



Easy ways to go green

Going green has never been easier. There are many small changes that we can incorporate into the way we live that are not only of minimal cost but actually save money. The problem for many of us is that there is so much information out there that breaking it down and applying it to ourselves can sometimes seem overwhelming.

Powering down

It is all too easy to forget that the seemingly endless supply of power available to us is generated from burning coal and gas. However, the gigantic amounts of CO² that this releases into the atmosphere could be dramatically reduced if we were all to limit our own consumption by 'powering down'. And this is actually not as difficult as we may think.

Easy ways to make sure you're using less power are:

- Use energy saving lightbulbs. These use just 5% of the power of a standard bulb and ten could save you up to £70 and 260

kilograms of CO² a year. They also last up to ten times longer than standard bulbs, which means less manufacturing emissions are attributable to your home.

- Turn down your thermostat by just one degree.
- Turn off lights when you leave a room. A large amount of electricity is wasted per year in unswitched off lights.

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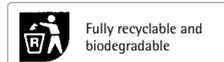
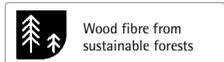
If you would like to speak with one of our friendly reception staff - Julia, Matt, Cally, Emily, Lauren, Caroline and Jodi - please telephone our credit card booking line on 0800 422 0422. Also contact reception for general enquiries concerning Credit Card and Premium line readers.



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Star Temple News uses environmentally friendly paper



Editor's Letter

Welcome to our April newsletter. This month we're doing our bit for the environment by providing you with articles containing information you hopefully will find useful and interesting.

In our front page article we look at easy, pain free ways to go green. It's surprising how, by making a few small changes, you can make a big difference and also potentially even save yourself some money. If everyone followed these tips then the future might look a little bit rosier for the generations that follow on from us.

In the second section of the newsletter we've provided you with details about some of the main organisations that are campaigning to ensure that all that can be done is being done to protect our environment. Not all of us are the eco-warrior type so it's good to know that there are other committed people out there fighting to counteract the effects of our wasteful and consumer oriented society on our behalf and on behalf of the planet.

If you have any comments you'd like to make about these articles or any other aspect of Star Temple News please do contact me on pat@startemple.net.

And don't forget that you can now receive your newsletter electronically. If you would like to do this please contact us and we will be happy to put you on the electronic mailing list.

Pat Blackett
Pat Blackett

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As an island nation, we really don't have endless supplies of clean fresh water - even if we act as if we do - so we need to

treat it as the precious commodity it is. There are many easy things that can be done to prevent water wastage in your home. A brick in the cistern will displace the water in your toilet, meaning it uses less when it flushes (but still does the job). A water saving shower head can reduce consumption by up to 50%. And always fully load washing machines and dishwashers.

Switch all appliances off at the plug unless you're using them. There are more electrical appliances in our homes now than ever before which sit with a continuous but unused supply of power running to them. Toasters, electric toothbrushes, mobile phone chargers, hairdryers, fragranced plug-ins, lamps, ipods are all common culprits.

When the temperature drops wear extra layers before you reach for the heating switch. This is quite simply the easiest way to reduce your power usage - and you'll save money on your electricity bill too.

Research your energy supplier. Many companies have recently started to project a green image but a small amount of Google research will separate the green from the green 'wash'. For example, one French company may have invested in a high level of 'green' advertising but in



reality are behind the building of several new nuclear power stations in Britain. On the other hand, Ecotricity, a company you may never have heard of, guarantees at least 26% of the power going to your home will come from a renewable source (such as wind) and pledges to invest more money into these sources for each customer that joins them. They guarantee to match your regional electricity supplier in cost, too.

Eat well

Being green is a holistic approach to life, both in terms of inner and outer naturalness. The more naturally produced a food or product, the easier it is on the environment.



Eating seasonal produce grown in your own area means your food has far fewer 'food miles' than most supermarket produce. Even UK produce can be trucked around the country to distribution points before reaching the store. Buying food from a local farmer or butcher also supports your local economy.

Choose Fair Trade products wherever possible as these are more naturally produced.

The meat industry has a huge effect on the environment. Eliminating just one meal of meat from your weekly diet has a large cumulative effect on your health and reduces your participation in the meat industry's output of CO2.

Shopping ethically reduces your personal carbon footprint. Food grown without the use of pesticides is not only less harmful to your body, the soil and the atmosphere but also to the health of many creatures in the ecosphere. This also applies to health and beauty products. The fewer harmful chemicals they contain, the lower the level of toxicity that exists to pollute both you and the environment.

➤ When buying food consider the packaging it comes in. Do you deem it unnecessary? The amount of carbon produced by creating excess packaging is highly detrimental to the environment. Much of this waste is shipped on giant steamers to China. The less waste you produce, the less of your own personal garbage will be sailing off to create hazards for a whole new set of people.



Shop well

➤ Many of us have fallen into the trap of thinking new is best, yet how much more satisfying to give new life to an old item, recycling items from the past and bringing them into the future. Buying second hand or vintage furniture and clothing is not only increasingly trendy, but ethically responsible and often cheaper. Try charity shops and auction sites and become a part of a shared community.

➤ Choose shops that have ethical trading standards.

The 3 R's

• Recycle • Reuse • Repair

➤ Recycling has become almost routine for most households now and easy if you are lucky enough to live near a recycling centre.



In particular make sure you recycle as much glass as possible – there is a school of thought that suggests glass could take one million years to biodegrade.

➤ Be careful about hazardous chemicals and appliances and contact your local council for details on how to recycle them safely.

➤ Have your own compost heap and use it to grow your own organic herbs in the garden or a window box and for all your house plants.

Travel

➤ How many journeys do you make by car of four miles or less? For many of us, these have

become habit and could easily be undertaken on foot, by bicycle or even public transport. Cycling and walking are amongst the most beneficial forms of exercise so not only would you be benefiting the environment by leaving the car at home you would also be improving your level of fitness.

➤ If you must drive, then consider car-sharing. This can be a huge money-saving exercise given the soaring cost of fuel and is also an excellent way of building relationships with neighbours and co-workers.



Even if you do not adopt any of the above policies, there is one gigantic thing we can all do to be green and that is simply to make a sacred vow never to use a plastic bag ever again. Renounce the plastic carrier bag and take your own sturdier, trendier, eminently more reusable bags for each and every shop.

On a final note, it is worth remembering that each plastic bag will outlive us by at least 1,000 times our lifespan and that we can reduce our rubbish output to one small bag per person per week if we shop right, recycle and compost.

Isn't it worth taking just one step towards creating a greener world? ☐



Over the last few decades our awareness of environmentally related concerns has grown exponentially giving rise to a whole new generation of eco-charities. Most of us are familiar with some of the larger, well-established charities, such as Greenpeace, but there are also many smaller charities which play an equally vital role, not just in protecting our environment but also in educating and informing the public at large on green issues.

Some of these charities campaign on global issues whilst others focus on single issues or local concerns. However, large or small, global or local, all these charities are having an important impact on our day to day life and all are worthy of our support.

Greenpeace

www.greenpeace.org.uk Tel: 020 7865 8100

Greenpeace was originally founded in Canada in 1971 to oppose the United States testing nuclear devices in Alaska. Since then, they have maintained a high profile protecting our environment through promoting and encouraging ecologically responsible practices.

On an international level Greenpeace remains one of the most committed, dedicated and ground-breaking environmental organisations in the world. They campaign continuously on a global scale on a wide range of issues, from raising awareness on toxins in our food and the hazardous chemicals used in modern day farming, to protecting our rainforests and protesting against destructive practices in the fishing industry.

Greenpeace offers real solutions to real problems, such as their idea to create a decentralised energy system through small localised power plants which run on renewable

▷ sources such as wind power and solar power. They are perpetuating the dialogue on nuclear power in an attempt to stop it from being conducted out of publicity and are invaluable in their continued exposure of bureaucratic apathy.

On their website, you will find recent and breaking environmental news and be able to keep right up to date with the political and environmental situation both in the UK and abroad.

🌿 Friends of the Earth (FOE)

www.foe.co.uk Tel: 020 7490 1555

FOE is at the forefront when it comes to campaigning for environmental concerns and mobilising public opinion to persuade politicians and industry alike to take action. Founded in 1971 they are actively involved in the very real issues that affect all of us, from working to ensure that recycling facilities are readily available to acting as a watchdog on big companies whose sometimes unethical practices may otherwise go undetected.

This leading charity operates on a national and global level, working on ethical and inspirational solutions to the range of eco problems our planet faces. They are committed to raising awareness and working towards a better tomorrow for everyone.

The website has a good list of handy links with plenty of information not just on their campaigns which range from Biodiversity, Global Trade, Real Food and Corporations but also on all the recent news and developments on all the current environmental issues,

thus providing a great educative source and information resources centre on eco-issues.

🌿 The World Wildlife Fund (WWF)

www.worldwildlife.org.uk Tel: 01483 426444

Did you know that our rainforests provide homes for over two thirds of all creatures known to man? This is just one of the many interesting facts that you will discover when you read about this remarkable organisation. The WWF is one of the most established and well-known charities in the world with projects in over 100 countries and over five million members worldwide.

Their key purpose is the conservation of nature through a strong, scientific approach. Using the best scientific knowledge available, they seek to protect all forms of wildlife, promote naturally renewable resources wherever possible and maximise the reduction in pollution.

The health of our ecological systems is of huge concern to the WWF as is reflected in all their current campaigns. These include protecting polar bears threatened by potential oil drilling and working against illegal logging in our rainforests.

Visit their highly informative and extensive website where you can read all about their current campaigns and read about the many ways you can donate, from applying for a WWF Visa Card to adopting a gorilla!

🌿 The Woodland Trust

www.woodlandtrust.org.uk Tel: 01476 581111

Not only are the rainforests disappearing but the same is happening in our own back yard.

With an ever increasing population, more and more of our fields and wide open spaces are being consumed by new buildings and roads. The Woodland Trust is the UK's leading woodland conservation charity which, through acquiring sites and campaigning for woodland, aims to conserve and restore our native woodland to its former glory.

Not only do they work to avert threats to ancient woodland and trees they are also actively involved in reforming agriculture to make it more environmentally friendly. In addition, they are key supporters of the fight against global warming which underlines the main thrust of their work which is to conserve woodland biodiversity in the face of climate change.

The trust has an impressive record and currently owns and cares for over 1,000 woods, covering over 50,000 acres.

Take a look at their website to see how just the smallest donation can make a difference.

On a similar note, the independent environmental charity Trees for Cities has joined the fight against global warming by planting trees in the most needy of our urban areas. The trees not only counteract carbon dioxide by emitting oxygen into our air but also have the added bonus of beautifying some of the less attractive parts of our country.

🌿 Energy Saving Trust

www.est.org.uk Tel: 0800 512 012

The Energy Saving Trust is a non-profit organisation established in 1993. It is funded by both the government and the private sector

and aims to help everyone join in the fight for climate change by reducing their own personal energy use. Quite simply, they work towards helping all of us reduce our emissions of carbon dioxide by promoting policies that ensure the most efficient use of energy possible, both at home and at work. They educate, inform and give independent advice about climate change and what we all can do to help reduce our carbon footprint.

Their website is an invaluable resource for ecologically minded people, no matter where you are, and includes a database of innovative energy saving products, a variety of tips, blogs and video guides on energy saving, a CO2 calculator, and an online home energy check to help you pinpoint the trouble spots and grey areas in your own energy consumption.

You can also apply for a free home energy report and find grants for renewable energy systems.

🌿 The Centre for Alternative Technology (CAT)

www.cat.org.uk Tel: 01654 705950

The CAT charity is an impressive eco-centre based in Wales. Their focus is to search for "globally sustainable, whole and ecologically sound technologies and ways of life." It seeks to achieve this by running environmental courses, events and exhibitions on topics such as sustainable energy and energy efficiency, water economy and sanitation, organic farming, eco-building and eco-living.

They also work as publishers, environmental consultants and green mail-order service.



▷ **Sustrans**

www.sustrans.org.uk Tel: 0845 113 00 65

Sustrans is a national charity which has been running for over 30 years. Its objective is to deliver sustainable transport solutions to everyone by reducing traffic and car dependence, now and in the future. We have Sustrans to thank for our National Cycle Network and they are now implementing the much talked about Connect2, an initiative that aims to create a new system of walkways, bridges, crossings and safe routes for walkers and cyclists for over 79 communities in the UK. Constantly running projects all over the UK, Sustrans aims to create an ongoing dialogue between the public and councils about how we travel around in our day to day lives.

Through promoting environmentally friendly forms of transport such as walking, cycling and public transport, the charity also commits itself to health and well-being, helping to tackle the rising obesity levels which are predominant throughout the UK.

Go to the Sustrans project's website to see how they can help you travel in a safer, greener way and see if any of their survey and travel-smart projects are happening in your area.

▷ **Groundwork UK**

www.groundwork.org.uk Tel: 0121 236 8565

A leading environmental regeneration charity, Groundwork is involved in a wide variety of schemes from small community projects to major regional and national programmes. The staff of Groundwork work in partnership with local people, local authorities and businesses

to promote economic and social regeneration by improvements to the local environment.



Below are just a few of the other organisations and pressure groups involved in the on-going challenge of climate change:

• **Climate Care**
www.climatecare.org Tel: 01865 207 000

Formed in 1998 as a limited company to help individuals and organisations reduce their own impact on global warming.

• **Surfers Against Sewage**
www.sas.org.uk Tel: 01872 553001

Campaigns for clean, safe recreational waters, free from sewage effluents, toxic chemicals and nuclear waste.

• **Women's Environmental Network**
www.wen.org.uk Tel: 020 7481 9004

Campaigns on environmental and health issues from a female perspective.

• **Stop Climate Chaos**
www.stopclimatechaos.org Tel: 020 7729 8732

A pressure group formed by a coalition of many leading environmental and international development organisations aiming to mobilise everyone to work together to combat climate change.

• **Climate Concern UK**
www.climate-concern.com Tel: 01325 378452

Provides updated information and puts like-minded people in touch in their local area to share their concerns and take action together. ☐



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

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



CREDIT CARD READERS

7 days, 9am-midnight

UK freephone **0800 422 0422**

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



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.



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.



Karena

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



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.



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.



Kathryn

Credit Card Readings

Tue 6pm-9pm
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.



Terence

Credit Card Readings

Mon, Thu 7.30pm-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.



Sandy

Credit Card Readings

Thu 7pm-midnight
Sat, Sun 2pm-11pm

▶ Sandy has worked with mediumship for over thirty-eight years and has been in touch with her clairvoyant and psychic abilities since she was a child. She has a great deal of knowledge about physical phenomena in relation to the spiritual world. Connecting with your voice, she greatly enjoys the one to one linking in her telephone readings. Sandy connects especially well on issues to do with love and wealth. She is a very deep trance medium and sees those in spirit form with great clarity.



Amber

Credit Card Readings

Mon, Tue, Wed 7pm-11pm

▶ 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.



Hazel

Credit Card Readings

Mon, Fri, Sat 7pm-midnight
Sun 8pm-midnight

▶ As a child Hazel struggled to make her family accept and understand her strong psychic powers. Now she says "Spirit is my life". A popular platform medium, she also teaches spiritual development, does voluntary work in hospices and runs her own healing centre. Helped by her 'honest and down to earth' Egyptian guide, Hazel tells it as it is, but with empathy and compassion. "My aim is to bring light to anyone who is struggling in darkness and to give them informed and positive hope for the future. That's my philosophy. That's how I work".



Marie

Credit Card Readings

Wed 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".



Lynn

Credit Card Readings

Tue 2pm-7pm **Wed** 6pm-10pm
Thu 10am-3pm

▶ 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."



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.



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.



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".



Mia

Credit Card Readings

Mon 2pm-midnight
Tue, Wed, Thu, Fri 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.



Jayne

Credit Card Readings

Tue, Thu, Fri 7pm-midnight
Wed 2pm-7pm
Sat 9am-2pm

▶ 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

7 days, 24 hours a day

0906 110 4326

ROI 1580 106 822

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.



Eric

Premium Rate (PIN 7742)

Mon 9am-1pm / 2pm-6pm **Wed, Fri** 9am-2pm
Thu 2pm-7pm

Credit Card Readings

Tue 2pm-7pm

Eric works in his own healing sanctuary, leading development groups. A gifted all round psychic, he is clairvoyant, claudient 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".



Amethyst

Premium Rate (PIN 7790)

Mon, Wed 6pm-11.30pm
Tue 2pm-8pm

Amethyst has been aware of Spirit and the need for healing people, animals and Mother Earth since she was a child. Working with her guides, Senegal and Durula – both ancient Tibetans – and Grey Wolf, a very wise old spirit, she also receives help from the angelic realms to give positive guidance to all in need. She runs healing and development circles and raises much-needed money for animal charities through psychic fairs. Using cards or crystal ball when appropriate, Amethyst seeks to provide self-empowering insights with her uplifting, healing readings.



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".



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.



Laura

Premium Rate (PIN 7732)

Wed 7pm-10pm **Thu** 10am-2pm
Fri 10am-2pm / 7pm-10pm **Sat** 10am-2pm

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".



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.



Beth

Premium Rate (PIN 7700)

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.



Rachel

Premium Rate (PIN 7722)

Thu, Sat 7pm-midnight
Sun 9am-2pm / 2.30pm-6pm / 7pm-11pm

"I was born with the gift and have been able to communicate with Spirit all my life through vision, sensation, hearing and scent". Light worker Rachel is a qualified psychotherapist, a member of the Spiritualist church and healer. She can advise on Feng Shui and crystal power to attract positive energies and expel the negative. Above all, this experienced reader can use her many skills to explore your situation, however difficult, showing you both choices and solutions and leaving you with the peace of mind that comes from genuine understanding.



Jenny

Premium Rate (PIN 7736)

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

Credit Card Readings

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

Strongly clairsentient, intuitive and empathic, this gentle and compassionate psychic healer attunes to your energies and, with the help of her spirit guide, a young Indian girl called White Eagle, goes straight to the heart of your concerns. In order to involve her clients as deeply and fully as possible, Jenny also works with crystals, cards and her 'wonderful' angels and, if requested, can offer Dream Analysis to add further dimension her readings. "I like to give people the peace of mind that comes from genuine enlightenment and leave them with a feeling of hope".



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.



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".



Elica

Premium Rate (PIN 7719)
Wed, Fri 2pm-7pm

► "Understanding and a sense of peace" are what Spiritualist medium Elica aims to bring to her clients.

A very sensitive reader, who specialises in relationship and grief issues, she is also a counsellor and healer. Working purely intuitively Elica, whose own life experiences have deepened and focussed her natural psychic abilities, has for many years been helping people to find their own most positive and achievable way forward. "That is the truly rewarding thing, to feel that I've given them hope as well as a more spiritual aspect on life".



Elizabeth

Premium Rate (PIN 7715)
Mon 10am-2pm
Thu 9am-2pm
Fri 9am-2pm
Sat 2pm-6pm

► 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.



Tom

Premium Rate (PIN 7757)
Tue, Thu, Fri, Sun 2pm-7pm

Credit Card Readings

Mon 7pm-11pm **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



Fran

NEW

Premium Rate (PIN 7716)

Tue, Wed, Sat 7pm-11pm

► A skilled clairvoyant medium, Fran trained at the College of Psychic Studies and has a wealth

of experience in face to face, telephone and remote readings as well as platform work. Comfortable covering all aspects of life, she is particularly sought after for her intuitive love and relationship readings in which she deals honestly and sensitively with often challenging situations. She can also, if requested, work with tarot and crystals. Informative and caring, Fran helps her clients to discover an awareness of their own destiny, leading to a positive path forward.



Mel

NEW

Premium Rate (PIN 7707)

Mon 6pm-11pm **Wed** 9am-2pm

Thu, Fri 7pm-2am **Sun** 2pm-2am

► Mel started getting clear visions and dreams at 15 and by 22 found herself telling strangers their future or passing on messages from spirit. Before long, due to word of mouth, people were asking her for 'hand holdings' at social gatherings and for some years now she has been reading cards and predicting events for friends and strangers by giving psychic information that has come true. With her friendly and direct approach Mel can give you valuable guidance for the future through clairvoyance, clairaudience, mediumship and her faithful cards.

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Astrology

Pat Blackett



A busy first half to the month with speedy Mercury entering the fiery and energetic sign of Aries on 2 April. Venus enters the same sign and combines with a New Moon in the sign of the Ram on 6 April. There's a change of pace during the second half of the month and things slow down considerably from 17 April onwards when Mercury moves into the more careful and down to earth sign of Taurus.

He's followed by the Sun entering the sign of the Bull on 19 April. A Full Moon in the mysterious and intense sign of Scorpio on 20 April could bring out the drama queen in a few of us but when Venus enters Taurus on 30 April she brings with her a calmer, more sensual mood which should be appreciated by all.

Aries (Mar 21 - Apr 20)



Your ability to think on your feet enhances your reputation at work. Quick fire solutions and a whole new approach to a project on the 6 April bring changes that may be unpopular with some, but they're still a feather in your cap. By contrast your home life is far more demanding and family tensions are simmering. By 24 April you're on the warpath but keep your demands realistic. Compassion as opposed to impatience for a partner's problems brings you closer.

Taurus (Apr 21 - May 21)



A partner is either moody or negative which puts even your legendary tolerance to the test. Some sharp exchanges on 10 April seem unavoidable and home truths hit hard on both sides, but at least they clear the air. By 20 April you know exactly where you stand in an important relationship and there's a golden opportunity to cement or rebuild love and trust. New horizons open for you towards the end of the month, including a holiday idea that's a must and a fascinating opportunity to study.

Gemini (May 22 - Jun 22)



Life charges along at a furious pace and at work you've got the chance to make a name for yourself and get yourself noticed. Just be careful not to upset a colleague who is also trying to get ahead. On 13 April shared credit is better than competition and it won't be long before a generous gesture comes back to you tenfold. You may find yourself out of step with your other half as your aspirations or busy life styles diverge. But togetherness, or a new love interest, brings joy on 28 April.

Cancer (Jun 23 - Jul 23)



A long period of change has been tough going and things may still get worse before they get better. A low spot on 7 April is actually the turning point as you finally accept inevitability and admit that a new direction is required. You're getting the message that fighting back is better than instinctively running for cover, and by 21 April the light at the end of the tunnel is beckoning. Friends have never been so important, or more supportive, and a brilliant social scene does wonders for your spirits.

Leo (Jul 24 - Aug 23)

You'd love to get away from it all but work pressures are eating away at your leisure time and loved ones are missing your love and attention. Up until 10 April it's well worth putting in the extra hours so that you can get ahead instead of constantly playing catch up. Continue to keep a tight rein on your finances and by 20 April a money problem will look a whole lot easier, and could even be resolved once and for all. Plans or decisions at this time bring emotional security too.

Libra (Sep 24 - Oct 23)

Partnership issues take precedence more than usual. You want to keep the peace but don't allow yourself to be overruled or brow beaten. Anything you agree to on 6 April will set a pattern that will be hard to change so make sure it's to your liking. Compromise has to be the real thing, not lip service. Finances need an overhaul, especially where expenses are shared, and on 20 April you'll see where you've been paying over the odds. A money boost at the same time improves matters further.

Sagittarius (Nov 23 - Dec 21)

You're known for your outspokenness but someone close to you may not be ready for the unvarnished truth so tread carefully. On 13 April diplomacy will get you much further than shooting from the hip. Concentrate on the desired outcome rather than venting your feelings in the heat of the moment, especially with a partner. A whole new game plan is starting to bear fruit when it comes to improving cash flow, but avoid extravagance on 24 April or you'll undo all the good work.

Aquarius (Jan 21 - Feb 19)

Think twice about any idea or proposal that involves dipping into savings. This is a month for protecting your resources rather than taking risks. A partner may have other ideas so when it comes to money seek watertight agreements in advance. Any subject causing conflict is likely to escalate on 10 April but don't let different attitudes create a rift. Career moves or promotions are exceptionally well starred around 20 April. Someone with authority recognises your talents.

Virgo (Aug 24 - Sep 23)

You generally get good results through time and effort but up until 13 April you're in danger of going around in small circles and chasing your own tail. It pays to prioritise and even to scrap completely a project that is more trouble than it's worth. It's time to get away from tedious tasks or people who drain you. Know your limits: be unavailable to those who simply want to dump their moans and groans on you. If you're up for excitement or romance say yes to a social invite on 22 April.

Scorpio (Oct 24 - Nov 22)

True grit and sheer determination get you through the first half of the month. Work matters are not necessarily difficult, just time consuming, but a project is finalized on 18 April to everyone's satisfaction. There's no breathing space but you will enjoy the challenge. It's onwards and upwards and this time with work which is far more interesting and lucrative. From the 20 April you're at full power. If you want to transform your love life now's the time to put words into action.

Capricorn (Dec 22 - Jan 20)

You like to play by the rules but others keep moving the goal posts much to your obvious frustration. Don't be deterred. Stick to your own path and by 18 April you'll be able to move them back again and more to your liking. In your personal life there's a lot of thinking and talking to be done. When it comes to resolving differences with a loved one your efforts make all the difference. By 21 April you're talking the same language again. A travel or educational opportunity is increasingly feasible.

Pisces (Feb 20 - Mar 20)

You're a dreamer at heart but with a goal in sight you're suddenly that person with a mission in life combined with drive and determination. Whether it's a new job, a relationship or a personal ambition the way ahead is obvious by 13 April. Follow your instincts, even if they don't make sense to anyone else. Don't hesitate to make waves on 22 April when it comes to staying at the helm. A creative project needs your originality as well as your guidance or it may lose its edge.