

# Placing your order with the Cosmos

*Do you ever find that when you expect things to go wrong, they often do? Or do you experience coincidences when you are thinking of something and then it happens? Some believe this is the process of 'cosmic ordering' and that it happens to you all of the time, though you may not always realise it. Many people believe that by recognising and channelling this power you can begin to consciously control your future.*

## Cosmic ordering – what is it?

The idea behind cosmic ordering is that you can reap from the universe all that you want in life. It is a popular buzz phrase that has seen a host of well known celebrities, Noel Edmonds being the most widely reported, claiming that they owe their success to this spiritual practice.

Cosmic ordering suggests that you can place an order with the universe and wait for it to manifest.



Manifestation occurs within a field of energy that has been named 'the field of intent'. The field of intent is said to be an invisible dimension where our Spirit connects to the universe and returns our conscious desires.

## How can I make it work?

To link to the field of intent you need to use your power of intention, a combination of your desire and your belief to create a new situation. When you use your power of intention your Spirit connects to the field of intent and returns your request.

One crucial element is that you really have to feel that you deserve what it is you are asking for. Desiring

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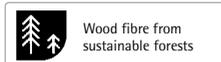
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**Editor's Letter**

Welcome to our March newsletter. If you've always thought that there must be some connection between your thoughts and actions and what subsequently happens then you will probably find the notion of cosmic ordering rather interesting. This would seem to suggest that we can ask the cosmos for things and our request will be met. Of course, it's not as simple as that as all kinds of self undoing can get in the way of achieving what it is we desire but it's a fascinating concept to consider.

And if the cosmos answers our needs then there is less reason to be pushy and aggressive in order to get ahead. You may find yourself behaving in a particular way due to the fact that you have developed a Type A personality which in turn can have consequences for your health. Our Wellbeing section looks at ways that you can temper some of those more extreme traits. Managing to alleviate some of these characteristics to reduce stress levels will help maintain a healthy heart.

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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something without deserving it will not work as spiritually you experience an anomaly between what you think you want and the fact that you actually don't think you are worth it. However much you want something, if deep down you don't feel that you deserve it then you will not be able to manifest it.

**Making your request**

Different authors present many different ways to place your order, some methods are very involved, including going to a sacred place, wearing different outfits or being accompanied by certain artefacts. Others claim that cosmic ordering works whatever setting feels most comfortable to you, you will know what feels right. Ideally it will be somewhere you feel safe and are familiar with. It is generally best to be somewhere quiet, and where you can remain quiet until you have finished. Writing down your request is often helpful.

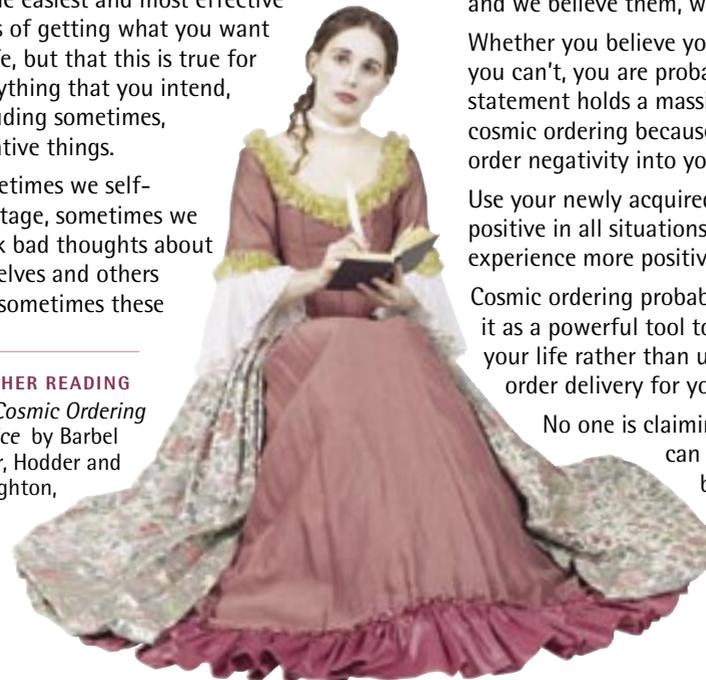
**Do I need to be wary of anything?**

Many claim that cosmic ordering is one of the easiest and most effective ways of getting what you want in life, but that this is true for everything that you intend, including sometimes, negative things.

Sometimes we self-sabotage, sometimes we think bad thoughts about ourselves and others and sometimes these

**FURTHER READING**

*The Cosmic Ordering Service* by Barbel Mohr, Hodder and Stoughton, 2006



**Your cosmic ordering checklist**

- Decide on your goal
- Make sure you desire, you deserve and you believe in the process
- Find somewhere quiet
- Write down your goal
- Read your goal back to yourself, over and over while you picture your goal
- Create in your mind's eye your goal, see yourself there
- Feel what you will feel when you have achieved your goal
- Hear what you will hear when you have achieved your goal
- Stay in the zone for several minutes
- Repeat the process daily until you notice your life changing
- The change may be sudden or gradual but either way you will recognise it
- As long as you truly believe, truly desire and truly deserve, the Universe will deliver!

negative thoughts and feelings, if we desire and we believe them, will also create them.

Whether you believe you can, or you believe you can't, you are probably right. This statement holds a massive amount of value in cosmic ordering because inadvertently you can order negativity into your life.

Use your newly acquired knowledge to be positive in all situations and you will begin to experience more positive outcomes.

Cosmic ordering probably works best if you see it as a powerful tool to help you transform your life rather than using it as a cosmic mail order delivery for your wish list.

No one is claiming that cosmic ordering can right the world's wrongs but it could offer a way of tuning into the best available opportunities for you in the future. ☐

Wellbeing

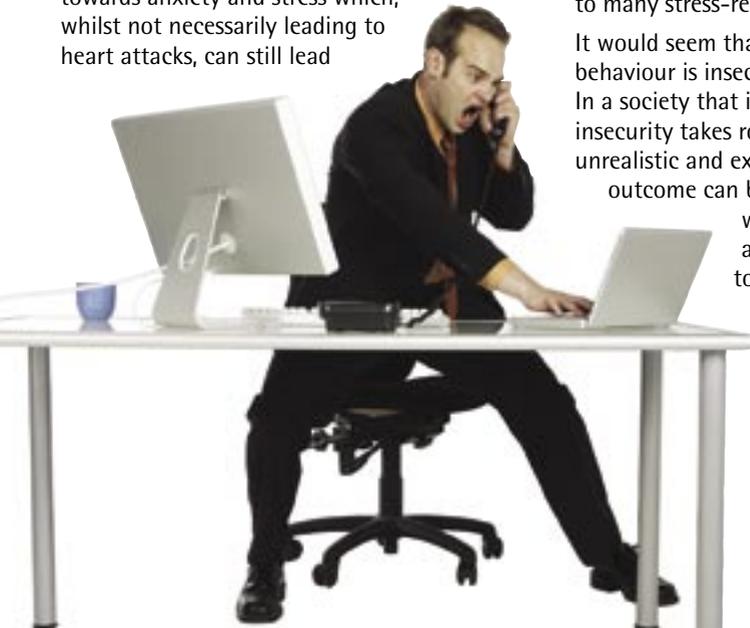
Are you impatient, excessively time-conscious, highly competitive and incapable of relaxation? Then you might just have a Type A personality. Research has shown that people with this set of character traits are more likely to suffer from heart problems and die younger than the more relaxed Type B personality.

Type A individuals are often high-achiever workaholics who multi-task, drive themselves with deadlines, and are unhappy about the smallest of delays. They have been described as stress junkies. The Type B personality, in contrast, is patient, relaxed, and easy-going.

Research has shown that it is the high level of expressed anger and hostility, not the other elements of Type A behaviour, that constitute the most serious health problem.

### So why does it matter?

You might notice your own tendencies towards anxiety and stress which, whilst not necessarily leading to heart attacks, can still lead



### The characteristics of the two types

Type A	Type B
<ul style="list-style-type: none"> <li>• Works hard and enjoys achievement of goals, with greater enjoyment in achieving of more difficult goals.</li> <li>• Finds it difficult to stop, even when they have achieved goals.</li> <li>• Feels the pressure of time, constantly working flat out.</li> <li>• Are highly competitive and hate failure doing anything to avoid it.</li> </ul>	<ul style="list-style-type: none"> <li>• Works steadily, enjoying achievements but not becoming stressed when they are not achieved.</li> <li>• When faced with competition, they do not mind losing and either enjoy the game or back down.</li> <li>• May be creative and enjoy exploring ideas and concepts.</li> <li>• Are often reflective, thinking about the outer and inner worlds.</li> </ul>

to many stress-related disorders.

It would seem that at the root of Type A behaviour is insecurity and low self-esteem. In a society that is basically competitive, insecurity takes root easily. Goals may be unrealistic and expectations overwhelming. The outcome can be low self-esteem combined with a sense of free-floating anxiety because of the inability to meet expectations.

These potentially hazardous behaviour patterns can be altered by learning to think and plan differently. It is possible to modify stressful Type A patterns and convert them into relaxed Type B patterns. It's not that you have to

# To be or not to be an A or a B

## Are you an A or a B?

Take the following quiz and see how many of the following items apply to you. (Answer Yes or No)

### Do You...

- 1 Finish others' sentences before they do? Yes/No
- 2 Move, walk or eat rapidly? Yes/No
- 3 Become restless and angry in slow lines of traffic? Yes/No
- 4 Generally feel impatient? Yes/No
- 5 Tend to feel mistrustful of other people's motives? Yes/No
- 6 Try to do two or more things at one time? Yes/No
- 7 Feel guilty if you relax or take vacation? Yes/No
- 8 Schedule more and more activities into less and less time? Yes/No
- 9 Think about other things while talking to someone? Yes/No
- 10 Assume more than your share of responsibility? Yes/No

### Scoring

If you answered 'Yes' to seven or more, then you are definitely a Type A.

change everything about you. Not all the traits associated with Type A personalities are bad. But studies have isolated the following four personality characteristics as being the ones most closely associated with heart disease:

- Hostility
- Cynical mistrust of people's motives
- Frequent anger
- Open expression of anger

It's important to minimise these aspects of your behaviour for the sake of a healthier heart. It also would help overall wellbeing to work on other aspects of Type A behaviour, such

as impatience or time urgency, because this causes unnecessary stress that is uncomfortable for all concerned.

### Typical Type A behaviour

Individuals with a Type A personality share many general characteristics such as impatience, perfectionism, need to achieve, hostility, a quick temper and the inability to relax. Listed below are more specific indicators of Type A behaviour. See how many of these apply to you.

- Facial signs like a visibly tight jaw or mouth muscles that twitch
- Difficulty in sitting and doing nothing
- Interrupting others when they are talking
- Impatience
- A way of talking that is fast and can be grating or irritating
- Frequent use of swearing
- Obsessive competitiveness in almost all activities, even minor contests
- Irritable and impatient with others, especially when they disagree with you
- Fixed opinions or stubborn attitudes
- Become easily irritated at the minor mistakes of others

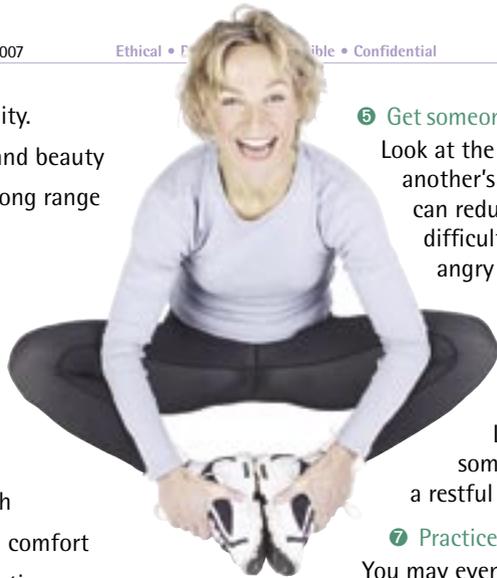
### Typical Type B behaviour

Type B behaviour is the healthier counterpart to Type A behaviour. Type B's are slower and more relaxed. Consider the following characteristics ▷



▷ of the Type B personality.

- Appreciates leisure and beauty
- Tendency to take a long range view of things
- Easy-going manner
- Patient
- Good listener
- Not preoccupied with achievement
- Casual style
- Rarely looks at watch
- Delegates tasks with comfort
- Does things one at a time
- Allows time for thinking things out
- Slow, deliberate talker
- Expresses affection openly
- Has good self-esteem



**5 Get someone else's point of view**

Look at the situation through another's eyes. This new perspective can reduce anger because it's difficult to empathise and be angry at the same time!

**6 Learn to relax**

Do some deep, natural breathing to relieve built up muscle tension.

Look out of the window at something soothing or imagine a restful scene.

**7 Practice being a good listener**

You may even have to force yourself to keep your mouth shut. It sends an important message to others that you care about what they have to say.

**8 Forgive people who have made you angry**

Let go of any resentments. It'll feel like a heavy weight has been lifted from your shoulders. It's best for your wellbeing to forgive and forget.

**9 Avoid people who are hostile and cynical**

If you must interact with them, note what features of their behaviour you'd want to avoid duplicating yourself.

**10 Imagine that this is your last day on earth**

Ask yourself if you still want to waste your time being angry, cynical or hostile? Forget those trivialities of life that irritate you. Count your blessings and see all the good things that surround you.

Remember, it is possible to change some of the stressful Type A characteristics to those of a more relaxed Type B behaviour. If you can learn to incorporate some of the above factors into your everyday routine then the unhealthy toll that stress takes on your body can be reduced. ☐

**FURTHER READING**

*Treating Type-A Behaviour* by Meyer Friedman & Diane Ulmer, M Joseph, July 1985

**10 ways to develop a trusting heart**

Here are 10 ways to free yourself from the grip of hostility and cynicism.

**1 Confide in someone else**

Let a friend or loved one know that you recognise your problem with aggression. Ask for their support in your effort to change.

**2 Catch yourself having mistrustful thoughts**

Keep track of how often you think cynically about something. Look for a pattern in these thoughts.

**3 Eliminate those cynical thoughts**

Say 'stop' when one of these mistrustful thoughts appears or imagine the word 'stop'. This can short circuit any thought that you'd rather not have.

**4 Laugh at yourself**

Humour can defuse anger. Make sure, however, that the humour does not come at someone else's expense.

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

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**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.



**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".



**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".



**Marie**

*Credit Card Readings*  
Wed, Fri, Sat 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".

**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.

**Terence***Credit Card Readings*  
**Mon** 7.30pm-midnight  
**Thu** 7pm-midnight

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.

**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.

**Lynn***Credit Card Readings*  
**Tue, Sun** 2pm-9pm **Wed** 6pm-10pm  
**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."

**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.

**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.

**Jan***Credit Card Readings*  
**Tue** 6pm-10pm  
**Sun** 9am-1pm/6pm-9pm

A highly experienced reader, Jan works with a spirit guide – a Chinese mandarin – who, she says, is "a very honest gentleman; he wouldn't let me mislead people". She will tell you the truth, but in an understanding and positive way. "It's not what life is doing to you, it's what life is doing for you". Jan will use her powerful clairvoyant insights to enable you to understand the mystery of your own unique life, helping you to take control of your future.

**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.

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

**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.

**Kathryn***Credit Card Readings*  
**Mon, 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.

**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.



**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".



**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.



**Julie**

*Credit Card Readings*

**Mon, Sun** 1pm-11pm

▶ 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.



**Wayne**

*Credit Card Readings*

**Mon, Tue, Sun** 10pm-midnight  
**Thu** 7pm-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, clairaudient, 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.



**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.



**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.

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**PREMIUM RATE READERS**

7 days, 24 hours a day

ring

**0906 110 4326**

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.

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**Neelam**

*Premium Rate (PIN 7743)*

**Tue, Thu, Sat** 7pm-10pm

▶ 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.



**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.



**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".



**Tricia**

*Premium Rate (PIN 7711)*

**Tue, Sun** 10pm-2am  
**Wed** 9pm-midnight

▶ Psychic medium Tricia, an experienced intuitive healer, counsellor and teacher will initially confirm a genuine link with you before guiding you compassionately through your consultation. Straight-talking Tricia, a qualified life coach, can help you to move forward in all areas of your life – relationships, career, finance – whichever issue you wish to explore when you call her. Working in many countries, including France and China, has brought her enormous satisfaction, none more so than in seeing others grow and prosper through gaining deeper insights into their lives. "It is such a privilege working with Spirit".



**Abbie**

*Premium Rate (PIN 7712)*

**Mon, Tue, Wed** 10.15am-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."



**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".



**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.



**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 the nature and the divinity of Mother Earth and this is reflected in all that she does.



**Karena**

*Premium Rate (PIN 7703)*

**Mon** 7pm-midnight **Thu, Sat** 7pm-11pm

*Credit Card Readings*

**Sun** 7pm-11pm

▶ A warm and understanding reader with many years experience, Karena inherited her psychic gifts from her grandmother. A powerful clairsentient, 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".



**Laura**

*Premium Rate (PIN 7732)*

**Wed** 7pm-10pm **Thu** 9am-2pm

**Fri** 10am-2pm/7pm-11pm **Sat** 2pm-7pm

▶ Because she was born into a psychic family Laura's parents encouraged her natural gifts and she began healing at the age of six. As a qualified nurse she continued to work with Spirit until she found that, as her clairvoyant abilities developed and deepened, more and more people were seeking her help on a wide range of issues. Becoming a professional reader "just sort of happened"! A very accurate and intuitive psychic, Laura now runs her own healing sanctuary. "It is my mission to be of service to people; to bring light, love and hope into their lives".



**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.



**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".



**Louise**

*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. Clairsentient 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".



**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.



**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.



**Beth**

*Premium Rate (PIN 7700)*

**Mon, Sun** 9am-2pm/6pm-11pm

**Fri** 6pm-11pm **Sat** 2pm-7pm

▶ 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.



**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.



**Marialyn**

*Premium Rate (PIN 7704)*  
**Tue, Wed, Thu** 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!



**Jayne-Marie** NEW

*Premium Rate (PIN 7713)*  
**Wed** 10am-2pm **Sat** 7pm-midnight

Jayne-Marie was nine when she first saw people in spirit; she thought this was perfectly normal. Consulting a medium after the death of her own son she realised that she could, and should, be using her gift to help others and she has now been working as a professional medium, clairvoyant and psychic for over fourteen years, using the tarot purely as a source of inspiration. Jayne-Marie runs her own Spiritual Centre, workshops and development circles and she makes many personal appearances. "I believe everyone has the right to happiness and when guidance is needed to find the way I am happy to be the person to do this".



**Jenny**

*Premium Rate (PIN 7736)*  
**Mon** 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".



**Eric**

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

Eric works in his own healing sanctuary, leading development groups. A gifted all round psychic, he is clairvoyant, clairaudient and clairsentient, reads Tarot, is a member of the Home Counties Association of Spiritual Healers and a popular platform medium. Spiritually aware from childhood and experienced with many of life's problems, Eric likes to give proof of his link with Spirit 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".



**Mae** NEW

*Premium Rate (PIN 7722)*  
**Tue** 9am-2pm **Wed, Fri** 2pm-7pm  
**Thu** 10am-2pm

Mae has been walking her sacred journey between the worlds for many years. An experienced clairvoyant, healer and astrologer, she attunes first with the Divine, and then with her spirit guides to bring you messages from the Otherworld. These are both comforting and uplifting and, because they are direct from her spirit contacts, what the client most needs to hear at that moment. "It is my greatest joy to bring the blessings of the Otherworld through, and to touch others' lives with its beauty. We are never alone and there is always a loving, guiding hand there for us".

# Astrology

Pat Blackett



**T**here are two eclipses this month, a lunar eclipse on 3 March in Virgo and a Solar Eclipse on 19 March in Pisces. This means that March is likely to be rather intense: we'll all need to take a deep breath and develop some serious relaxation techniques to ease the tension

There is help at hand when Mercury turns to direct motion on 8 March and a harmonious aspect between benevolent Jupiter and hard working Saturn on 16 March should also help lighten the mood.

Venus moves into easy-going and sensual Taurus on 17 March. And the Sun at the equinox point heralds spring time when it enters Aries on 21 March symbolising clean sweeps and fresh starts.

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



Love and money mix well for you at the moment. For the first two weeks of the month it's time to indulge in romance as Venus visits your own sign and transforms your love life. Around 19 March you have a sexy encounter, followed by a shift into a positive frame of mind as the Sun moves into your sign on 21 March. It's now possible to change a relationship into what will suit you both. If you are single then your straightforward approach will be really attractive to someone special.

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



It's a period where acting quickly and decisively will put you ahead of the game. When Venus enters your sign on 17 March you will draw the right people to you. You'll find that friends will be willing to pool their finances and talents and come up with an exciting business plan. On 22 March turbulent Mars presents a situation where you need to make a career choice pretty quickly. The intensity of a solar eclipse in your social life zone brings unusual but inspiring people into your life.

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



Demand equal treatment this month. When your ruler, mischievous Mercury, turns to direct motion on 8 March he points to a loved one asking for an awkward favour. It's time to pull ahead in the career game as a chance you have always dreamed of opens up for you. Someone you admire is right behind your plans and behaving in a very supportive way. A combination of logic and luck helps you to place yourself in the right place at the right time. Look out for sexy encounters around 16 March.

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



When a friend faces a financial crisis on 8 March Mercury helps you get to the root of the problem enabling you to guide them away from stormy waters. Your travel chart merges with a desire to learn on 18 March paving the way for life lessons that could happen in a very unusual setting. What you need right now is to move out of your comfort zone and take on a bit of a challenge to prove to yourself that you can do it. Don't fall for flattery: a work colleague has ulterior motives.

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

The solar eclipse stirs up action in your money chart: you could be tempted by two very different places to live or two different ways of working. However, the choice may prove rather overwhelming. A hobby could start to make very good money for you on 16 March. At work make sure you thank those who have helped you out over the past few months. Thanks to reserved Saturn's influence on 22 March you should curb your outgoing style or face a rift with someone who matters.

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

Mercury changes direction on 8 March bringing a craving for some action and excitement in your love life. You won't have to wait too long as sexy Mars in your love chart on 23 March adds a touch of wildness that really fires you up. Work could be more fun if you can shift a colleague's attention to the task in hand: you could also find a way of sharing a long standing burden that eases the load and frees up your time. A fitness plan started now could produce life changing results.

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

You're no stranger to blurting out the wrong thing at the wrong time: think before you speak when Mercury disrupts communication early in the month. That said, it's more important that you care about what you do, rather than what others think. On 16 March you will realise what it is that's missing in your life and will start to look for ways to put it right. Venus brings plenty of romantic opportunities and you could find yourself drawn to someone rather unexpected on 31 March.

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

Someone special may want to get closer to you emotionally this month but you're feeling like you want your independence. Have a heartfelt talk on 9 March to make sure you are both on the same wavelength. Mars in your sign brings a welcome mix of energy and enthusiasm. Your mind is at its sharpest so you can take the lead in important discussions. The eclipse in your finance sector on 19 March gives you the push you need and the possibility of earning more money at work.

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

This is a good month for making contacts and reinforcing old ties. You'll find that people feel they can trust you and will turn to you for advice. However, on 3 March, if you hide your true talents from those that matter then the only person you are cheating is yourself. The period between the eclipses reveals an exciting secret. Sensitive Venus puts you in a romantic frame of mind on 24 March. It's time to cuddle up with your dream date and make exciting plans for the future.

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

You're so good about saving money that you deserve to treat yourself once in a while. Why not splash out on a thrilling experience, like expensive concert tickets or an exotic holiday? New faces and new places could become a part of your life from 3 March onwards. Work starts to ease up mid-month and you could find that you have time on your hands which your loved ones will really appreciate. A team can start pulling together on 21 March and those in authority will notice the difference.

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

This month you should feel more able to speak from the heart which means that a long term situation can take a change of direction for the better. You will start to feel more recognised and rewarded at work. Delegate minor tasks when busy Saturn piles on work around 16 March and impress your boss with your leadership abilities. A relationship can be revived or an alliance started with someone who has a gift for making you laugh. Financial pressures threaten to explode around 22 March.

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

Perfectionist Saturn has you stressing about your image so why not take the plunge and upgrade your wardrobe on 5 March. You can push through a situation that has defeated you in the past by taking advantage of renewed physical and mental energy. The eclipse in your sign on 19 March means that an intensely secret wish could be granted. At work people will love to listen to what you have to say. A partnership needs to be equal and this is a principle worth fighting for.