



Star Temple News

Ethical • Professional • Credible • Confidential

*Do you spend your time over-busy and over-committed?
Do you find it difficult to get your life into balance?
In this article we look at the concept of 'Soft Time'
as described by Gill Edwards in her book
'Pure Bliss: The Art of Living in Soft Time.'*

*The book explores the idea that we live in two
different time cycles. One cycle feels exhausting
and fruitless: Hard Time; the other cycle is
creative and joyful: Soft Time.*

The secret of pure bliss



The two cycles of Hard Time and Soft Time ...

Hard Time feels like a downward spiral, full of struggle, effort and busyness. It feels heavy and cluttered. There are diary-packed stretches of over-commitment which feel rushed and pressurising, punctuated by periods of attempted recovery or 'relaxation' which are empty and frustrating.

If you feel like a hamster treading a wheel – trying harder and harder to get who-knows-where, and always falling short then you are caught up in Hard Time. Being in this space can make you feel disembodied and disconnected. Also, tense, anxious and guilt-ridden, and yet efforts to 'try even harder' or catch up on the backlog just seem to make things worse.

Despite all this, Hard Time has an addictive quality which keeps hooking you back in for that adrenaline rush.

There are difficult periods in everyone's life, and some stress – for instance bereavement is an unavoidable part of being human. However, the vast majority of our stress is self-created and unnecessary. It comes from living in Hard Time. It saps our energy, distracts us from our higher purpose, makes us fuss and fret about trivia, and blocks our enjoyment of life – and if we make life difficult for ourselves, it also rebounds on our family, friends and everyone around us.

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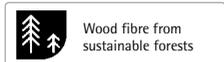
If you would like to speak with one of our eight friendly reception staff – Julia, Matt, Cally, Carrie, Emily, Lauren, Sophie and Jodi – please telephone our credit card booking line on 020 7686 4300. Also contact reception for general enquiries concerning Credit Card and Premium line readers.



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Star Temple News uses environmentally friendly paper



Editor's Letter

Welcome to our double issue newsletter for November and December.

Most of us will be aware that we spend the majority of our time rushing from one task to another, feeling that there must be some other way to get through the day. Modern living does seem to engender high levels of stress and agitation and in many ways we are probably addicted to this fast pace to life. But we are also aware that at times, perhaps on holiday or on a quiet Sunday afternoon, we enter a different space when we feel at peace and everything around seems to fall into place. This is Soft Time and our front page article looks at one way we might be able to access this space more often by slowing down.

Every night we are provided with a precious resource that is given to us freely through our dreams. In our Wellbeing article we look at how we can tap into this rich source of inspiration and creativity and make better informed decisions guided by our dreams.

If you have any comments you'd like to make about our 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.

Finally, I'd like to wish you all a happy and prosperous New Year.

Pat Blackett
Pat Blackett

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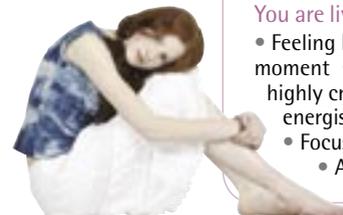
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Soft Time has a different, almost timeless quality. It involves intensely creative and fulfilling periods when everything seems to flow, when you feel inspired, heart-centred and soulful – along with blissful periods of simply relaxing and being-in-the-moment. Life seems much simpler, and yet far richer.

When we live in Soft Time, life's challenges become much more worthwhile and positive. We feel more present and alive. We tap into our inner wisdom with ease. We are more focused and creative, and perform at our peak – whatever the task. Work feels like play. Life seems simple, unhurried and carefree.

We live in wonder and delight. We are always in the right place at the right time – and everyday life is full of joy and delight.



Five simple ways to access Soft Time

- 1 **Aim to do less** – Give yourself comfortable goals at the start of each day or week enabling you to slip into Soft Time.
- 2 **Bring yourself into the moment** – 'Magic moments' come from being fully present. Feel the soft breeze on your face, smell a flower, bite into some delicious fruit, and don't get lost in thoughts of the past or future, be fully alive in the here and now. Let your thoughts slow down and drift past without grabbing hold of them, and bring yourself into this unique moment. What can you see, hear, feel, or smell? How does your body feel? What is happening around you?



- 3 **Enjoy having to wait** – In a supermarket queue or a traffic jam. Our Hard Time self is impatient about the 'wasted time'. Our Soft Time self simply accepts the situation, smiles and relaxes – enjoying the unexpected 'gift' of a slower

We all probably recognise that our life does in fact swing between these two cycles but most of us seem to spend the majority of the time in Hard Time and don't get enough Soft Time to feel replenished.

You are living in Hard Time if you are:

- Feeling tense, hurried, pressurised, driven
- Clock watching
- Feeling heavy and tired
- Keeping busy but not getting anything important done
- Being unable to enjoy the simple pleasures of life
- Unwanted duties and obligations
- Living for the future
- Thinking about what you have to do next, rather than what you're doing now.

You are living in Soft Time if you are:

- Feeling happy and fulfilled
- Living in the moment
- Loving yourself and others
- Being highly creative and productive
- Feeling energised by life
- Meaningful coincidences
- Focusing on what really matters to you
- Appreciating the wonder of nature

pace to the day. The situation is the same, only our awareness is different.

4 **Travel more slowly** – Walk or cycle whenever possible. Walking to a corner shop to buy milk, instead of using the car, can increase your quality of life by slowing you down. Enjoy the journey rather than dashing to 'get there'.

5 **Arrive early** – Do you always pack at the last minute? Do you often catch a train or plane with only moments to spare? This adds a huge amount of stress to your life. Plan to arrive early, and allow for the unexpected so you will feel calmer and more centred. □

To find out more about Soft Time and how you can access this creative and positive space read *Pure Bliss: The Art of Living in Soft Time* by Gill Edwards, Piatkus Books, 1999.



Follow your dreams



We are at our most creative when dreaming. It is possible to use the creativity and power that our dreams contain to solve problems, resolve creative blocks and improve our relationships.

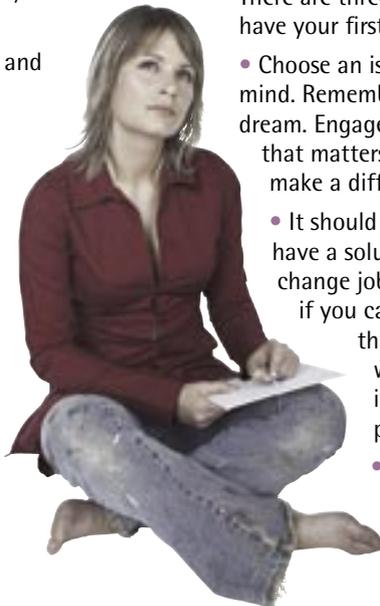
Wellbeing We all dream four or five times a night and yet many people don't remember or pay much attention to them and even might go so far as to consider them meaningless. Few of us realise how much our dreams can actually enhance our daily lives. They can guide us, help us understand our strengths and weaknesses and promote our creativity.

In 'The Dream Workbook', Joe Friedman has produced a wonderfully clear and inspiring practical guide to understanding your dreams and how to use them in ways which may surprise you.

We are at our most creative when dreaming. It is possible to use the creativity and power that our dreams contain to solve problems, resolve creative blocks and improve our relationships. Below is one method to put your dreams to good use.

It's important to remember and record your dreams. Before you ask for a solution to a problem get into the habit of remembering at least three or four dreams a week before doing this exercise.

You will hold on to a dream better if you stay still on waking. The act of moving any part of your body will cause the memory of the dream to evaporate.



Four steps to a solution dream

Setting up a Solution Dream takes between 15 and 30 minutes. Try not to skip on this crucial time. Try to have your solution dream on a night when you don't have to get up early for work or a meeting and also when you haven't eaten or drunk too much before you go to bed.

STEP 1 – choosing an issue

There are three basic rules for choosing what to have your first Solution Dream about.

- Choose an issue that engages your heart and mind. Remember that without desire you can't dream. Engage your desire by asking something that matters to you. Something that will make a difference in your life.
- It should be an issue you feel ready to have a solution to. Don't ask if you should change jobs, leave your partner or move in if you can't bear to get an answer other than the one you want. A rough way to assess this is to think what if I really had a solution to this problem – would I do it?
- Ask a question that you feel it is possible to solve. Don't use your first question to ask how to establish world peace or end

climate change. Ask yourself – do I believe there is a solution to this problem? If the answer is no, ask another question.

STEP 2 – immerse yourself in the problem

Once you have decided the problem, issue or question you want your dream to address, you need to spend at least 10 minutes considering the problem consciously. Do this in a special dream diary or on a separate piece of paper. You have two broad aims. The first is to get a sense of how the problem or issue affects your life and those you care about. The second aim is to examine the problem fully, so that you feel you have done everything you can to solve it consciously. Having done this and having not come up with a solution, you are then ready to release it to your dream to solve.



Go over the history of the problem/issue, your attempts to solve it, how it affects you and others and how your world would be different if it were sorted. Use the following points as a guide:

- Define as best you can the problem/issue
- When did it start? What is its history? How has it developed?
- What do you take to be the 'causes'?
- Why is this issue important to you?
- How does it affect you or others? In particular, what are the negative effects? What are you (and others) deprived of by it?
- What solutions have you tried? Why haven't they worked? What other solutions occur to you? Why aren't they right?
- What are the obstacles to a successful solution? (Include yourself – your attitudes, habits, etc).
- Define as best you can what a successful solution would need to accomplish.
- How would solving this problem change your life and the lives of others?
- Add to these questions any that occur that are specific to the problem or issue.

STEP 3 – reduce the problem/issue to a single sentence

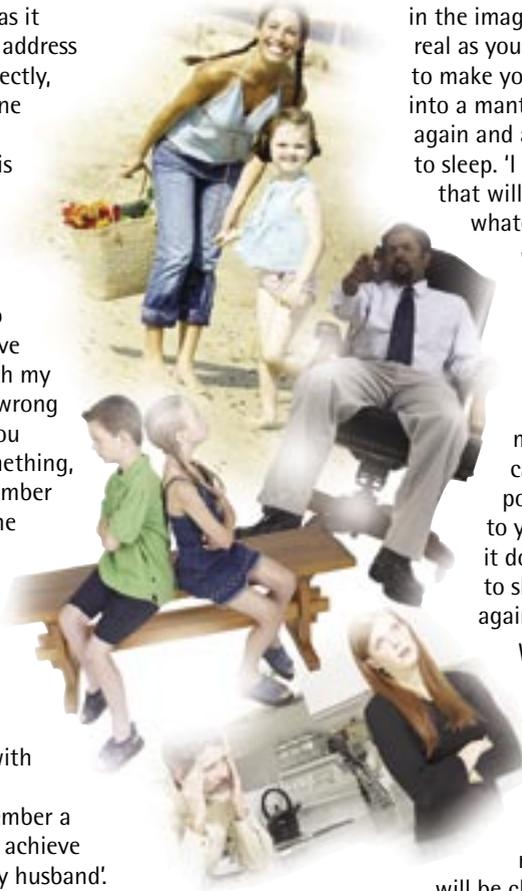
In this step you sum up the problem/issue you want to solve in a single sentence question. This >

▷ isn't necessarily as easy as it sounds. Your dream will address the question you ask directly, which may not be the one you actually want to be answered. To prevent this confusion, keep the question clear and to the point.

Be positive. Give the dream space in which to work. Ask 'How can I have a better relationship with my daughter', not 'What is wrong with my daughter?'. If you want to understand something, ask about that. 'I'll remember a dream that will help me understand my relationship with my boss'. If you need to make a choice, ask a question about that. 'Should I take the new job or stick with my old one?' If you need help with an emotional problem, emphasise this, 'I'll remember a dream that will help me achieve closure on the loss of my husband'. When you are finished, write your single sentence question in bold letters in your dream diary.

STEP 4 – prepare for sleep

After you have finished the above steps, prepare for bed. Try not to make phone calls or answer emails – this will drain the energy you have directed towards solving the problem. Make sure your dream diary and pen are by your side. Lay down and turn out the lights. Go over the problem and your thoughts about it in your mind. Think of your single sentence question. Now imagine as vividly as you can waking up with a Solution Dream. How would you feel if this happened? What would you say/do? Who would you tell? Include all this



in the image. Make the image as real as you can. The final step is to make your chosen question into a mantra, which you repeat again and again as you drift off to sleep. 'I will remember a dream that will tell me..' and fill in whatever your question is.

When you wake in the night, stay still. Reel in your dream. Write it down, or whatever fragments or images you remember in as much detail as you can. Don't worry at this point if it is a solution to your question. Just get it down. Then go back to sleep with the mantra again in your mind.

Write down as many dreams as you remember. In the morning, look at your dream (s) as the answer to your problem. In many cases, the answer

will be clear. Solution Dreams tend to be easier to understand because you know the question they are a response to. If you still don't see how the dream is an answer to your question, tell a sympathetic friend the question and the dream answer. Do they see the connection?

Don't force it. If after working with the dream and telling a friend you still don't see how it's an answer then ask again. As you lie in bed, go over in your mind the dream you've had and the question you've asked. Ask for another dream to clarify the answer. □

To find out more: *The Dream Workbook, The Practical Guide to Understanding your Dreams and Making them Work for You* by Joe Friedman, Carroll & Brown, 2007.

Welcome to our monthly update which lists our readers for both the credit card and premium rate lines, giving full details including when they are available.

Callers are requested to always contact Star Temple readers through our main telephone numbers listed here, so that readers' schedules continue to be respected.

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CREDIT CARD READERS

7 days, 9am-midnight

UK freephone **0800 422 0422**

International **+44 (0)207 788 9292**

...



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.



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.



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".



Hayley

Credit Card Readings

Sun 7pm-midnight

▷ Hayley is always happy to answer specific questions. A sensitive young clairvoyant, she will give you a very

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



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.



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.



Carla

Credit Card Readings

Mon, Thu, Fri 2pm-6pm **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".



Richard

Credit Card Readings

Tue 2-7pm / 7.30pm-midnight
Wed 7pm-midnight
Thu 2-6pm / 7.30pm-midnight
Sun 9am-2pm / 7pm-midnight

▶ Richard was four years old when he first became aware of his remarkable psychometric abilities. Although tools such as tarot cards, crystals and a mandala are used to focus energy, he depends on his clairsentience to read the forces surrounding his clients. He works with his guides (the main one being a young girl named Grace) and occasionally with people in spirit connected with the client who enable him to give insightful advice. Richard prefers to be an all-rounder, helping people with whichever issues they feel they need advice on at the time.



Kathryn

Credit Card Readings

Wed 10am-2pm
Thu, Sat 6pm-10.45pm
Fri 6.15pm-10.45pm

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



Amber

Credit Card Readings

Mon, Tue, Wed 7pm-midnight

▶ A warm and reassuring lady, Amber has a long history in the field of psychic work. Her reading ability was evident from when she was only thirteen years old, with her gifts of clairvoyance, mediumship and psychometry (holding an object to divine information about its owner) running in the family. Amber is in very direct spiritual contact when she gives her readings. In most instances it takes her no more than a minute to "link in". You can be sure of a friendly and sympathetic approach.



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."



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.



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.



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".



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.



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".

PREMIUM RATE READERS

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or any of our published premium numbers and be put through to whoever is available or choose a particular reader by entering their pin code.

If you would like a reading with a preferred reader, see when she/he is on and dial one of our numbers. When prompted enter their pin.

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



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.



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.



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".



Gwyneth

Premium Rate (PIN 7735)

Mon, 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.



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.



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".



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.



Will

Premium Rate (PIN 7728)

Thu, 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.



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.



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".



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".



Karena

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



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.



Mark

NEW

Premium Rate (PIN 7709)
Tue, Thu 7pm-midnight
Sat 9am-2pm

▶ Psychic since childhood, Mark feels deep contact with spirit, drawing on the guidance of 3 Native American Spirit-Guides to pass on information that brings insight, reassurance and comfort in his readings. In answering specific questions and making predictions, he can work with, Tarot, Crystal Ball, Crystal Dowsing and Psychometry to add further dimension to his natural clairvoyant, clairaudient and clairsentient skills. Mark loves to help his clients, and this comes across in the clarity of his style –compassionate, uplifting and empowering while remaining good-humoured and down-to Earth.



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".



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".

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Astrology

Pat Blackett

November The month is given a kick start when planet of communication Mercury turns to direct motion in the cooperative sign of Libra on 1 November.

Venus joins him in the sign of the Scales on 8 November. The New Moon falls in the secretive and intense sign of Scorpio on 9 November. The main feature of the month is dynamic Mars turning to backward motion in the protective and caring sign of Cancer on 15 November: a slowing down in the pace of life should be evident around this time. Finally, the Full Moon falls in the playful and light hearted sign of Gemini on 24 November.

December Mercury starts off the month with his entry into lively and enthusiastic Sagittarius on 1 December. Venus moves into seductive Scorpio on 5 December. The New Moon on 9 December falls in Sagittarius. Powerful undercurrents and mood swings come into play when godfather planet, Jupiter, joins intense and obsessive Pluto on 11 December followed by Jupiter's move into the ambitious and sometimes controlling sign of Capricorn on 18 December. With a Full Moon in family-loving and sensitive Cancer on Christmas Eve the dust should settle for Christmas Day. Finally, to mark the end of the year, dynamic Mars moves by backward motion into fast talking Gemini on New Year's Eve.

Aries (Mar 21 - Apr 20)



November Give yourself a treat this month as your workload should be lightened for a while. With your ruler Mars turning to backward motion on 15 November you may find yourself going over some difficult family history. However, you should also find it easier to make important decisions about money and know that you are moving in the right direction. Have confidence in your own talents on 30 November rather than admiring a family member who has a special gift. If you have a secret this is not the time to reveal it.

December Busy Jupiter is ensuring your diary is packed so it's important that you take time to recharge your batteries enabling you to keep going through the party season. The Sun combined with Mercury in your faraway places chart on 17 December will draw people from different countries close together again. A wish made on 18 December could be granted by Christmas. You will end your year on a high: being sure of what you want from life will bring an inner strength and calm to your life.

Gemini (May 22 - Jun 22)



November Romantic opportunities are springing up all around you from 8 November onwards but watch out for a friend who may just be feeling a little envious of all the attention you are attracting. The Sun in your chart of work and well being is encouraging you to be optimistic about the future so if an opportunity arises to change your circumstances on 20 November seize it with both hands. You are far more capable than you sometimes give yourself credit for. Don't do yourself down.

December Some form of reconciliation combined with success for a future project are promised on 12 December. Nostalgic Neptune puts you in the mood to revisit places you have spent the happiest moments in: but do try not to look back with any regret. Your ability to build and strengthen emotional bonds is strong so look to the future. Your ruling planet Mercury in combination with the Sun in your relationship chart means you will end your year surrounded by love. A last minute guest could ruffle a few feathers on 19 December.

Taurus (Apr 21 - May 21)



November People around you will be impressed by how decisive, organised and dynamic you can be. If you want to get a deal done or a contract signed then 8 November is a good date to get the ball rolling. The Full Moon brings money your way through an unexpected source: try not to fritter it away too quickly. Charm is all very well but you'd be wise to steer clear of someone who is full of flattery but lacks substance on 26 November. Determined Saturn could see you seeking out a new career for yourself.

December Your ruling planet Venus in your chart of partnerships will bring love and affection into your life especially on 11 December. Golden Planet Jupiter is on the move and gives your Christmas an exciting international flavour. The New Moon promises a discovery about your family that makes you appreciate who you are and also the qualities of those people closest to you. Optimism will colour your actions on 18 December and you will want to push yourself to achieve even more in the coming year.

Cancer (Jun 23 - Jul 23)



November You'll be feeling particularly bubbly and outgoing and this positive mood will be infectious, allowing you to lift the spirits of those around you. Enjoy being the centre of attention on 4 November and have the confidence to accept the praise you deserve. If you're thinking of branching out at work then start small but be prepared for a steep learning curve as things take off rather quickly. A new arrival around 21 November will help with any tensions that have been around in the family recently.

December You'll want to focus on staying in touch and the seasonal mood will encourage you more than ever to contact people you have not been in contact with for a long time. Generous Jupiter has been urging you to initiate change in your career chart all year and it will be hard to resist this impulse on 11 December. Now is the time to turn ideas into action and gain the confidence and courage to fly. A letter received on 14 December will encourage you to plan for a major investment in the coming year.

Leo (Jul 24 - Aug 23)



November Although you love an expensive meal at a fancy restaurant you're likely to get the bug for entertaining at home on 7 November. It's worth taking advice from a friend who has sound advice to transform you into the model hostess. Your calm ability to take charge stands you in good stead on the work front. You could find yourself having to make excuses for someone close to you on 12 November. It might be worth asking yourself if you are really helping them by constantly supporting their unwise behaviour.

December Your ability to come up with exciting and innovative plans is at an all time high. Playing with words and pictures could bring a lucky break on 2 December. Your gift for ensuring that others enjoy themselves will definitely be in demand over the festive season. There are major choices to make in love and Venus in the heart of your chart means that promises made now will be long lasting. 12 December brings the chance to show everyone around you how much you've achieved this year.

Libra (Sep 24 - Oct 23)



November Your ruling planet, Venus, shines on you from 8 November onwards bringing love and affection into your life: enjoy your time in the romantic spotlight. On a more serious note, finances need to be taken in hand and lessons that you have learnt earlier in the year should come in handy when things start to look a little bit tight. Mercury should lend you a hand and enable you to make the right choices on 20 November. Check travel plans yourself: leaving it to someone else could land you in hot water.

December If you can find it in your heart to forgive a friend then this is the perfect time to do so. Family secrets emerge on 19 December putting the cat among the pigeons. Your plans for the festive season may have to be rearranged but you will feel excited rather than annoyed about the changes that need to be made. Instead of hiding feelings to keep life smooth, you should speak out on 20 December and any built up tensions will disappear. The arrival of a special package makes Christmas complete.

Virgo (Aug 24 - Sep 23)



November It's time to break the ice and throw off your inhibitions on 21 November: make sure you say exactly what's on your mind. Someone in authority does understand your goals and is willing to help you achieve them by rewarding you with more responsibility. A relative is feeling left out on 30 November: they need to know that they are included in your world so why not spend some time together and take a trip down memory lane? Your money sense is spot on so when offers come up you will be able to choose the best ones.

December At work, don't be afraid to steal a scene or two from someone more pushy on 12 December. Home life feels good and you get proof that a fresh start for the family was the right thing to do. A more relaxed mood sees you enjoying life rather than analysing each moment: you should relish the change in emphasis this brings. Love planet Venus in your communication chart on 18 December promises romantic messages and a better understanding with someone you haven't always seen eye to eye with.

Scorpio (Oct 24 - Nov 22)



November As you're such a loyal and reliable friend it's no surprise that people turn to you in a crisis. Someone close needs your help on 6 November and will be relying on you to bale them out. Whether you choose to or not is another matter: this is not the first time they have ended up in trouble. At work you will be coming to a project late but will soon impress the rest of the team with your energy and knowledge. You'll enjoy the challenge this represents, particularly on 16 November.

December The right people that can help you further your ambitions and improve your finances will be drawn to you on 11 December. Financial deals are about to be finalised and success is coming your way. Your communication skills are at their best which will enable you to write that special letter or make a speech that gets a great response. Jolly Jupiter puts you in the festive party mood on 23 December. Venus in your sign means that love affairs run smoothly. The year ends on a note of luxury.



Sagittarius (Nov 23 - Dec 21)



November Saturn lends a hand to your working life on 16 November and you can start to see results. Having the stamina to see something through to the end will mean you earn brownie points with those who matter. Try to focus on plans that can really work rather than pipe dreams. Your love life is scheduled for some intensity and passion on 24 November. Do try to take a breather and chill out with some friends as this will help give you some perspective on where your priorities should lie.

December If you can overrule your independent side and commit to a person or activity then you won't have to wait long to see the benefits. You're not usually one for traditional celebrations but emotional Neptune sees you craving family time on 12 December. Any unfinished projects or secret wishes can come together at the last minute as Jupiter leaves your sign. You can bring out the best in other people on 31 December and an imaginative gift puts a smile on the face of someone special.

Aquarius (Jan 21 - Feb 19)



November Success could be yours if you can find it within yourself to push the limits of what you thought was possible. You can achieve your goals as long as you are sincere and also prepared to put in the hours. Jupiter brings joyful encounters on 12 November: enjoy doing something spontaneous. Planning a winter holiday is tempting and will get you thinking along romantic lines. Your mood will be calmer and it will be easier to remain disciplined. Musical connections are well starred on 26 November.

December Compassionate Venus will inspire you and your friends to volunteer for something special on 2 December. Helping others could prove much more rewarding than you anticipated. Mars in your wellbeing chart gives you that extra rush of energy you need to get everything finished before Christmas. Being generous with your time will matter more to those you love than any expensive present on 25 December. Success is out there and waiting for you to seize any opportunities that present themselves as the year draws to a close.

Capricorn (Dec 22 - Jan 20)



November You'll be hungering after all kinds of sensual delights on 20 November but following your desires without considering the consequences could distract you away from more pressing concerns. Finding your niche at work and at home will occupy your energies for a while around 26 November but at the same time you will also be helping other people get what they need. This championing of others might even tempt you to dip your toe in the murky world of politics. Big decisions are in the air.

December Everything will come together when Mercury joins forces with benevolent Jupiter on 20 December. You will find it easier than usual to be in tune with those around you which brings with it a sense of contentment that things are as they should be. Jupiter visits your sign for the first time in 12 years and promises that a long held dream can come true: this will benefit not only you but those closest to you as well. You love to organise other people so plan a get together with some friends on 23 December.

Pisces (Feb 20 - Mar 20)



November The desire to learn a new skill is highlighted this month and several coincidences on 8 November could point you in the right direction. There's the potential that any talent you bring out now could see you heading down a new and exciting path on 22 November. Your sympathetic nature is in tune with that of a family member who is feeling down in the dumps. You have the ability to pep them up and get them going again: you won't have to look far to find just the right remedy.

December You could liven up more than one party on 9 December but it's important to pace yourself or you could run out of steam before the main event. A combination of planets at the top of your chart gives you a mix of common sense, luck and energy. A project you have thought about and have tried to get going in the past could take on a life of its own on 30 December. A new phase of love will bring romantic surprises: you may be opposites in looks and lifestyle but something just clicks between you.