



*'I believe the Enneagram is the map of human nature which people have long sought.'*  
So says Don Richard Riso,  
author of 'The Enneagram:  
Discovering your Personality Type.'

*Understanding ourselves and others is said to be one of the keys to happiness. Many believe that personality tests can help us to develop insight into ourselves and those around us so that we can lead fuller, happier lives.*

## The Enneagram - a map of human nature

In this article we give a very basic outline of the nine personality types that are described by the Enneagram. The system is a very complex one but we hope to at least give you a small taster of what the Enneagram involves.

### What is the Enneagram?

The basic organising principle of the Enneagram is **nine distinct personality types** with each number on the Enneagram denoting one type. (A 3 x 3 arrangement of nine personality types in **three Triads**. There are three types in each Triad. See p3 for overview.)

The Enneagram's three Triads specify whether your fundamental psychological orientation, which includes positive and negative traits, has to do with your emotions (ie, the Feeling Triad), your ability to think and act (ie, the Thinking Triad) or your instincts and how you relate to the world (ie, the Relating Triad).

The inclusion of each type in its Triad is not arbitrary. Each type results from a particular relationship with a cluster of issues that characterize that Triad. In the Instinctive or Relating Triad, the emotion is Anger or Rage. In the Feeling Triad, the emotion is Shame, and in the Thinking Triad, it is Anxiety or Dread. Of course, all nine types contain all three of these emotions, but in each Triad, the personalities of the types are particularly affected by that Triad's emotional theme.

Each type has a particular way of coping with the dominant emotion of its Triad.

For instance, in the **Instinctive or Relating Triad**:

- **Eights** act out their anger and instinctual energies.
- **Nines** deny their anger and instinctual energies as if to say, "What anger? I am not a person who gets angry."
- **Ones**

*continued on p3* ▷

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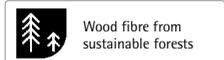
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**Editor's Letter**

Welcome to our June newsletter.

Most of us love to people watch and speculate on what really makes someone tick. And many of us also never tire of reading

and talking about ourselves. There are a number of good reasons to study personality types, the most important of which is that human beings are inherently interesting. People are everywhere having all sorts of impacts on our lives. So, we hope that you find our front page article on Enneagrams interesting and thought provoking. This system is quite a complex one so if you are intrigued I can tell you that we have only managed to cover a fraction of what it involves. There is a lot more to find out about the subject but we hope we have at least whetted your appetite.

And have you ever wondered about those remedies that your mother or grandmother have sworn by to cure this or that ailment? In our Wellbeing section we look at some of these Old Wives' tales and see if they really do have some scientific basis to them.

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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**The Enneagram system overview**

**THE FEELING TRIAD**

**2 The Helper**

The Caring, Interpersonal Type: Demonstrative, Generous, People-Pleasing, and Possessive

**3 The Achiever**

The Success-Oriented, Pragmatic Type: Adaptive, Excelling, Driven, and Image-Conscious

**4 The Individualist**

The Sensitive, Withdrawn Type: Expressive, Dramatic, Self-Absorbed, and Temperamental

**THE THINKING OR DOING TRIAD**

**5 The Investigator**

The Intense, Cerebral Type: Perceptive, Innovative, Secretive, and Isolated

**6 The Loyalist**

The Committed, Security-Oriented Type: Engaging, Responsible, Anxious, and Suspicious

**7 The Enthusiast**

The Busy, Fun-Loving Type: Spontaneous, Versatile, Distractable, and Scattered

**THE RELATING OR INSTINCTIVE TRIAD**

**8 The Challenger**

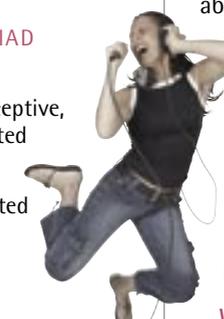
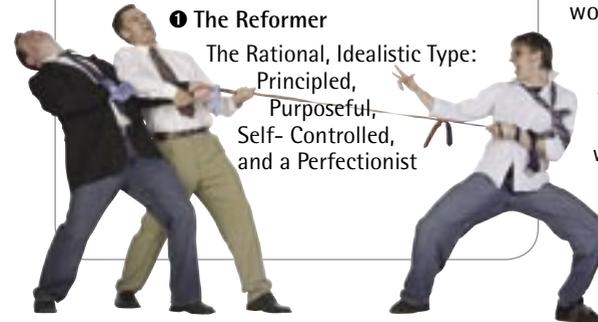
The Powerful, Dominating Type Self-Confident, Decisive, Wilful, and Confrontational

**9 The Peacemaker**

The Easygoing, Self-Effacing Type: Receptive, Reassuring, Agreeable, and Complacent

**1 The Reformer**

The Rational, Idealistic Type: Principled, Purposeful, Self-Controlled, and a Perfectionist



▷ continued from p1

attempt to control or repress their anger and instinctual energy.

In the **Feeling Triad**:

- **Twos** attempt to control their shame by getting other people to like them and to think of them as good people.
- **Threes** try to deny their shame, and are potentially the most out of touch with underlying feelings of inadequacy.
- **Fours** attempt to control their shame by focusing on how unique and special their particular talents, feelings, and personal characteristics are.

In the **Thinking Triad**:

- **Fives** have anxiety about the outer world and about their capacity to cope with it. Thus, they cope with their fear by withdrawing from the world.
- **Sixes** are the most anxious type, and the most out of touch with their own sense of inner knowing and confidence.
- **Sevens** have anxiety about their inner world. There are feelings of pain, loss, deprivation, and general anxiety that Sevens would like to stay clear of as much as possible.

**What type am I?**

Enneagram experts agree that we are born with a dominant type. Although it is common to find a little of yourself in all nine of the types one of them should stand out as being closest to yourself. As you think about your personality, which of the nine roles described in the overview on the left fits you best most of the time? Or, to put it differently, if you were to describe yourself in a few words, which of the word clusters would come closest? □

To find out more and to take the Enneagram personality test go to: [www.enneagraminstitute.com](http://www.enneagraminstitute.com)

**FURTHER READING**

*The Enneagram: Discovering your Personality Type* by Don Richard Riso, Thorsons, 1995

# A load of Old Wives' tales?



Are folk remedies effective? In this article we look at some ancient remedies and cures and discover whether they really do work or whether they are just so much pie in the sky.

## Cod liver oil lubricates your joints **TRUE**

Recent research at Cardiff university revealed that cod liver oil can 'switch off' or reverse the action of an enzyme that damages cartilage and ultimately the joint area. Researchers concluded that taking cod liver oil can prevent the development of arthritis and can reduce symptoms in those already affected.

## Feed a cold, starve a fever **POSSIBLY**

This maxim may be right after all. Dutch researchers found that eating a meal boosts the type of immune response that destroys the viruses responsible for colds, while fasting stimulates the response that tackles the bacterial infections responsible for most fevers.

And further to that it is also true that a bowl of chicken soup can help you beat that cold. As well as providing comforting nourishment, scientific evidence now supports the theory that chicken soup can speed up the healing of an upper respiratory infection. The exact reason for its therapeutic properties are not clear – one theory is that it's the steam which is of the greatest benefit as it helps clear congestion. Other studies have revealed



that it contains agents similar to those in modern cold medicines. For example, an amino acid released from chicken during cooking is very like a drug that is prescribed for bronchitis. This amino acid helps keep a check on white blood cells accumulating in the bronchial tubes and causing inflammation.

To help the soup be even more effective you can add spices such as garlic and pepper (ancient treatments for respiratory diseases) which work the same way as modern cough medicines by thinning mucus and making breathing easier. Garlic has immune-boosting, antiviral properties and can be taken in large quantities when you feel the onset of a cold.

## Rubbing garlic onto warts will clear them faster **TRUE**

According to a study, garlic's antiviral, antibacterial and antifungal properties can be put to good use on warts and corns. In a study, two different extracts of garlic were tried on warts and corns on 42 people. Application of a garlic extract resulted in the disappearance of warts and 80 percent of corns after two to three weeks of treatment. In another study, rubbing cloves of garlic on children's warts was also successful. A clove was halved each night and the flat edge was rubbed into each of the warts, carefully cleaning the surrounding areas so as not to spread any garlic juice. The areas were covered overnight and in all cases cleared in an average of 9 weeks. Garlic applied direct to skin can cause some local irritation like burning, redness and



blistering so take care if you want to try this remedy.

## Drinking a large quantity of water will cure a headache **POSSIBLY**

Instead of reaching for the pain reliever when you have a headache, sit down and try to drink 6-8 glasses of water as quickly as possible. Drink more water than you think you can and there's a pretty good chance it will cure your headache. There is some truth in this if the headache has been caused by dehydration. Many people do not drink enough water and this can lead to headaches.

## Being cold will bring on a cold **TRUE**

Many people believe that there is no connection between being cold and catching a cold. But new research at Cardiff University's Common Cold Centre had 90 volunteers sit with their bare feet in icy water for 20 minutes. A third of them developed colds during the following five days, compared to just nine percent of a control group that did not get their feet wet – in other words, cold feet tripled the risk of developing cold symptoms. It could be, the researchers speculate, that colds are more common in cold weather because the

additional chilling allows viruses that are normally present

but dormant to take hold. It's also possible, the researchers say, that one of the major factors in seasonal colds is cold noses. Apparently, cooling of the nose slows down clearance of viruses from the nose and slows down the white cells that fight infection.

## Eating carrots can boost your eyesight **POSSIBLY**

There is some truth in this old wives' tale as carotene converts to Vitamin A when consumed and this is a vitamin that aids the health of eyes. But it is an exaggeration to say that it can improve eyesight and unlikely to help you see in the dark unless you actually have a Vitamin A deficiency in which case you can have difficulty seeing in dim light due to a shortage of the chemical retinol.



Poor intake of caretonoids is thought to possibly cause macular degeneration, an age-related condition and the most common cause of blindness in older people. Those who eat the most carotenoids have at least a 60 per cent lower risk of developing this condition of the eye that those with a low intake. Carotenoids are found in abundance in orange/yellow fruits >

▷ and vegetables (including carrots) as well as dark green leafy vegetables like spinach. Carotenoids can also help protect against developing cataracts.

**Drinking hot water and lemon helps digestion POSSIBLY**



There has been no research published about this. But many natural health practitioners swear that squeezing half a lemon, or adding a tablespoon of apple cider vinegar to a glass of warm water and drinking half an hour before breakfast kick starts the digestion and aids the body in detoxification. If you wish to try it, it'll do no harm but lemon can have an adverse effect on your teeth so it's important to rinse your mouth out after drinking the lemon juice.

**You should apply raw steak to a black eye FALSE**



There is no evidence that placing a steak or raw meat on a black eye does anything to help. In fact it could cause infection if there is an open wound as meat carries bacteria. The real secret behind this remedy is the coldness of the meat, not something in the meat itself. The coldness keeps the swelling down and constricts blood vessels, helping to decrease internal bleeding. It would be far better to apply an ice-pack for the first 24 – 48 hours. Apply for 10 minutes every 2 hours or so. If you don't have a special ice pack then frozen peas will do.

**Applying butter to a burn will help it heal faster FALSE**

Butter was once thought to coat a burn but in fact can cause infection and create an environment that will encourage bacteria to grow. A much better first aid treatment for a burn is to run it under cool water immediately to remove the heat. Then you can wrap the burn with sterile gauze or non sticking bandage and keep the area clean and dry. If the burn is not too serious, aloe vera gel or a chilled

compress soaked in diluted witch hazel or chamomile tea can provide relief.

**Eating honey will relieve the symptoms of hay fever TRUE**



Honey contains different types of pollen in very small doses. When you eat it little and often, it may help desensitise your immune system to the pollens to which you're allergic and enable the body to build up a natural resistance over time. This process is not a quick fix as you need to take honey up to six months before the period when your hay fever usually strikes. For best results, use local honey that has been produced as naturally as possible and is still in the comb. Local honey means honey made by the bees kept near to where you live or work. This is because an allergy can be specific pollen from plants growing near you.

**Vinegar takes the pain out of a bee sting TRUE and FALSE**

Vinegar will work for a wasp sting. Dousing the area that has been stung by a wasp in vinegar will neutralise the alkalinity of the sting, reduce inflammation and clean the wound. A bee sting however, is acidic and the bee usually leaves the sting embedded in your flesh. This means you are better removing the sting with tweezers and dousing the area in a solution made from two teaspoons of bicarbonate of soda mixed with a cup of water.

**An oatmeal bath will soothe an itch TRUE**

Oats do contain anti-irritant, anti-itch compounds that will relieve itchy, irritated skin. Pour two cups into a knee-high stocking. Knot the top, climb in the bath and agitate the stocking through the water for the duration of your bath. ☐

**FURTHER READING**

*Old Wives Tales: The History of Remedies, Charms and Spells* by Mary Chamberlain, Tempus Publishing Ltd (2006)

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  
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\*\*\*



**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."



**Shelley**

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

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



**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".



**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.



**Wayne**

*Credit Card Readings*  
**Mon** 7pm-midnight **Tue, Thu** 9pm-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.

**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.

**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.

**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.

**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.

**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.

**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".

**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.

**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".

**Abbie***Credit Card Readings***Mon** 10.30am-2pm **Wed, Sun** 7pm-10pm**Thu** 8pm-10pm **Sat** 9am-1pm/7pm-10pm

▶ "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.

**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.

**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.

**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.



**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.



**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".



**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.



**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.



**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.

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

**IMPORTANT NOTE**

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

...



**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.



**Tricia**

*Premium Rate (PIN 7711)*

**Tue** 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".



**Rudi**

*Premium Rate (PIN 7717)*

**Tue** 10am-2pm  
*Credit Card Readings*  
**Mon, Thu** 9am-2pm **Wed, Fri** 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".



**Liz**

*Premium Rate (PIN 7720)*

**Tue, Fri** 7pm-11pm **Sat** 10am-2pm  
**Sun** 2pm-7pm  
*Credit Card Readings*  
**Sat** 7pm-11pm

▶ Spiritually and psychically aware from childhood, Liz inherited her gifts from her grandmother, who was herself a popular medium. Using her counselling skills in all aspects of her psychic work, Liz has helped many clients traumatised by life's problems and dilemmas. Clairvoyant, spiritual-medium, tarot and dream interpreter and healer, she 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".



**Beth**

*Premium Rate (PIN 7700)*

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



**Elizabeth**

*Premium Rate (PIN 7715)*

**Mon, Thu** 8am-2pm **Fri** 9am-2pm  
**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.



**Mae**

*Premium Rate (PIN 7722)*

**Fri, Sat, Sun** 7pm-11pm

▶ 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".



**Harry**

*Premium Rate (PIN 7726)*

**Tue, Thu** midnight-6am  
**Fri, Sat** midnight-9am

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



**Karena**

*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".



**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 intuitively feels 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".



**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!



**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".



**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".



**Laura**

*Premium Rate (PIN 7732)*

**Wed** 7pm-10pm **Thu** 10am-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".



**Kerrie**

*Premium Rate (PIN 7712)*

**Tue** 7pm-11pm **Thu** 7pm-midnight  
**Sat** 9am-2pm

▶ As a child Kerrie could see energies, and when people came to her with problems she would "know the answer without considering how" – but it was when she attended a spiritualist church in her twenties that her gift truly flourished. Highly telepathic, clairvoyant, clairaudient and clairsentient, she believes that traumas in her own early life provided valuable lessons and she is a very sympathetic and non-judgemental reader. A natural healer, Kerrie found that Reiki further enhanced her psychic powers. Although specialising in relationships, she brings genuine understanding to your concerns, whatever the issue.

**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.

**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.

**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.

**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.

**Zeta****NEW***Premium Rate (PIN 7719)***Mon, Wed** 2pm-6pm **Fri** 3pm-7pm

Born into a family of Scandinavian clairvoyants, Zeta has been psychic from childhood. Clairvoyant,

clairsentient and a natural healer, she is very honest about what she sees and "knows" and, while never giving anyone false hope, is experienced in intuiting the most positive way forward in any situation, leaving her clients with something to work with themselves at the end of their reading. While Zeta's particular strengths are career and commercial matters she has also had considerable success in advising on relationship issues. She is reassuringly understanding and completely non-judgemental.

# Astrology

  
Pat Blackett

**F**ull Moons top and tail this month, the first on 1 June in adventurous Sagittarius and the second on 30 June in ambitious Capricorn. Love planet Venus enters glamorous Leo on 5 June. The 15 June is eventful with the New Moon in Gemini and Mercury reversing in the family-loving sign of Cancer: it's important to allow extra time for any journeys around this date.

The midsummer point is reached on 21 June when the Sun enters the sign of the crab, Cancer: this is the summer solstice. Action planet Mars enters Taurus on 24 June bringing a slower pace to proceedings. Finally, down to earth Saturn opposes nebulous Neptune on 25 June – expect a clash between flights of fancy and hard, cold reality.

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

Travel arrangements could go awry on 9 June when unpredictable Uranus throws you out of kilter with what you had planned. Luckily, a friend can help out if you find yourself in hot water. Mars is set to awaken your campaigning side on 13 June and any charity work will be lucky for you. Venus in the heart of your chart promises to add rich romance and a touch of glamour to your love life. You could be in for some personal heart-searching that leads to a sudden decision to study or change career.

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

The Full Moon on 1 June means it's time to consider who it is that really counts in your life. Someone is boosting your confidence and encouraging you to take on new challenges. If you are looking for a personal transformation then you could find the willpower to push through to future success. If a desire to experiment with ideas concerning relationships and how to make them work takes hold, make sure your partner is also on board or you could find yourself out in the cold on 19 June.

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

The two Full Moons spell double intensity and the month begins emotionally on 1 June and ends with a special journey. Your understanding of your motivations and those around you is spot on. Your ruling planet, Venus, visits your home sector and you should have some bright ideas for restyling your environment. It's time to take a realistic look at finance on 15 June. Enjoyment can be found by getting back to nature and seeking serenity in the great outdoors even if it means camping in your own back garden!

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

This could be a life-changing month for you as it begins and ends with Full Moons which could have a powerful effect on your future. The first new Moon on 1 June establishes you in a new working environment and the Full Moon on 30 June highlights relationships. Tuning into other people's minds and knowing their needs will give you satisfaction. Put off home projects unless it's an emergency as you could find tasks that look easy take a lot longer than you could have predicted.

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

Venus in your sign from 5 June gives you charisma: romance can be wonderful and all you could wish for so don't hold back. However, the desire for a quiet and reclusive period takes hold and you are not feeling up to a busy social scene. If you can get away for a relaxing romantic break then now's the time to do so. What starts as fun could become much more fulfilling and possibly create a job opportunity on 19 June. Someone talented in the family makes you feel proud.

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

Dynamic Mars will boost your sexual confidence on 4 June. Flirting by text message or even booking a sexy weekend away could be on the cards. The chance to work or study in another country will be tempting so try not to worry about all the obstacles: when you talk it through with others you can see a way that it might work. A lighter touch with your nearest and dearest is the way forward. Check that documents are up to date as Mercury's backward motion could catch you unawares on 15 June.

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

With Mercury in backwards motion from 15 June you will probably crave time alone during the last two weeks of the month. A change of scenery could help clear your head. The presence of Saturn in your wisdom sector helps you learn fast and choose tasks that match what you know with what is possible. All-action planet Mars switches on your creative zone on 21 June and anything that involves fast thinking is well starred. Love planet Venus adds a touch of romance to any journey.

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

Far-reaching Jupiter is urging you to get creative on 4 June. You could also be making some exciting emotional choices that could see a close relationship deepening. A bond between old friends is set to strengthen and this could help you prove just how much you can achieve if you all put your varying talents towards one purpose. Check paperwork on 15 June when Mercury goes into reverse. It's a lucky time at the moment so enter any competitions or go for that dream job that you've always hankered after.

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

Your success chart is full of intriguing opportunities and a work offer that comes out of the blue is certainly worth considering on 1 June. With Venus bringing out your sixth sense you will be in the right place at the right time if you are looking for romance. The double Full Moons this month could bring two prizes. Be true to yourself: who you are matters more than who you know on 15 June. You could find yourself drawn into gossip that has no foundation: you have been warned!

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

It's time to get down to some serious commitment both at home and work. It might mean you have to lay down some rules for others on 11 June. Solving a family problem will give you a sense of satisfaction. It doesn't mean you have to neglect your creative side because that is being emphasised as well. There's a side of you that's itching to live it up a little on 23 June: let your wild side loose for a while and surprise a few of your more conventional friends.

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

A double helping of magical full moons means you can see your future in a favourable light. Uncertainties that have plagued you should start to be replaced with a more positive attitude. If you can imagine it then you can do it on 11 June: it's time to break free from any no-win situations you have found yourself in. Venus touches your emotions chart adding depth to all close relationships. If you're single Mars could bring out an impulsive streak on 24 June leading to an exciting romantic encounter.

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

Home plans should be the priority on 15 June as it looks like you might need some extra living space fairly soon. It's time to start looking around for what kind of environment would suit you in the future but do avoid any financial risk taking. The two full moons this month help you to focus on what it is you hope to achieve at work. If you can come up with the right ideas on 21 June and convince those that matter to follow through then you will be surprised what can be achieved.