

Your energy is high, your ideas are spot on and your ambitious streak is aroused so it's time to move in a new direction in your career. New love options will add an element of excitement to your life. What seems to be a generous offer may be no such thing on 22 January – but an even better prospect could be on the cards. Someone who doesn't seem too friendly is attracted to you more than you realise. Beware – it will be easy to say something you regret on 28 January.

**Taurus** (Apr 21 - May 21)

You have become far too set in your ways and need to do something exciting and right now there is so much scope to broaden your horizons. Overseas influences feature strongly in your chart on 7 January: somewhere or someone from more exotic climes is calling. Steer clear of discussions about money on 13 January – if the talk turns to finances make your excuses and leave. Learning much more about a subject that has always fascinated you forms part of a new approach to life.

**Gemini** (May 22 - Jun 22)

Business matters may be a bit dull right now but think of the rewards. Something you learn on 22 January will convince you that you have yet to identify where your future lies: some surprise decisions could put you in charge of your life. A loved one needs your time more than your money. You don't normally suffer from a lack of confidence but your fears could get the better of you on 28 January. Have the courage to ask straight out for something instead of talking around the subject.

**Cancer** (Jun 23 - Jul 23)

It's time to be realistic about a relationship which lacks excitement. Remember it takes two to make it work: there's nothing to stop you from adding some spice on 16 January. A Full Moon in your sign could make you rather emotional so you won't be thinking all that clearly. Save important decisions until you feel more in control. You are being secretive and it feels good to be the only one in the know but beware others cottoning on to what's going on and keeping things from you on 26 January.

**Leo** (Jul 24 - Aug 23)

You will want to push harder than ever towards your goals and if others take this the wrong way then it will only spur you on and bring out the best in you. You will have to read between the lines to understand what's really being said on 19 January. Playing mind games will irritate you but you have to accept that not everyone is as straightforward as you are. You will see a love commitment in a clearer light on 20 January. Make decisions with your mind as well as your heart.

**Libra** (Sep 24 - Oct 23)

Someone close needs a confidence boost and you'll find it easy to provide reassurance at just the right time. Focus on the future of a relationship instead of the past on 16 January. A small amount of effort now promises major returns in the future. A Full Moon at the midheaven point of your chart indicates a career crossroads. But don't make any drastic moves until you know what someone in authority has decided. You could be offered a second chance to join a creative team on 19 January.

**Sagittarius** (Nov 23 - Dec 21)

Make sure you know what you are letting yourself in for before committing yourself to anything new. Your energy levels are set to soar on 13 January but beware pushing yourself too hard. You are ideally placed to negotiate a financial arrangement: it may be boring but it's essential you remain sensible. Contacts made now will prove their importance in the future. A personal dream can come true on 22 January. Keep emotions and work ambitions separate if you want a quiet life.

**Aquarius** (Jan 21 - Feb 19)

You are currently finding it easy to forgive and forget as you have more important things to do than hold grudges. Don't put off making much-needed changes at work on 3 January. Unless you take charge, the situation will not be resolved. The planets are urging you to have faith in your abilities. The Sun close to Mercury on 7 January means you know what you want but in order to obtain it you have to have the self belief to go out there and get it.

**Virgo** (Aug 24 - Sep 23)

If you don't have fun on 16 January you can't be really trying: you have the potential to be hugely romantic and creative at the same time. Why not plan a magical weekend away with the one you love? Because you like order you won't enjoy the chaos that ensues on 22 January. There are advantages to be gained from taking the initiative when something takes everyone else by surprise. Aim for one or two definite targets at work rather than spreading yourself too thin.

**Scorpio** (Oct 24 - Nov 22)

You might feel encouraged to say things that get you noticed but it's important you know when to stop as you could attract the wrong kind of attention on 8 January. One to one relationships look intense, especially if you refuse to back down. The more you try to influence the thinking of family and friends, the more they will resist you on 22 January. Try to emphasise your tolerant side: remember that it takes all sorts to make a world. At work people will take you much more seriously.

**Capricorn** (Dec 22 - Jan 20)

You are clear about who you want to be even if it breaks with tradition or expectation on 2 January. Channel your energy into something creative and constructive. Whatever you accomplish now will be as enjoyable as it is rewarding. The New Moon in your sign may leave you feeling unsettled but if you search for meaning you will discover that somehow life is conspiring to make your life richer in the long term. You have to give a little to get a little on 22 January: nothing comes free.

**Pisces** (Feb 20 - Mar 20)

You will find that your attention to detail can make you a winner on 8 January so follow your instincts and you won't go far wrong. By the end of the month you should have a clearer idea of where you want to be in five years' time. Before that can happen you will have to end either a creative project or a love affair that has run its course. If you put yourself out for other people on 16 January when you need them in the future they will be there for you and only too willing to help.