

# Ringing the changes in 2008

*You may feel at times that you are stuck in a rut, doing the same things week after week, or maybe even doing next to nothing at all. Well, there's no time like the present to realise your dreams.*



“Things do not change; we change”

Henry David Thoreau

**Y**ou can be whatever you want to be. Life is too short to waste time in hanging back, under-selling yourself and being less than your best. Imagine yourself in December 2008: where would you like to be, with whom and doing what? Are you working towards these goals right now or are they just vague wishes and hopes for the future? Get reading and plan for change in 2008.

Ask yourself the following questions:

- What have you always wanted to do but been to afraid to try?
- What would you do differently in your life if money was no object?
- What do you consider to be your greatest personal strengths?
- If you were living your dreams what would they look like and how do they feel?

## Reach for your best

While having nice clothes, lovely hair and make up can boost your ego, you do also need inner confidence to feel that you can achieve your goals. This sense of 'beingness' is an expression of yourself that depends entirely on your thoughts, beliefs and expectations. If you are self confident it will show in your body language, in your expression and even the words you speak. That is because they are the things that create the reality that surrounds you. Negative thoughts and visions will not bring the positive changes that you seek whilst having positive energy will help draw positive things to you.

Scientific research at the University of California has proved that the more we reinforce a pattern by repeating it, the more

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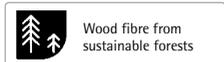
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Editor's Letter

Happy New Year. And welcome to our January newsletter. Now is the time when we are on a symbolic threshold between one year and the next.

This period is a good time to learn from past events and yet also make sure that you are firmly focused on the future.

If you are looking back over the past year and wondering how it all went by so quickly and regretting the fact that you didn't achieve all you set out to do twelve months' ago, then why not make a difference in 2008? After all, it's never too late.

How can we achieve our goals? For the first newsletter of 2008, we have put together a few ideas which we hope will inspire you and prompt you to make some positive changes to your life in the coming year. And if you do, then this time next year you should be able to look back with a sense of achievement and satisfaction.

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. I hope that 2008 proves to be a positive year for all of you.

Pat Blackett signature and name

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powerful it becomes and that if we stop using a pattern, it will become weaker and weaker. So start to develop your own negativity and positivity awareness. You can do this in two ways;

- Listen to others and start to really hear their negative and positive words and phrases. Start noticing and in a very short time you will become increasingly aware of the difference between positive and negative energy. Listen to yourself, your words and thoughts. Remain as detached as possible to allow yourself to become conscious of the ways you demonstrate your positive and negative beliefs.

Change is not made without inconvenience, even from worse to better

Richard Hooker (1554-1600)

10 ways to attract success

- Be true to yourself
Celebrate your uniqueness – this is what makes you special
Develop your inner strengths and talents
Think big
Believe in yourself and radiate confidence
Take the first step to one of your goals
Appreciate the miracle of your life
Love and value all your experiences
Be a go getter
Never, ever give up



Keep motivated

Achieving your goals requires focus and self awareness. It's important to be specific about your goals, know your personal strengths and weaknesses.

You are the only one that can make it happen for you. Others can support and encourage you along the way but you have to find the energy within in order to take charge and change things. Your self motivation will influence everything you do: your work, income, level of personal commitment, relationships, results.

Be positive

Being positive does not mean you always have to look on the bright side of life and brush anything negative under the carpet. Positive people are also realistic and are not afraid to face negative thoughts, feelings and behaviour.

It's more important that you recognise negativity when it arises in yourself and others and then deal with it at the time.

At least 70 per cent of our daily thoughts are negative – if you can get this figure down then this will make a big impact on your life.

Make a list of your most common negative thoughts. Every time you repeat a thought you reaffirm its significance so make sure you create positive thoughts.

Repeat these statements out loud. Don't worry if you don't believe that they are true yet, the bigger the 'lie' to yourself the more powerfully the statement will be affecting your negative beliefs. Notice how your energy changes when you make upbeat pronouncements:

- ▷ I feel great and am ready for anything
- I love life and life loves me back
- Anything is possible
- I feel confident and assertive
- I believe in myself completely
- Today I start my new life
- I never make excuses.
- I do things on time
- I keep my word
- I am lucky to be alive now.



### Taking control

- ▷ Do you feel stuck in a rut that you can't imagine yourself getting out of?
  - ▷ Do you rush around and get nowhere?
  - ▷ Is your life surrounded by chaos?
  - ▷ Are you putting off something important that is weighing on your mind?

If you recognise any of the above you need to bring some order into your life. Simple lifestyle adjustments can make all the difference to whether you can find the energy, space and commitment to bring change into your life.

Think of all the small jobs you keep promising yourself you will do – no great projects – just small tasks you don't ever seem to have time for. These could include cleaning out a drawer, writing a letter, re-potting a plant. Make a list of these minor jobs – make sure you do write them down because that way they will become more real. Don't worry how long your list is. Now choose one thing from your list and do it. Don't you feel good about that?

Sometimes when we promise we will get something done and then we don't we can slip into a negative cycle of low self respect and then spend time and energy thinking about doing something then not doing it which takes more energy than simply doing it in the first place!

Break this bad habit and show yourself how easy it is to do just one of your overdue jobs and this will move you into a more positive cycle. ☐

**FURTHER READING**  
*Weekend Life Coach* by Lynda Field, Vermillion, £7.99

### That's the spirit!

Your spiritual energy gives you your love of life and is a gift. When you have that inspired feeling this is when you are connecting with your spiritual energy.

When your mind becomes totally concentrated and absorbed, you begin to experience a sense of unity with something greater than yourself. Time can stand still and there is a shift in your awareness. Any activity that stills and calms your mind such as yoga, visualisation and meditation can trigger this shift.

To feel such a change in your awareness you need to be open minded and open hearted. Next time you feel such a change in your energy recognise it for what it is and go with it.

If you can tap into your spiritual energy you become inspired and the very best in you can emerge. This connection can help you to understand the significance of your life and give it purpose.



*Do you think your work is seriously infringing on your well-being?*

## Fives steps to creating work-life balance in 2008



Here are signs that the work-life balance in your life is out of kilter:

- Bringing work home and working until very late at night and/or at weekends
- Consistently cancelling social plans due to work obligations or deadlines
- Depressed mood and low energy
- Poor sleep (including dreams about work)
- Short fuse with partners and/or children
- Change in appetite and weight

If you recognise some or all of the above statements then work has taken over your life and it's time you did something about it. Ask yourself, do you want to spend the rest of 2008 in the same cycle?

Some tips for getting a proper balance back into your life:

#### 1. Schedule social and personal time

It might seem an odd suggestion to add another appointment into your already busy life but carving out dedicated time might be

the only way you can make sure you do it. Just as you would make a business appointment, put social activities and personal time into your calendar in pen, not pencil.

If your goal is to prepare healthy lunches for the week take out your diary or calendar and set aside one hour at the weekend to cook and prepare meals. Or, if you want to incorporate exercise into your life, make an appointment with yourself to go to the gym by making sure it's in your organiser.

The point is to move from a general or vague idea that you'll get round to doing something to setting aside a specific, time limited appointment. There's a much greater likelihood that you will do it if you schedule it into your life. If you doubt your will power then tell others as this makes the plan more concrete.

#### 2. Begin setting limits and boundaries with others

Just because you're capable and ambitious it doesn't mean you have to put yourself forward for every work project that comes along. Quality, not quantity is what you should be

▷ after. If you stretch yourself too thin the quality of your work will suffer. Practice assertive ways to say no. Like 'I appreciate you thinking of me, but with all the other work I've got on I don't think I have the time to devote to a project like this'. Being assertive with your colleagues and bosses, means being polite and respectful but also firm in your denial. Others may be a bit put out at first but the alternative is more work at evenings and weekends. Put yourself first. Being assertive means paying close attention to your needs and taking them seriously. You can also set limits for yourself like 'No work after 6 pm'. Applying some of the same rules that are successful for you at work such as time management and delegating responsibility can be put to good use in your personal life as well.



advantage by meeting a friend at a new restaurant or going for a walk. Whatever you do, don't eat at your desk. This is not healthy physically or mentally. Go outside and get some fresh air. You will come back more refreshed and recharged than if you soldier on through your lunch break, which you are fully entitled to take. Also, scheduling a healthy activity after work is good for you.

Doing something like a yoga class will bring health and wellbeing benefits: don't view it as eating into work time, it will actually make you more productive in the long run. Plan holidays and long weekends well ahead of time. It's important to have fun things to look forward to, otherwise your work time can seem to be stretching forever into the future.

*5. Remind yourself of your values and priorities*

You may need to reassess your values and remind yourself of the things that are most important to you. You won't remember the evening you worked until 10 pm, but you will remember the weekend at the beach with friends or the cosy dinner for two with your partner. □



*3. Ask for help*

Asking others for help is not a sign of weakness, it shows you have a mature and responsible approach to completing a task. A lot of conscientious people end up doing a lot of things they don't really want to do but also don't want to ask others for help. They see asking for help as a sign of weakness. But the problem is that people will eventually treat you as you portray yourself. They will think you don't need help. Not only are you cheating yourself but you're also cheating those around you if you don't take time out for yourself. Your nearest and dearest will notice the difference in your mood when you've treated yourself well.

*4. Plan activities outside your working day*

Your lunch break should be the opportunity to enjoy some good food, socialise and most importantly change your environment. Take

*You don't have to try that fashionable but unrealistic new diet to make a difference. Making small changes in your eating habits will transform how you look and feel in twelve months' time.*

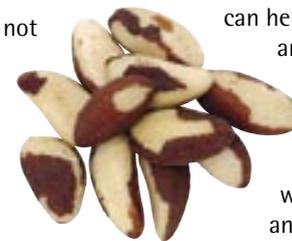


## Change your eating habits in 2008

**W**hen we are busy and stressed, we tend to make poor nutritional choices that can actually increase our stress levels and cause other problems. This coming year why not follow these small tips below to ensure good nutrition and maintenance of a healthier eating plan.

**Eat breakfast:** You may rationalise that you're not hungry when you get up, or that you don't have time, that lunch will come soon enough or that you need to diet anyway. But skipping breakfast makes it harder to maintain stable blood sugar levels and effective functioning during your busy morning. If you don't eat breakfast you are more likely to make bad food choices mid morning when hunger strikes.

**Opt for green or rebush tea:** If you're a coffee junkie, you may not realise the effects caffeine has on your system. However, you can reduce your stress levels and improve your mental performance throughout the day if you gradually wean yourself off drinking large amounts of caffeine. A relatively easy and healthy way to do that is to replace coffee with decaffeinated green or rebush tea, which have a soothing taste and the added benefit of loads of antioxidants.



**No caffeine after 2pm:** If you really can't keep away from coffee then be aware that caffeine has a half-life in your body of at least 6 hours, so the caffeine you ingest with dinner can interfere with your sleep at night.

**Try sparkling juice or perrier:** If you're a cola drinker, you're probably experiencing the same health consequences from caffeine that coffee drinkers experience. A more healthful alternative is sparkling fruit juice, or sparkling water. You'll still be getting a refreshing treat, but you'll be adding water to your system, rather than detracting it (caffeine actually saps your system of water) and you'll be avoiding other caffeine-related side effects.

**Carry a snack:** Having some protein-rich, healthful snacks in your car, office, or handbag can help you avoid blood sugar level dips and accompanying mood swings and fatigue. Trail mix, a lump of low fat cheese, or a handful of nuts all contain good nutrition. Along these lines, you should always have water handy, as it's so vital to health and proper physical functioning.

**Healthy munches:** If you find that you absently munch when you're stressed, or have a pattern of snacking at certain times in the day or week, you can replace chips, cheese puffs and other less-healthy munchies with carrot sticks, ▷

▷ celery sticks, cherry tomatoes, sunflower seeds or other more healthy choices. Even popcorn is a better choice if you leave off the butter and sugar.

**Make your own:** Many people go out for lunch to fast food places, coffee shops or restaurants that serve high fat, high calorie meals. While this does save a bit of time, you can save money and usually eat much healthier if you take a few extra minutes to pack and bring a lunch from home. Even if you do this only a few days a week, it would be an improvement over eating every lunch out.

**Banish the bad stuff:** It's easier to avoid sugary, fatty, and otherwise unhealthy foods if they're not in your home, practically begging you to



eat them! This may sound like common sense but it's sometimes harder to do than you'd expect. Go through your kitchen and throw out anything your body can't use in a healthy way. That way you'll be forced to snack on healthy food when you're stressed.

**Stock your home with healthy food:** Even more important than getting the bad stuff out of your house, is getting healthy food in.

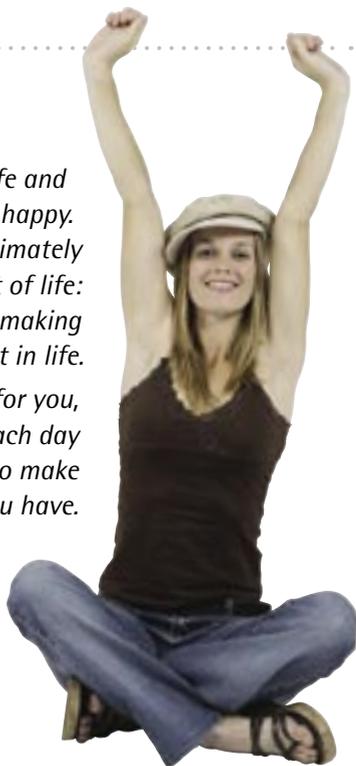
The best way is to plan a menu of healthy meals and snacks at the beginning of each week, list the ingredients you'll need, and shop for everything once a week. That way you know you'll have what you want when you need it, and you won't have to stress over what to eat each night; you'll already have thought of it. This makes eating at home much easier too so saving you money. ☐

## It's your life, so live it!

*Keep reminding yourself that it's your life and you are the one responsible for making yourself happy. Other people can add to your happiness, but ultimately it comes down to you to get the most out of life: nobody else can force you into making positive changes which can improve your lot in life. Don't keep waiting for things to happen for you, as life may just pass you by. Take each day by the scruff of the neck, and learn to make the most of the precious time you have.*

**“A sense of blessedness comes from a change of heart, not from more blessings”**

Mason Cooley, (b.1927)



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

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### 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".



### Julie

*Credit Card Readings*

**Mon, Fri, Sun** 2pm-midnight

**Wed** 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.



### 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.



### 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".



### 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.



**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.



**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".



**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.



**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.



**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.



**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".



**Lynn**

*Credit Card Readings*  
**Tue, Sun** 2pm-7pm **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."



**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.



**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.



**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.



**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.

PREMIUM RATE READERS

7 days, 24 hours a day

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**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.



**Laura**

*Premium Rate (PIN 7732)*

**Wed** 7pm-10pm **Thu** 10am-2pm  
**Fri** 10am-2pm / 7pm-10pm **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".



**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, 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".



**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".



**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.



**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.



**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 inter-connectedness of all things". In the course of developing her natural clairvoyant and healing abilities she has learned many skills and is now a respected and sought-after Reiki Master, Angel and Tarot card reader, Colour Therapist and Hatha Yoga teacher. A much-travelled psychic, she gains great satisfaction from devoting herself to "the work that Spirit has asked me to perform: helping others to achieve understanding, well-being and true peace of mind".



**Tanith**

*Premium Rate (PIN 7710)*

**Mon, Wed, Sat** 10pm-2am

▶ Tanith read palms as a young girl and soon realised that what she was picking up was uncannily accurate. Throughout her years of nursing and raising a family she continued to develop her clairvoyant gifts, finding that her telepathic ability to link into what others were feeling enabled her to show them how to redirect their energy in a healing and beneficial way. With her strong belief in peace, Tanith will help you to find your own inner peace of mind and spirit.



**Jenny**

*Premium Rate (PIN 7736)*

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

▶ 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".



**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, clairsentient 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.



**Mark**

*Premium Rate (PIN 7707)*

**Thu** 6am-10am  
**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, clairsentient 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.



**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.



**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".



**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".



**Elica** NEW  
*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".



**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.



**Shanam** NEW  
*Premium Rate (PIN 7718)*  
**Thu** 6pm-9pm  
**Sat** 7pm-midnight

▶ A natural medium, Shanam acknowledges that she had to undergo certain life experiences herself before she could fully use the powerful gifts (of clairvoyance, clairaudience and clairsentience) that she was born with, to help others. Now this very friendly and approachable reader, who is also a grief and bereavement counsellor, works with her angel guides – particularly the Archangel Michael – to bring insights and hope to her clients. "I love sensing my client's spirits lift as they experience the powerful angelic healing that I am blessed with".

## Cygnus Review



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# Astrology

Pat Blackett



*The First New Moon of 2008 falls on 8 January in the shrewd and worldly sign of Capricorn. And on the same day Mercury moves into cool and collected Aquarius. On 21 January a practical and earthy tie-up between benevolent Jupiter and hard working Saturn helps us all. The Full Moon in fiery Leo falls on 22 January. A more formal approach to relationships can be expected when love planet Venus moves into Capricorn on 24 January.*

*The end of the month sees some dramatic chopping and changing. The important headline news is the move of dark, brooding Pluto into the ambitious and politically minded sign of Capricorn on 26 January where he will remain until 2024! Mercury turns to backward motion on 28 January and energetic Mars turns to forward motion in the dual sign of Gemini on 30 January.*

### Aries (Mar 21 - Apr 20)

 The year gets off to a running start with the New Moon on 8 January promising fresh opportunities related to your career. This is a key period for you to push forward with your ambitions. You should find that you are in the right place at the right time and Saturn and Jupiter bring long term rewards to your daily work. You may have some home expenses you didn't anticipate which throws you off balance for a short time. After 20 January the focus shifts to friendship and group activities.

### Gemini (May 22 - Jun 22)

 Good communication is important to you and you can improve things at home with some frank discussions. On 8 January in particular, you will be able to put your case across in a fair and straightforward manner. This is a good time to get rid of possessions you no longer need: a personal detox is also highlighted. If possible pay off any debts, cut costs and exclude anything that's financially wasteful. An unusually spiritual and glamorous person catches your eye on 16 January.

### Taurus (Apr 21 - May 21)

 Regardless of your circumstances, this month's stars should bring positive benefits. A happy love opportunity presents itself on 24 January. Your thinking takes on a decidedly philosophical turn inspiring you to get more involved in local activities. It's important you ensure that people are backing your plans so don't try to go it alone. You may find yourself travelling for business and involved in negotiations concerning a contract: make sure any important paperwork is completed before 28 January.

### Cancer (Jun 23 - Jul 23)

 The New Moon brings new relationships and social opportunities: you couldn't ask for a better time to make a commitment to your better half. This is a successful period for personal and professional ties especially when Venus enters your partnership house on 24 January. You can reach your goals through the good will of other people but do try to be more open and adaptable on 30 January. You should have a better grasp of your financial situation as the month ends.

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

This month it's good news if you're looking for a new job or if you have employees of your own. Second jobs and overtime opportunities are highlighted on 21 January. Your health is good right now although your energy levels are not at their absolute peak: it wouldn't hurt you to take a rest and slow down for a bit. The Full Moon in your sign on 22 January brings a fresh perspective to a personal issue or concern. A flirtation with a co-worker could add some spice to your day to day routine.

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

This month you can achieve an important personal breakthrough. What you achieve and do are not as important as how you feel on 16 January. This is a time when you should be paying attention to your home, family and emotional life. A windfall or financial opportunity presents itself on 24 January. Romantic opportunities appear to be on hold while you attend to more pressing matters, although a flirtation with a neighbour provides a welcome distraction.

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

Your focus alternates between career and family and back again. It's a prosperous time and you should end the month better off. However, you'll also be spending more so try to set yourself some limits. A relationship gets tested on 20 January and it's touch and go whether it makes it through: a review or analysis of your romantic choices wouldn't be a bad idea. People are seeking you out on 24 January and you only have to wait to be approached with some interesting proposals.

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

You are in a very independent period so take action to create the right conditions to achieve your goals: working in solitude or behind the scenes proves successful. Someone with spiritual leanings catches your eye on 16 January but their lack of common sense could soon prove rather unsettling. If you work in the communication or travel business then this is a really good time to get your ideas taken seriously. Romantic secrets add some spice to your day-to-day routine on 30 January.

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

It could be difficult to create conditions as you like them on 6 January so better to adapt and let others have their way. This month brings opportunities for you to indulge your creative side. Something that was hidden in your life or some long standing issue is illuminated and it's now time for you to work towards a resolution. Dreams around 22 January are likely to be vivid and disturbing. If you can remember to record them then some life changing insights could come from this exercise.

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

Follow your instincts when presented with a challenge: inner growth should be your priority right now. Your career house is emphasised on 22 January bringing professional concerns under the spotlight. You could find yourself more involved with writing and communication as your skills in these areas are sharpened on 26 January. Plan fun outings with family members but be prepared for disagreements with in-laws or close relatives. A love opportunity could present itself in an educational setting.

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

The New Moon combined with expansive Jupiter in your sign bodes well for your personal life. The planet of love in your sign from 24 January means relationships take on a rosy glow. Brainstorming with friends or co-workers about financial prospects look destined for success. Feeling right is more important than doing right at the moment. Learn to follow your hunches and adapt to events that unfold suddenly and unexpectedly when Pluto enters your sign on 26 January.

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

Remember that with power comes responsibility: you will have to live with the consequences of decisions made now. If you are finding conditions around you annoying then it's perfectly possible to change them on 22 January. It's a good time to start a regular exercise routine. Revisiting issues you thought had been resolved will take up your time and energy: but going over the same ground reaps surprising rewards. The best way to spend and invest in your home is on your mind on 30 January.