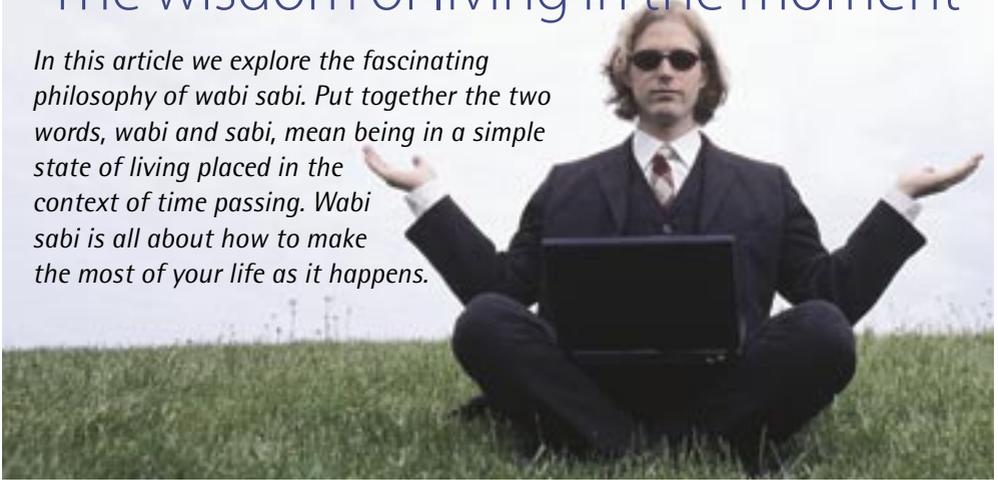


The wisdom of living in the moment

In this article we explore the fascinating philosophy of wabi sabi. Put together the two words, wabi and sabi, mean being in a simple state of living placed in the context of time passing. Wabi sabi is all about how to make the most of your life as it happens.



Wabi sabi is the artistic representation of zen. The two form a relationship whereby wabi sabi helps the individual understand zen and enhances its practice, while zen provides the inspiration and state of mind for creating wabi sabi forms.

Originally wabi sabi was applied to creating the ideal environment in which to meditate.



Then, as now, wabi sabi was most readily applied to gardens, homes and household objects. In modern day it can help us to shift a little closer to living in the moment through the creation of a calmer, more peaceful atmosphere at home. It is the ideal tool for turning a home into a sanctuary against the stress of modern living.

If you can bring wabi sabi into your life you can become more able to find pleasure in the smallest detail. Living in a wabi sabi home reinforces the idea that there are no rules, and that everything is inside you.

The information in this article has been taken from Simon G. Brown's new book, 'Practical Wabi Sabi', Carroll & Brown Publishers Ltd, 2007. We highly recommend this book, full of great ideas about how to improve the quality of your life through the simple application of wabi sabi principles.

Key wabi sabi principles

- **Living in the moment** – escaping from unnecessary thoughts about the past and future. It is easier to make the most of your life as it happens if you live in the moment. It helps if your environment is free of reminders that take

continued on p3 ▶

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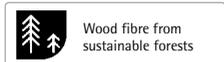
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Editor's Letter

Welcome to our double issue newsletter for September and October.

For our front page article we look at the fascinating philosophy of wabi sabi. Not only does wabi sabi show us a new way to approach the world around us, it is also something that can be put to practical use to enhance your home and garden. We've only been able to give you a very brief introduction and would encourage you to find out more by buying Simon Brown's new book to gain a much more in depth insight into the ideas behind wabi sabi.

And for our wellbeing section we explore the green world of Sue and Simon Lilly. This couple have worked for many years with tree essences and the spirits of trees and have explored the links between man and nature. Again, we've only been able to scratch the surface of Sue and Simon's work with trees but you can find out much more by buying one of their books or visiting their website.

If you have any comments you'd like to make about our new bi-monthly newsletter or any other aspect of Star Temple News please do contact me on pat@startemple.net.

And don't forget that you can also do your bit and save paper by asking to 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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you back to periods of your life from which you want to move away. It also shouldn't contain anything that creates a false image of what you want to be or move towards.

• **Simplicity** – the greatest attention is paid to the few things that are most important to you. A quick look through your diary might reveal you are spending too much time with people whose company you don't particularly enjoy, that you are still tied into activities you no longer like or that you have taken on too many obligations, which you are unable to fulfil properly. The challenge wabi sabi sets us is to let go of things, to clear the trivia from our lives so that we are left only with the essentials that give us deep spiritual satisfaction. One exercise is to drop all non essential things from your life for a week or two and see if you really miss them.

• **Transient beauty** – appreciating beauty that comes and goes. When choosing household items, look for those things that will age naturally and in the process change appearance. Natural materials will age in ways that will add beauty to your home. Stone and solid wood floors, bare plaster walls, wooden, leather or metal furniture, paper screens. Other examples of transient beauty are flowering plants and blooms. And nowhere can the art of creating transient beauty be more easily achieved than in the garden. Try watching the sun rise and set to mark the beginning and end of your day and enjoy the change of seasons.

• **Incompleteness** – understanding that life is a process without a clear beginning or end. It is interesting to see yourself as an ongoing project. Instead of worrying about how much money you have earned by the end of the day, ask yourself how you have developed over the past 24 hours.

• **Acceptance of imperfection** – adapting to changing circumstances and making the best of any situation. Embracing and loving people, things and nature as they are.

• **Appreciation** – seeing the best in everything and everyone. The wabi sabi thought is that if we can truly appreciate even the most mundane objects then we have everything within ourselves to be happy. We need to see through the illusion of labels, names and fashion. Work at regarding your family in ways that make it easier to appreciate their good points.



• **Naturalness** – living close to nature, and using natural materials; freeing yourself from preconceived notions about design. Surround yourself with the materials, colours and shapes found in nature.

• **Non-attachment** – freedom from doctrines, concepts and beliefs. Wabi sabi teaches that the less attachments we have, the easier it is to be honest with both ourselves and others as there is less reason to delude ourselves or lie.

• **Everything changes** – enjoying the notion that every day is new and different, that our world is full of variables and that nothing is static. □

From little acorns...

Wellbeing From the small acorn of tree essences and linking with the spirits of trees Sue and Simon Lilly's work has grown to encompass several types of essences, books, courses, music and runes. They are interested in the notion of resonances and the ability to create an effect through energetic means.

Simon and Sue use the image of the Green Man (right) as a central motif in their work. The image of the Green Man is an interweaving of human features with leaves and tendrils. This is an example of the interaction and interdependence of humankind with the plant kingdom.



Simon and Sue's work is a reaffirmation of the link between Man and Nature, acknowledging the healing power of life and ancient wisdom. They aim to plug people back into the planet and to nature.

In our modern day world we suffer from fundamental splits in our energy systems mainly because we consider ourselves separate from, or perhaps better than, everything else that is around us. Simon and Sue believe that people need to be plugged back into the planet and to their relationship with nature in order to heal this split.

Why Trees?

Trees take their nutrients directly from the sun and earth. Their forms are an expression of harmony and balance in each environment. Trees are amongst the longest lived organisms on this planet, some living for thousands of years. They are the protectors and regulators of their surroundings, offering food and shelter to many other forms of life.

For centuries trees have been known to have

healing properties, and whilst being a major resource for mankind, they were also revered and cared for as sacred and magical beings. Today we know that mankind owes its existence on this planet to the great forests and woods that produce oxygen, support millions of species, control weather systems and enrich soil.

Trees remain in one place for hundreds, sometimes thousands of years. In order to do this they must constantly balance all the elements in and around themselves in order to stay in harmony and thrive.

Each species of tree prefers a different habitat and expresses its means of maintaining harmony in unique ways. The appearance of a tree - its shape, growth, leaves, flowers and so on, are an expression of its energy.

So every tree shows a pattern of how to be in harmony with our universe. We, as human beings, seek help and solace when we have lost the ability to find equilibrium. By looking to trees we can regain an appropriate stance to cope with all sorts of situations.

By using the wisdom and essence that comes from each tree we can learn how to apply their principles to our particular situations to aid healing and to become more balanced.

Here is a guide to the overall energies of just a few of the tree essences that Sue and Simon work with.



Guide to the overall energies of some of our better known trees and plants

Apple *Malus domestica* - detoxification
Helps the elimination of toxins on all levels and brings in spiritual energies. Transforms negative emotions.

Ash *Fraxinus excelsior* - strength
Harmony with your surroundings. Feeling in tune. Flexibility and security.

Bay *Laurus nobilis* - energy
Deep-rooted vitality. Blocked and suppressed emotions released. Spiritualises physicality.

Beech *Fagus sylvatica* - easy-going
Confidence and hope in oneself and one's life. Relaxation and release of held-in trauma. Confidence in self-expression and speaking out clearly.

Copper Beech *Fagus sylvatica var.purpurea* - depression
Brings a deep, enlivening sense of peace and detachment from worries. Energises emotions

in a positive, non-aggressive way.

Hawthorn *Crataegus monogyna* - love
Stimulates the healing power of love. Trust. Forgiveness. Helps to cleanse the heart of negativity.

Holly *Ilex aquifolium* - power of peace
Agitated states, balance of mind. Loss of control, panic, lack of self-worth, unhappiness, loneliness. Active expression of love. Non-aggression, peace-loving yet assertive.

Horse Chestnut *Aesculus hippocastanum* - agitation
Harmonising flows of energy to and from the individual, eases agitation caused by contrast and difference. Clarity of mind. Flow of intuition. Peace. Ability to ground and dissipate excess energy.

Lilac *Syringa vulgaris* - spine
Eases all aspects of the energies of the spine. Activates all chakras. Eases tension. Closely aligned with many different types of nature spirit.

Magnolia *Magnolia x soulangeana* - restlessness
Eases restlessness and lack of clarity. Helps to maintain balance when difficult changes have to be made. Increases sense of freedom and relaxation. Learning from past experiences, a clearer idea of one's true identity.

Monkey Puzzle Tree *Araucaria araucana* - fierce compassion
Calms aggression but allows creative, forceful action. Strongly energising, earthing, protecting. Perception of cycles of time and space, expanded awareness of continuity and change on this planet.

Oak *Quercus robur* - manifestation
Absorption and integration of very deep, hidden energy underlying this reality. The desire for stability whilst experiencing the polarities of existence. Ability to manifest one's goals. Channelling energy.

▷ **Pear** *Pyrus communis* – serenity
Happy to be who you are. Clarity, simplicity, confidence. Reduction of stress in the subtle bodies. Increased enthusiasm, drive and energy. Deep peace.

Plum *Prunus domestica* – empowerment
Helps the highest spiritual energy enter into the material world. Practical solution to problems. Increased awareness of surroundings and effective use of personal power. Self-worth, self-motivation.

Silver Birch *Betula pendula* – beauty
Ability to experience beauty and calmness. Tolerance of self and others. For those who find it difficult to express themselves.

Sycamore *Acer pseudoplatanus* – lightening up
Energy levels increase, so helps with lethargy. Awareness of the sweetness of life, harmony and relaxation. Lifts heavy moods.

Weeping Willow *Salix x chrysocoma* – ego
Proper use of personal power and energy. Useful for those who get annoyed by others' views and attitudes. Tolerance of others and acceptance of one's own shortcomings. Energising, motivating in a wise, balanced way.



Yew *Taxus baccata* – protection
Protects from harm by activating the highest spiritual values of survival and protection. Aids the memory and discrimination, helps the body's defence system and increases energy.

The Tree Spirit Oracle

Trees have always been regarded as powerful teachers, helpers and healers. Sue and Simon have developed a Tree Spirit Oracle from their experience in working with trees and tree spirits over the last fifteen years. They see this oracle as an important tool in Tree Spirit healing.

The oracle explores the divinatory and healing properties of trees and their spirits in new ways. The tree that is chosen indicates significant factors or qualities of energy affecting your situation. □

FURTHER INFORMATION

To try the Tree Spirit Oracle go to the following link: www.treeseer.com

For more information on Sue and Simon's work go to: www.greenmantrees.demon.co.uk

FURTHER READING

Tree: Essence of Healing by Simon Lilly & Sue Lilly, Capall Bann 1997

Tree Seer by Simon Lilly & Sue Lilly, Capall Bann 2004



Welcome to our monthly update which lists our readers for both the credit card and premium rate lines, giving full details including when they are available. Callers are requested to always contact Star Temple readers through our main telephone numbers listed here, so that readers' schedules continue to be respected.

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Lynn

Credit Card Readings

Tue, Sun 2pm-8pm **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."



Jayne

Credit Card Readings

Tue, Thu, Fri 7pm-midnight
Wed 2pm-7pm

▷ 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".



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.



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".



Julie

Credit Card Readings

Mon, Sun 1pm-11pm
Wed, Fri 7pm-midnight
Sat 2pm-7pm

▷ 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.

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

▶ 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.

**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.

**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.

**Cassandra***Credit Card Readings***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.

**Kathryn***Credit Card Readings***Wed** 10am-2pm
Thu, Sat 6pm-10.45pm
Fri 6.15pm-10.45pm

▶ A much sought after Clairvoyant Kathryn will help you unlock the secrets of your future life path. She provides her many clients with authentic and honest readings. Issues such as relationships, friendships and marriages are closely examined in the strictest confidence. Kathryn has developed her own unique style of reading, combining her different psychic gifts to give you new insight and understanding into your life. Kathryn may also be consulted regarding the removal of negative energies and thought patterns.

**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-6pm

▶ 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.

**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** 2-6pm/7-11pm **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".

**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.

**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.

**Jeannie***Credit Card Readings***Tue, Wed, Thu** 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.

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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.



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".



Selina

Premium Rate (PIN 7727)

Tue, Wed 6am-10am **Thu** 9am-2pm

Credit Card Readings

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.



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".



Karena

Premium Rate (PIN 7703)

Mon, 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".



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".



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.



Eric

Premium Rate (PIN 7742)

Mon, Thu 2pm-7pm **Wed, Fri** 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".



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".



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.



Liz

Premium Rate (PIN 7720)

Tue, Fri 7pm-11pm **Sat** 10am-2pm

Sun 2pm-7pm

Credit Card Readings

Sat 7pm-11pm **Sun** 10am-2pm

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".



Lola

Premium Rate (PIN 7759)

Sun 9am-2pm

Credit Card Readings

Sat 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 Spirit, where all understanding exists". A natural clairsentient and clairvoyant medium, Lola channels information via the Higher Self by sensing the subtle vibrations in people's speech as they describe their situation. Able to tune into and advise on most topics including relationships, she is a particularly clear channel for business, career and legal information.



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.



Will

NEW

Premium Rate (PIN 7728)

Thu, Fri, Sat, Sun 7pm-midnight

Brought up by his psychic grandmother who recognised that he had inherited her gift, Will has spent many years developing his skills. Working closely with his guides this versatile reader – clairvoyant, spirit-medium and dream analyst – says his greatest reward is when clients tell him how much his empowering insights have helped them. Recently Will's abilities so much impressed a high profile American astrologer that she asked him to accompany her to a Native American burial ground to help on a television programme and now she is planning a film about his eventful life.



August

NEW

Premium Rate (PIN 7707)

Thu 7pm-11pm
Sun 2pm-6pm/7pm-midnight

Clairvoyant, clairsentient, and an experienced rostrum medium who sits in both open and closed circles, August has been using her natural gifts to help others for more than thirty years. Even over the phone she can read your aura-graph – the energies that surround you, including symbols that reveal what is happening in your life right now, what has happened and what is to come; accessing very specific details. "Healing is the driving force for me", she says. "All successful psychic readings, whatever form they take, lead down the path to healing".



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.



Gwyneth

NEW

Premium Rate (PIN 7735)

Tue 2pm-6pm
Wed, Fri 2pm-7pm

A sensitive clairvoyant-medium with over 30 years experience, Gwyneth offers clear, in-depth readings, using Tarot only if you wish her to. Specialising in Zodiac and Chinese birthdates, she is also a dream interpreter, angel worker and a trained healer. "I always like to give my clients proof of a genuine link with their loved ones in Spirit by channelling images or names that only they can verify". Although most frequently consulted on relationship issues, Gwyneth is a popular all-round reader who aims above all to leave you feeling positive and special.



Ellie

NEW

Premium Rate (PIN 7705)

Wed 1pm-6pm
Fri 2pm-7pm

A natural psychic like her mother and grandmother, Ellie has helped people through some very traumatic experiences. A powerful clairvoyant, trained counsellor and angel worker she believes that her inherited gifts have been deepened and strengthened by hardships in her own life. "We are on a journey – not necessarily an easy one, but the spirits are always there to assist and protect us. It is so easy to be overwhelmed by the darkness but my readings concentrate on the light. With self-belief and understanding even the tiniest spark can be encouraged to grow".



Astrology

Pat Blackett

September Task master planet Saturn moves into the practical and hard working sign of Virgo on 2 September: slackers beware! Fast moving Mercury moves into relationship-oriented Libra on 5 September and love planet Venus turns to direct motion in glamorous Leo on 8 September: this combination should provide some sociable and light hearted moments. There is an eclipsed New Moon in Virgo on 11 September bringing out hidden anxieties but the Full Moon in Aries on 26 September brings a bolder scenario to events. Mercury moves into secretive Scorpio on 27 September. Finally, dynamic Mars moves into the emotional and sensitive sign of Cancer on 28 September.

October When Godfather planet, Jupiter squares up to unpredictable Uranus on 9 October anything could happen: you have been warned. The New Moon falls in diplomatic Libra on 11 October but when Mercury turns to backward motion in secretive Scorpio on 12 October all efforts to keep the peace could be lost until he himself backs into Libra on 24 October. The Full Moon falls in stable and down to earth Taurus on 26 October. Finally there's a starry-eyed connection between optimistic Jupiter and dream-maker Neptune on 30 October: make a wish, it may well come true!

Aries (Mar 21 - Apr 20)

September Serious planet Saturn moves into your work sector and the efforts you make now will really pay off in the future. Across your life you will have the ability to shine and also show those in authority that you have the staying power to see projects through to their conclusion. It's important not to be taken over by this drive completely on 9 September: fun is important too! You will find yourself being even more honest than usual about relationship issues on 17 October.

October Try not to be a soft touch with your cash when someone tells you a sob story on 1 October. Your ruling planet Mars is in residence in your home and family sector for the rest of the year and this will highlight the fact that you can love people but still disagree with them. You could find yourself planning to share your home with someone special. Mercury could bring someone you'd rather not see back into the picture on 26 October: it's not a good idea to reconnect at this point.

Gemini (May 22 - Jun 22)

September You could receive a message out of the blue from someone who has an attractive offer to make on 3 September: you will be sorely tempted. Your property chart is being highlighted so if you're looking for a new home the possibility of finding something just right is reinforced. You will feel more in control on 26 September and this means you are better able to make the right choices. If you try to test a friend's loyalty do remember that they may fail and this could leave you with a real dilemma.

October Your zone of cash and personal values is being influenced by dynamic Mars. This enables you to earn more by doing something that gives you pride in what you do on 9 October. Getting more involved in a charity project that changes lives is on the cards. You may feel slightly under the weather when Mercury spins backwards on 12 October so why not schedule a check up to put your mind at ease? Just because someone sounds sweet doesn't mean that their words will be honeyed as well.

Taurus (Apr 21 - May 21)

September Saturn visits your talent chart which means you could start to take your abilities more seriously and invest in developing a skill that has lain dormant for some time. Your family should be supportive and enthusiastic about your plans on 13 September. If you've been disappointed in the past, don't let this hold you back. Now is your time to shine. Friends will want to push their advice onto you on 19 September but trust your own instincts as these will be much more accurate than their own nuggets of wisdom.

October Venus makes a second visit to your love chart with sexy results on 16 October. Mars shakes up your communication chart and if you have lacked confidence in the past then you should now find the strength to speak out in public, or private, about what you feel passionate about. This will make a real difference to your relationships and earn you a good deal of respect from your nearest and dearest. A lucky Full Moon on 26 October means you can put feelings into words instead of turning them inwards.

Cancer (Jun 23 - Jul 23)

September Venus visits your values chart for the second time on 8 September and this can double the money in your life. Saturn's move into your communication and transport chart is emphasising the need to take stock of how you organise your day to day routines. A new job in the media world or travel could emerge from this influence or you may meet someone exciting who works in those areas. Pushy Mars enters your sign on 28 September enabling you to spell out what it is you want rather than waiting for others to guess.

October With mighty Mars in your sign for the rest of the year you should feel energised and ready for all comers. Life should become so much more interesting and inviting. But you can only progress if you let go of any regrets about what might have been on 11 October. It's time to concentrate on the future and take positive action. A favour to a friend on 26 October may not be returned soon. Don't let it sour your relationship: they do plan to pay you back in their own time.

Leo (Jul 24 - Aug 23)

September Love planet Venus revisits your sign but this time you will feel more confident about what moves you want to make romantically and better able to act on them. You are ready to learn from the past instead of feeling hampered by it on 17 September. Saturn leaves your sign and moves into your finances chart. This should enable you to make cash plans that are sensible and realistic. It's important that you let friends fight their own battles on 26 September: avoid getting entangled in their dramas.

October Actions speak louder than words on 13 October. Miscommunication between you and someone close is highly probable so it might be a time to rely on body language to get your point across. Rumours abound but you will find that the facts are very different from what is being bandied about. If you're thinking of running a business with friends then now's the time to get it started. All kinds of hidden talents and desires will be drawn to the surface on 23 October making for an interesting few days.

Libra (Sep 24 - Oct 23)

September It's time to take control and discover your hidden strengths on 13 September. Be realistic about what you need to work on and plan for long-term success. Your ruling planet Venus can help balance up the need for realism with the possibility for having some fun in your social life. Spending time with friends will highlight whether a new relationship is going to work or not. Romance is on your mind on 26 September but don't allow past disappointments hold you back.

October The optimistic sun in your sign is paired with the mystery of the Moon on 11 October and you can be anything you want to be and live out your dreams. It's important to banish any self doubt now and let a new image or activity take off. Jealousy could ruin something quite beautiful: beware the green-eyed monster on 14 October. You've been putting off a less than enjoyable task for quite a while but Mercury in backwards motion tells you it's now time to bite the bullet and complete it.

Virgo (Aug 24 - Sep 23)

September Burning the candle at both ends will be tempting on 9 September but you will end up regretting it if you don't take care to get more sleep. Hard work and ambition unite as Saturn starts a two year stay in your sign. This is a special time when goals shift into sharper focus. You don't fear hard work and therefore should reap the rewards both in monetary and satisfaction terms. You should feel a determination to change and to learn from past mistakes at the time of the eclipse on 11 September.

October Venus lends you her sexy allure from 8 October when she pays you a second visit. You have double the love power and are full of passionate plans with 17 October particularly well starred: spontaneous Jupiter is telling you to jump right in. Whatever obstacles a relationship has faced you can clear them easily now. For the future it's important to set some standards. You can make money but also spend it wisely. Someone whispers into your ear: try to remember their particular information is often not reliable.

Scorpio (Oct 24 - Nov 22)

September Lovely Venus brings plenty of opportunities to flirt on 3 September, so gather your friends together and have a night on the town. Saturn is on the move and is highlighting your sense of community. You could benefit so much from giving some time and effort to a charity that reflects what you truly care about. A life changing plan is nearing completion and this could shake up your world and give you new impetus on 28 September: don't be afraid to travel if it means reaching your goals.

October You'll feel quite adventurous in love and will want to experiment. If you're single or already have a partner the chances for romance are well starred on 16 October. Travel is on the cards so if you don't find yourself on the move this month then there will be links with other countries that bring you good fortune. You can solve a mystery now, especially if it involves your own family. An inherited talent shows itself on 23 October and you are intrigued with how it has shaped those closest to you.

Sagittarius (Nov 23 - Dec 21)



September Saturn moving into your success chart promises that anything is possible if you can apply yourself and work steadily towards your goals. Your efforts now will be rewarded on every level if you can go that extra mile. Being sure of what it is you want to do is important so take time to consider your options on 9 September. If you want to branch out on your own then researching what others have done in the past can help you to clarify what direction you should take on 28 September.

October Mars in the most passionate part of your chart is promising to spice up your love life. At work you will be determined to succeed in one difficult task: someone's advice is spot on so don't be too proud to listen and learn from their experience on 14 October. You will be in your element when invitations start pouring in but make time to spend a few nights alone to ensure your batteries are fully charged for all that partying. Discovering hidden depths increases your respect for a special friend on 26 October.

Aquarius (Jan 21 - Feb 19)



September People around you will start to see a deeper, more serious side to your personality emerge. There is the opportunity to make great progress with study plans on 17 September. A relationship will benefit from you becoming stricter and less easy going on 26 September. A friend could be put out by your ability to be one step ahead of the game, try not to rub it in their face too much. If you find yourself in a tight situation that makes you nervous try acting confident and soon you will be.

October Energetic Mars is urging you to exercise more but it's important you don't overdo it by getting too enthusiastic too quickly. Take it slowly and you will be able to stay the distance. You will start to see how much more is out there for you on 13 October and an adventurous streak takes over. Venus relights passion and you feel able to move into a closer and more intimate phase with that special someone. Your standards are high but make sure friends don't interpret your principled stance as plain stubbornness on 29 October.

Capricorn (Dec 22 - Jan 20)



September Sentimental Venus is in charge and you will be really moved by someone's affectionate words on 13 September. Your ruler, Saturn, moves signs and the effects will resonate through every part of your life. Ideas you have kept secret for some time can be shared on 17 September. It's time to make adventurous plans and be confident about a successful outcome: nothing should feel out of reach. Family resentment can be tackled by demonstrating that you do listen to and respect others' opinions.

October Don't neglect your health on 14 October. If you are feeling tired or stressed then go home rather than working through it. Why not treat yourself to a massage or a weekend away, you and those closest to you, will reap the benefits in the long run. A step up on the career ladder is on the cards on 20 October. Powerhouse planet Mars in your marriage chart doubles the passion in a relationship but also gives you the courage to talk about changes you feel are necessary to make the partnership work.

Pisces (Feb 20 - Mar 20)



September Don't let a colleague's opinions unsettle you on 21 September. Try to stay calm and collected: someone in authority has noticed the situation and will ensure you don't come off badly. When it comes to a contract being signed you can push it through to what benefits you: don't be afraid to show how steely you can really be. Your ability to do deals and make everyone involved feel that they have gained is a rare talent. Show your appreciation for the loyalty someone close gives you on 26 September.

October Your family and friends can't help but interfere under a meddling Mercury influence and this will really test your patience on 3 October. Your creative zone is highlighted and this will help you bring your own unique approach to even the most routine of tasks. Mars brings out a daring side to your nature which adds new thrills to your love life as well as giving you the chance to take a risk you have backed away from in the past. Flattery from someone clever could loosen your tongue on 26 October.