



The symmetry of attraction

Love is a central theme in our daily lives, from the books we read to the people who make our hearts beat a little faster. But there is no hard and fast rule to calculate or predict to whom we will be attracted.

Love remains an enigma but unsurprisingly this doesn't stop the scientists from trying to fathom this eternal mystery.

Science now tells us that when choosing a mate you will unconsciously be looking at another person and working out whether you want your children to carry that person's genes. And apparently one of the main ways that fitness information can be transmitted is through the way we look.

Symmetry is sexy

Starting at conception, the human body develops by neatly splitting cells. If every division were to go perfectly, the result would be a baby whose left and right sides are mirror images. But nature doesn't work that way. Genetic mutations and environmental pressures throw out symmetry, a process with lifelong implications. Good symmetry shows that an individual has the genetic goods to survive

development, is healthy and therefore a good and fertile choice for mating.

The evolutionary biologist Randy Thornhill of the University of New Mexico has been studying facial symmetry for 15 years. He scanned faces and bodies into computers to determine symmetry ratios. Both men and women rated symmetrical members of the opposite sex more attractive, and they also felt that they looked as though they were more healthy.

Thornhill also found that men with higher degrees of symmetry enjoy more sexual partners than men of lower symmetry. Many famously good-looking people (Tom Cruise and Denzel Washington for example) have a high level of facial symmetry. The booming plastic surgery business is proof that we all know this. A nip-'n'-tuck is often very much about improving a person's symmetry.

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CONTACTS



Chairman

Chris Odle

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



Managing Director/Readers Manager

Robin Roper

Admin enquiries to 01822 616922.



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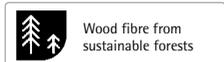
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Address

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

Star Temple News uses environmentally friendly paper



Editor's Letter

Welcome to our April newsletter. The mystery of why we are sexually attracted to one person rather than another and vice versa has always intrigued

human beings. Our front page article looks at the way science is trying to get to the bottom of this enigma and has come up with some physical characteristics that would seem to indicate what we are drawn to in a partner and why.

Our Wellbeing article looks at three different ways that colour can be used to enhance our everyday lives: spiritually, emotionally and physically. For instance, do you really know what colours suit you? A friend may comment on the lovely colour of an item of clothing you happen to be wearing but it may be a shade that doesn't in fact match your particular hair and skin tone. The difference is shown when that same friend comments on how young or well you look without noticing the particular colour you are wearing. That is when you know that you're wearing a colour that really suits you.

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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Sniff this

Apparently symmetrical men also smell better. Borrowing sweaty undershirts from a variety of men, scientists offered the shirts to the noses of women, asking for their impressions of the scents.

Overwhelmingly, the women found the scent of a symmetrical man to be more attractive and desirable. And this attraction can be completely unconscious because some women reported not smelling anything on a shirt, yet still said they were attracted to it.



The hour glass figure

Besides symmetry, there are other subtle clues to fitness in the human body. Society has often emphasised the 'hour-glass figure' as a model for all women to strive for, and with good reason. Studies have shown that men are most attracted to women with a waist-to-hip ratio of 0.7. This specific ratio suggests a woman's fitness and ability to bear children (younger girls lack the curves while older women tend to



develop more fat around their waist). Surprising to some, the attractiveness of women with a waist-to-hip ratio of 0.7 holds true over a range of weights.

And studies have shown that women in the ideal hip-ratio range, regardless of weight, are less susceptible to disease such as cardiovascular disorders, cancer and diabetes.

Women in this range also have less difficulty conceiving. The idea is that beauty is conveying information about health and fertility, and we admire that.

The image of perfection

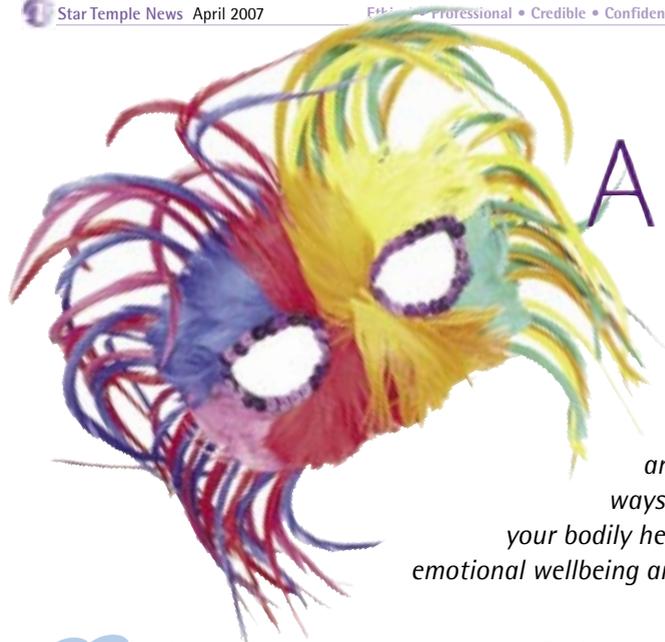
Scientists believe they have created the perfect male face, a man so handsome that any woman would automatically pick him out of a crowd. He has large expressive eyes set in a smooth-skinned symmetrical face, a straight nose and rounded hair and jaw line. Although his makers admit he looks slightly girly, they have found modern women want caring feminine traits rather than more macho markings.

This Adonis is a composite computer-generated photograph of 12 moderately attractive, average-looking young men. The face was created with a computer program that calculates average distances between the features of different faces, and average hair and jaw lines. The researchers at the St Andrews University psychology department, who created him, discovered women are most attracted to a man with features representing the 'average'. They believe women prefer such features because they signal that the individual is one of the mainstream majority who have survived down the evolutionary process, and are therefore less likely to carry harmful genes.

Apparently women find femininity appealing in a male face because they associate it with co-operation, honesty and parental ability. Strongly masculine features are considered threatening and less attractive. Nowadays movie stars like Jude Law and Brad Pitt are embodiments of the ideal man. □

FURTHER READING

Why We Love: The Nature and Chemistry of Romantic Love by Helen Fisher, Owl Books, Jan 2005
Survival of the Prettiest: The Science of Beauty by Nancy Etcoff, Abacus, July 2000



All the colours of the rainbow

Colour has a profound effect on all of us on different levels, physical, mental, emotional and spiritual. In this article we look at the different ways colour can be used to enhance your bodily health, your mental and emotional wellbeing and your overall appearance.

Wellbeing

Healing with colour

The use of colour in healing is not new. It has a long history, and colour therapy represents the rediscovery of some of the principles and practices known since the earliest times.

We all tend to take colour for granted, and generally don't realise its importance to health and well being. Nevertheless, it is a basic need, which was recognised as such by our ancestors. The ancient healing traditions of many cultures reflects this awareness

For the ancients, the colours that make up sunlight were each considered to show a different aspect of the divine, and to influence different qualities of life. Colour is therefore an important feature in the symbolism of ancient cultures throughout the world, and the origins of healing with colour in Western civilisation can be traced back to the mythology of Ancient Egypt and Greece.



For instance, the seven colours of the spectrum are said to resonate with one of the main seven chakras of the body. The chakras are like spirals of energy, each one relating to the others. Chakra is the Sanskrit word for 'wheel'. Using the seven colours of the spectrum, colour therapy aims to balance and enhance our body's energy centres to help stimulate our body's own healing process.

Coloured light has been used in healing throughout history: it can be projected on to parts of the body using various devices, including lamps and filters. In many instances the light provided is defined in shapes believed to enhance the colour's effect.

Contemporary colour therapists use full-spectrum lamps fitted with special quartz filters that can produce colours of all wavelengths and frequencies.

Treatment using properly filtered full spectrum light is powerful. Selecting the wrong colour and/or exposure time may create imbalances in the body's energies, so coloured light should be used in healing only under the supervision of a trained practitioner. However, full-

spectrum lights that produce all the wavelengths of colour can be purchased and used safely and beneficially by people who spend much of their time exposed to artificial light.

Bright white, full-spectrum, light is now being used in the treatment of cancers, seasonal affective disorder (so-called 'winter depression'), eating disorders, insomnia, jet lag, shift-working, alcohol and drug dependency and to reduce overall levels of medication.



What colour is your personality?

Psychologists agree that colours have distinct personalities of their own. Blue is calm, red is passionate, yellow is inviting, and so on. So what colour are you?

Colour-related psychological studies were developed in the twentieth century. Colour preference tests have been devised in order to gain useful information on how people will react to certain colours in given situations, and as a means of personality analysis.

The Luscher Colour Test, devised by Dr Max Luscher, is perhaps the best known personality test. Dr Luscher has devoted his life to the study of how colour affects behaviour and has been hired by some of the world's largest companies as a consultant.

The test itself is based upon fundamentals

in colour psychology. With years of research by colour psychologists the characteristics of certain colours has been identified to cause an emotional response in people. This was done by studying the response from hundreds of thousands of test subjects around the world in order to isolate how certain colours make us feel. By using the colours people prefer to determine how people feel, we can get some interesting indicators about a person's current emotional state.

The test is widely used in Europe and quite a few businesses use the Luscher test as part of their hiring process. It can be a useful tool for doctors and psychologists as well and is used to get a quick overview of potential issues patients may have in their lives.

Because the colour selections are guided in an unconscious manner, they reveal the person as he or she really is, and not as he or she perceives him - or herself, or as he, or she would like to be perceived, which occurs when questions are asked directly or by questionnaires.



Can colour enhance your appearance?

In recent years several beauty companies have emerged that offer 'colour analysis'. This is a method that promises to enhance your personal image by the use of colour and help you make the most of yourself. ▷



▷ By looking at aspects such as colouring and body shape, as well as personality, lifestyle and budget they are able to advise you on how to achieve the image you really want. And they claim that by listening to their advice it can even save you time and money in the long run because you only buy clothes that suit you and that complement each other.

Your unique skin tone and eye colour means some colours make you look great whilst some have the opposite effect. Apparently, knowing and wearing your correct colours will make you look healthier, younger and fresher, and give you



a renewed sense of excitement and confidence.

You will be asked about your lifestyle, clothes, make-up, shopping habits and what you like to wear. By looking at the way your skin tone, eye and hair colour work together you'll then be shown how to wear the colours from your personal palette and ways in which you can use these colours to complement your unique colouring.

You'll also be shown how you can use accent colours to give your outfits the wow factor.

These colour analysis experts promise to uncover your true potential and show you how to present your unique personality in the colours and styles that suit you best. □



What you can find out from a colour analysis consultation

- what your dominant colouring is and how this determines what colours suit you
- how to use make-up in the right colours with tips on the make-up that suits you naturally
- how to wear and combine colours to achieve the look you want both at work and play
- how to coordinate your wardrobe and achieve more outfit combinations without having to buy more clothes
- how best to wear the colours you already have

FURTHER INFORMATION

Colour therapy

International Association of Colour
www.iac-colour.co.uk Tel: 0208 3493299
email: info@iac-colour.co.uk

▷ Further reading

The Complete Book of Colour Healing
by Lilian Verner-Bonds, Godsfield Press, 2000
Colours of the Soul: Finding the Right Colours for You by June McLeod, O Books, 2006

Personality tests

www.colour-experience.org allows you to take a simplified Luscher Test (Click on Personality Tests)

▷ Further reading
Luscher Colour Test by Max Luscher, Pan, 1987

Colour analysis

Colour Me Beautiful www.cmb.co.uk
Tel: 020 7627 5211 email: info@cmb.co.uk

House of Colour www.houseofcolour.co.uk
Tel: 01923 211 188 email: info@houseofcolour.co.uk

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.

CREDIT CARD READERS

7 days, 9am-midnight

020 7686 4300



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.



Jacki

Credit Card Readings
Mon, Wed, Thu 2pm-7pm

▷ Jacki, a working medium and healer for over 30 years, comes from a long line of psychics. Her own varied life experiences have helped to make her a compassionate and understanding reader and she holds a regular development circle. Hearing your voice, she makes a strong link with Spirit – enabling you to see your situation more clearly and explore the opportunities for change and development – and she can also link with your loved ones. Jacki's clients say she always leaves them feeling reassured and far more focussed.



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.



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".



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 2-6/7-9pm **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, Thu 7pm-midnight
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, 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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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.

...



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".



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.



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".

**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".

**Jenny***Premium Rate (PIN 7736)***Mon** 9pm-midnight **Wed** 10am-2pm**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, in-depth 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".

**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.

**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.

**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.

**Liz***Premium Rate (PIN 7750)***Tue, Fri** 7pm-11pm **Sun** 2pm-7pm*Credit Card Readings***Sat** 7pm-11pm

▶ 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".

**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!

**Karena***Premium Rate (PIN 7703)***Mon** 7pm-midnight **Thu, Sat** 7pm-11pm*Credit Card Readings***Fri** 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".

**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.

**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.

**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".

**Beth***Premium Rate (PIN 7700)***Mon, Sun** 9am-2pm / 6pm-11pm **Tue** 9am-2pm**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.



Jayne-Marie

Premium Rate (PIN 7713)

Wed 10am-2pm **Thu** 8pm-midnight
Sun 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. Jane-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".



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.



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".



Mae

Premium Rate (PIN 7722)

Tue 9am-2pm **Wed, Fri** 2pm-7pm

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".



Elizabeth

NEW

Premium Rate (PIN 7715)

Mon, Thu 6pm-10pm **Sat** 2pm-7pm

When she was eight years old Elizabeth began to do automatic writing. What appeared was extraordinary – information that no child could possibly know or understand. Now she uses her strong clairvoyant, clairaudient and clairsentient gifts to help her clients to gain insight into their lives in such a way that they can appreciate and respect their own identity. "We are here to love ourselves and each other". A reading with Elizabeth will strengthen your self-belief in a profound and convincing way.

Astrology
Pat Blackett



It's a month of chopping and changing with a variety of different signs coming into focus.

Firstly, the Full Moon falls in the harmonious sign of Libra on 2 April. Sexy Mars enters the watery and romantic sign of Pisces on 6 April.

Planet of communication, Mercury moves into fiery Aries on 10 April. Venus, planet of love, changes sign from Taurus into Gemini on 12 April.

A fresh start New Moon falls in Aries on 17 April and Saturn turns to direct motion in Leo on 19 April. The Sun moves into capable and reliable Taurus on 20 April followed by speedy Mercury into the same sign on 27 April.

Aries (Mar 21 - Apr 20)



A thrill-seeking planetary line up on 6 April makes you yearn for adventure: it's time to hit the road and head for somewhere you've never been. The stage is set for fresh starts and new opportunities. Your career is due to receive a boost and you get the chance to show how talented you are. A personal new Moon on 17 April will inspire a change of image and a new found confidence that will impress everyone you meet. A piece of gossip might be intriguing but it doesn't mean it is true.

Taurus (Apr 21 - May 21)



Trust your intuition when it comes to working out who to trust and what to do next on 7 April: the insight you receive may be unexpected but it is worth following. Generous Jupiter starts to rewind and a loved one could return to your life with some exciting and unexpected news. A switch to a healthy eating plan looks like a good idea. Mars is inspiring you to become a natural leader on 29 April. You haven't been seeing enough of your friends so why not gather everyone together for a party soon?

Gemini (May 22 - Jun 22)



The stabilising force of Saturn in your chart of communication will help you to keep your cool and make your point on 8 April. This is a great time to get any agreement down on paper and get a deal sewn up. Take time to give a new romance a reality check. Work plans can surge ahead now. Thanks to sensitive Venus someone you're close to is looking in your direction for some comfort and reassurance on 28 April. It's well worthwhile taking the time to hear what they have to say.

Cancer (Jun 23 - Jul 23)



You can become bossy when stressed so try to ensure you don't alienate friends and colleagues so much that they start to avoid you on 2 April. Godfather planet Jupiter is retracing his steps and this enables you to have a clearer view of your career. Any time you can spend now on making plans will reap results later in the year: give yourself permission to dream. Serious Saturn in your chart of values and finances on 21 April brings you people who appreciate you and will help boost your earnings and confidence.

Leo (Jul 24 - Aug 23)

Venus tempts you to be extravagant on 4 April so beware any impulse purchases. Saturn, planet of serious success, starts to move forward again in your sign which means you can prove to yourself and others just how reliable and responsible you can be. You love to try exciting things so when electric Uranus jumps starts your experimental side on 27 April you'll be in your element. And with Mars in your passion chart you shouldn't be short of offers or admiring glances.

Libra (Sep 24 - Oct 23)

Extra money could fuel a domestic argument so try to keep a lid on family gossip on 2 April. It's time to plan dates out with your friends and reconnect with long distance relatives and 27 April looks the perfect date to invite your closest friends to a party. Communication skills are strong as planets give you the edge in negotiations for work and play. Generous Jupiter rewinds and helps you out if there is someone who needs convincing. Mars boosts your confidence and helps you roll out some ambitious plans.

Sagittarius (Nov 23 - Dec 21)

A friend could be secretly jealous of you – recognise the signs on 2 April. It's important that you find new ways to express yourself when your creative chart reaches a critical point on 17 April. You could also try helping others turn ideas into practical projects. It's time to show what you're made of in a learning situation that hasn't felt right before now. You realise that you have the talent it's just finding an outlet that's been difficult. Treat any opportunity that comes up as a chance to shine.

Aquarius (Jan 21 - Feb 19)

With Saturn moving forward your partnership zone is highlighted, enhancing both work and love relationships. You should see situations clearly and feel able to make the right decisions. Venus visits your romance chart on 12 April bringing opportunities for both luck and love. Beware telling white lies as they can backfire and blow up into something much bigger than the original situation. Ambitious plans encourage financial circumspection around 27 April: ask a family member for advice.

Virgo (Aug 24 - Sep 23)

Unexpected costs could crop up on 2 April so make sure you are saving as much as you can and not wasting money needlessly. It's time to do some deep thinking and also to make some new cash rules. You start to have an understanding of what kind of life and what kind of job would be right for you on 12 April. You have a gift for making people look and feel good and this talent could be turned into a career. Passionate Mars in your partnership zone brings intense excitement to relationships.

Scorpio (Oct 24 - Nov 22)

Your naturally wary nature means that you are not impressed by people making big promises but your more gullible acquaintances could get sucked in on 4 April. You will start to recognise which plans can work and which are just unrealistic when Saturn gives your career a reality check on 8 April. Your ability to handle bosses, officials and older relatives will be at an all time high. A relationship could get rather intense now that passionate Mars is in your house of romance and love affairs.

Capricorn (Dec 22 - Jan 20)

Venus brings out a strong desire for romance on 7 April and someone you admire is looking in your direction. If you are asked to take charge at a special meeting or organise an event then make sure you say yes. Your ruling planet Saturn switches direction on 19 April and this brings out your ability to cope well with situations that demand patience and loyalty: you are definitely the best person for the job. But don't make the mistake of taking everything for granted as far as your work set up is concerned.

Pisces (Feb 20 - Mar 20)

A friend in trouble has you immediately offering to help but hold off for a bit and see how the land lies before pitching in. On 8 April your money sense will be spot on with financial deals coming your way. Mars in your sign for the next two months enables you to make some tough decisions and reshape your daily routine. Saturn moving forward in your job chart means that people will take you much more seriously. Family arguments from the past could mar a celebration on 23 April.