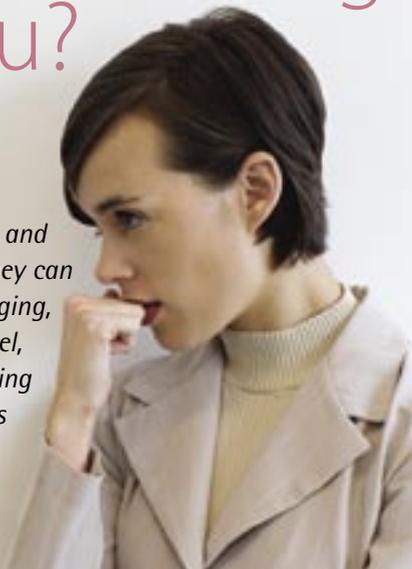


# Is your partner cheating on you?



*Affairs can be exhilarating, exciting, passionate and romantic. They can also be damaging, destructive, cruel, painful, time-wasting and demeaning. Affairs inevitably hurt someone and frequently they hurt all the parties involved including children, if there are any.*



It's probable that at least 80 per cent of affairs end up unhappily and cause misery all round. As devastating as it may be to find out the truth if your spouse is cheating on you, not knowing can be a whole lot worse. It's to your advantage to search for signs of infidelity if you think your spouse might be having an affair. All you need are your own eyes and ears, and your personal knowledge of your partner.

How can you tell if your partner is having an affair? The one thing to look for is change. Everyone having an affair changes in some way. A man might bathe or shower more

often. He may take up running. He may start going to the gym or get himself a fashionable haircut. He may become more romantic within the marriage, or indeed he may become quite callous or indifferent towards you, and he will almost certainly start 'working late' or taking trips abroad on business.

Women also change if they are having an affair. They lose weight. They buy more modern clothes and get new hairstyles. They start 'going for a drink after work' and have more nights out, supposedly with girlfriends.

*continued on p3* ▷

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Chris Odle  
Write to Chris if you have any comments about Star Temple.



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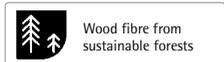
**Customer Services Team**

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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**Editor's Letter**  
*Welcome to our March newsletter. Most marriages go through rocky patches and sometimes this drives a partner into seeking solace outside the marriage. But this needn't be the end for you and your partner. Sometimes it is better to confront the issue head on and find out if there really is cheating going on or whether it's just an unfounded suspicion that has an innocent explanation. Once you know the truth either way then the problems between you can be addressed. In our front page article we have discussed a few facts about affairs and how to deal with this difficult side of life and love.*

*In our Wellbeing article we look at how nowadays we can't even trust our supermarkets to provide us with good, wholesome food. Due to the way that the majority of our food is now produced we are all running the risk of eating unhealthy food without realising it. It pays to be a bit more informed about what it is you are putting into your mouth. We hope we've provided you with some food for thought! 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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▷ continued from p1

They may take up an evening class. They will frequently buy their live-in partner little loving gifts because they are feeling guilty, and sometimes they become extra keen on sex and become more experimental and passionate in bed than they have been for years.

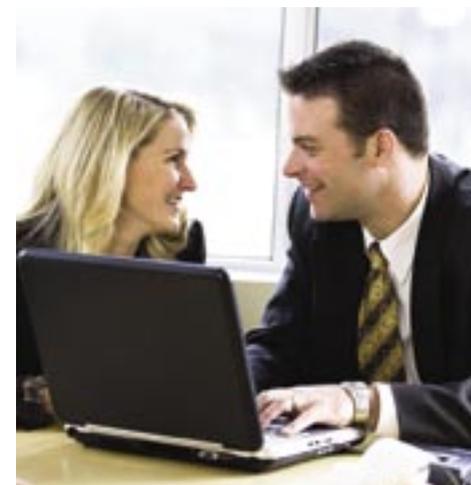
These things in themselves don't mean for certain that they're being unfaithful, but they certainly show that something different is going on and can alert the spouse to a possible affair.

Finally, do remember that affairs tell us something is wrong with the original married or live-in relationship. So, if you discover that your partner is being unfaithful, you'll have a better chance of saving your relationship if you're prepared to accept that at least some of the reasons for your partner's infidelity may be attributable to you.

**Why do we cheat?**

Nowadays, the number of men and women who get entangled in an affair are just about equal.

It could be that your partner is put together with a colleague to work on some project at work. Whatever the reason, when people spend a lot of time together, conversations tend to



steer away from just work and a sense of familiarity is bound to develop and this often leads to the start of an affair if either one initiates it. It could also happen if someone is going through a rough patch in their relationship or marriage. This is because we tend to find comfort and solace in the person we are in constant contact with.



Couples now spend more time apart than together. Time spent apart can make you lose touch with each other. You've drifted apart and your co-worker understands you better than your partner.

For some, the need to relive the exhilaration of being in love drives them to an affair. This happens to couples who have been married for a while and the novelty of romance has worn off. Life and marriage fall into a predictable routine, you start taking each other for granted and the relationship with your spouse may have degenerated to the kind where it's a brother/sister kind of love.

Unlike men, women normally delve into affairs out of loneliness. The craving for companionship is what drives a woman to seek solace in another man's arms. It rarely happens out of lust or to relive the exhilaration of forbidden sex. That is what sets women and men apart in their quest for affairs.

**Can affairs help a marriage?**

An affair only helps a marriage in two situations:

- where one person in the marriage hates sex and is relieved that the partner gets sexual satisfaction elsewhere. So, a blind eye is turned and as long as the affair doesn't get too emotional, the marriage – such as it is – is preserved.

- ▷ • when a married person has a fling with someone but learns through that experience that he or she is still in love with the marital partner and is far better off at home. In this situation the marriage can be strengthened, but only so long as the innocent party has no idea that the affair took place.



### To tell or not to tell?

People who have had an affair often wonder whether or not they should tell their spouse. Every person must make this 'to tell or not to tell' decision for themselves. However, there are some factors to consider that might not at first be obvious. While there's an understandable caution about the potential risk of telling about an affair, there's also a risk if it not being disclosed. In marriages where affairs are kept secret, certain topics of discussion are avoided because the deceiving partner fears being discovered and the other is reluctant to appear suspicious. This causes many relationships to be dominated by dishonesty and deception. It's doubtful that a couple can keep something like this hidden for the rest of their lives without a terrible strain developing. A large part of the high divorce rate may be due to the alienation caused by the dishonesty inherent in affairs, even if the affairs are never confronted. So it may be that there is no escape from the pain, regardless of whether the affair is kept hidden or exposed.

One of the advantages of volunteering the information about an affair instead of waiting



until it's unexpectedly discovered is that it allows a degree of preparation that can significantly reduce the pain of finding out. The person doing the telling has a responsibility to take steps to increase the likelihood that the disclosure will lead to building a closer relationship rather than tearing it apart. First of all, they need to be motivated by a desire to improve the relationship, not a desire to unload their feelings of guilt. They also need to be prepared to hang in and work through their partner's reactions to the information, regardless of what those reactions may be.

So it's not a simple matter of whether or not to tell. It's a matter of why, when, and how. Perhaps the most responsible course is one that doesn't rule out telling 'at some point,' and uses that thinking to consistently improve the honesty and commitment to the relationship in such a way as to make it possible to eventually 'tell'. In the meantime, this will have the benefit of strengthening the relationship, regardless of whether it leads to telling about the affair. □

#### FURTHER ADVICE AND INFORMATION

**Relate** Tel: 0845 456 1310  
email: enquiries@relate.org.uk www.relate.org.uk

**Resolution** (for legal advice) Central Office,  
PO Box 302, Orpington Kent BR6 8QX  
Tel: 01689 820272 email: info@resolution.org.uk  
www.resolution.org.uk



## Do you know what you're eating?



*These days a lot of us are much more choosy about where our food comes from and whether it is good or bad for us and the environment. However, what you might not realise is that food from supermarkets, although it might not be 'fast food' is still not necessarily healthy. If you have ditched the burgers and fries for what you thought was healthier 'fresh food' then you may have to think again if you buy that food from a supermarket.*



In her book, 'What's in this Stuff?', Patricia Thomas highlights how supermarket goods are a big source of pollutants in your home. This exposure to toxins can be linked to illnesses including cancer, allergies, respiratory problems and infertility. There are currently 70,000 chemicals in use, with 1000 new chemicals being introduced each year. Here are some of the top toxic issues to watch out for:

meal. All of these foods are permitted for intensively reared animals as they have a high protein content. The protein ensures that the animal grows to the correct weight quickly, but not necessarily healthily. Also, thrown into the mix are plastic pellets for roughage and industrial chemicals: antibiotics and growth promoting hormones with which intensively reared animals are fed.

### Malnourished meat

Here in the West, we eat, on average around 62kg of beef, chicken, fish and shellfish per year. If you're a meat eater then you are also consuming what the animal ate before it was slaughtered. This could be anything from processed feathers, chicken faeces and bone

### Stressed animals

Animals are prone to stress just as we are. If they have to endure extremes in their environment ie, temperature, humidity, light, sound, cramped conditions then all these will cause stress. As well as having to consume toxins in their diet when an animal is in



conditions that cause it extreme stress, then, like us, it has increased levels of stress related hormones in its system like adrenalin and cortisone. This results in meat that is colourless and overly

liquid or sometimes dark and dry. The stress that intensively reared animals undergo causes their immunity to become weakened making them more likely to be fed antibiotics and other treatments. These, along with the toxins and pesticides end up being passed on to us.

### Pesticides

As well as the additives that you find listed on packaging, modern processed foods also contain a number of unintentional contaminants, including pesticides. We are always being told to eat at least five servings of fruit and vegetables a day, yet if you eat conventionally grown produce, you may also be taking in a mixture of harmful pesticides, insecticides, herbicides and more. These have been linked to nerve damage, cancer and many other effects that can take a long time to show up. Although DDT and DDE, pesticides known



*We are always being told to eat at least five servings of fruit and vegetables a day, yet if you eat conventionally grown produce, you may also be taking in a mixture of harmful pesticides, insecticides, herbicides and more.*

to be dangerous, have been banned for many years, they remain in the soil and growing crops and rearing animals on land that had DDT in it even many years ago means that the poison is still getting into the food chain.

### GM ingredients

Genetically modified foods have been linked to an increased incidence of allergies, cancers and toxins in the body, as well as resistance to antibiotics and the creation of superbugs. The issues are complicated but you should try to avoid GM tomato puree, soya and maize which have been approved for use in foods in the UK. Also be aware that many processed foods such as biscuits, cooking sauces and food coatings will include GM ingredients at a very low level if they use soya or maize as an ingredient. As labelling laws mean that some GM ingredients in flavourings and colourings do not need to be listed the best way to avoid GM produce entirely is to eat fresh, unpackaged food.

### Packaging

A wide range of materials come into contact with food during its production, processing, packaging, storage and preparation. Most people are aware of how chemicals from packaging can get into foods and cause health problems ranging from cancer to neurological



disorders and rashes. But even if your food is loose when you buy it, it may have been 'packaged' in some other way to make it more appealing for the supermarkets. Fruit, for example, is coated in waxes that can contain chemicals that trigger allergies and some waxes are known to have substances that can turn into harmful cancer inducing chemicals.

### Additives

There are thousands of food additives approved for use in our foods, so you could be consuming a large amount of these artificial ingredients each year. Placed in foods to lengthen shelf life, additives are used that have natural flavours and colours so that the product looks fresh and natural. They are also used as sugar substitutes so when something is described as 'sugar free' it is almost always made entirely of artificial chemicals. Additives add little or no nutritional value to the food and at worst they can affect your health and well being. Watch out for sulphites, aspartame and MSG which can all cause reactions such as headaches, breathing difficulties and general weakness in some individuals.

### Nano-additives

Foods containing nano-additives or 'atomically modified foods' are on our shelves even though research into the dangers has not been completed. No one knows how to regulate these technologies as they fall between pharmaceuticals, medical and biological areas

of expertise. The concern is that due to their size – a million would fit onto a pin head – they defy physics and could interact with the body on entirely new levels. None of the current safety tests is designed to investigate the effects of this new technology and so no one can say for certain if they are safe for us to eat.

### Lost nutrients

Fruit and vegetables should be high in essential vitamins and minerals but the majority of today's produce is grown in nutrient depleted soil, covered in pesticides, stored, sprayed with more chemicals, sold and stored again before being eaten. The practice of putting in the soil only certain minerals has changed the natural profile of our foods. Swedes, for example, now contain 100 per cent more of the phosphorous than they once did. Humans that eat this altered food may experience differences to the natural mineral profile of their own body tissue and bones which has health implications.



### Long-haul food

The luxury of eating food that has come from the other side of the world has consequences in terms of the destruction of our natural environment and a failure to understand where food comes from. The number of food miles accumulated by many of the foods we take for granted is huge. A typical Sunday meal could have travelled 49,000 miles releasing 37kg of carbon dioxide and contributing to the problem of global warming. And it's not just children who have no idea of how, where or why their food is produced, few adults are in touch with how the overuse of palm oil in junk foods is killing off orang-utans in the destruction of the forests that are their natural habitat.

### Labels

A big part of successful label reading is getting beyond the exaggerations. Remember that companies often use food labels and packaging

▷ as little adverts for their products so you should treat any content lists with caution and always examine the fine print. Watch out for blanket terms like 'pure' and 'natural' – 'pure' doesn't really say anything, while 'made with natural chicken', simply refers to a starting material, and doesn't account for all the processing that goes on after that. The same goes for 'made with wholegrains' (how much is often not stated) and 'enriched' which is usually a tip off that the food has so little goodness in it that they have had to put stuff back in to call it food.

### Avoid the toxic trap

Getting back to good food is much easier than you might think. Here are a few tips:

**Eat local** Locally produced food has an important role to play in keeping our bodies and communities healthy. Make use of farmer's markets and delivery schemes.

**Eat organic** Organic foods contain significantly higher levels of vitamins and minerals and less nitrates. If you cannot afford organic food then wash non-organic

vegetables well under running water, peel skins and trim fat from conventionally reared meat, where residues collect.

**Eat really good food** Don't be fooled by clever marketing, good food should be authentic and delicious – does your food feel, taste and look good?

**Eat the best quality you can afford** Avoid junk and frozen foods; even though they are convenient they contain little to no nutritional value and often contain artificial colours and additives.

**Eat freshly prepared** Consider removing the microwave from your kitchen. Nutrients and protein are significantly altered after being micro-waved.

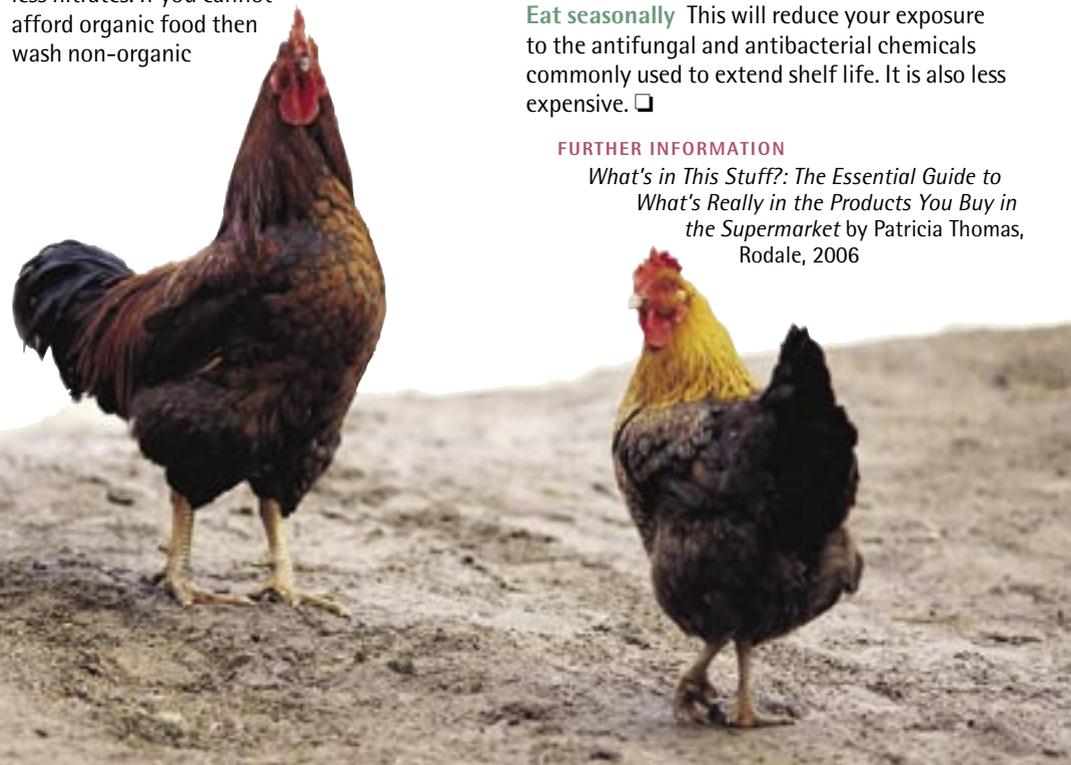
**Eat natural** If it comes in a box, tub, jar or tray, or it is a colour you don't normally see in nature, think twice before putting it in your mouth.

**Eat variety** This may limit your exposure to any one additive – safer in the event that it turns out to have long term health risks.

**Eat seasonally** This will reduce your exposure to the antifungal and antibacterial chemicals commonly used to extend shelf life. It is also less expensive. □

#### FURTHER INFORMATION

*What's in This Stuff?: The Essential Guide to What's Really in the Products You Buy in the Supermarket* by Patricia Thomas, Rodale, 2006



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

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

...

#### CREDIT CARD READERS

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

...



#### Terence

*Credit Card Readings*

**Mon** 7.30pm-midnight

**Thu** 7pm-midnight

▷ With a family background in healing, Terence began developing his psychic talents in his twenties. Using clairvoyance together with tarot cards, a family gift, he frequently receives powerful picture images alongside the card designs. Terence can find information from personal items such as jewellery and, in telephone work, makes a similar link through your star sign. Relationships are a speciality but he will always seek to focus in on your main concerns and desires and point you in the right direction.



#### 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".



#### 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".



#### 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".

**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.

**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.

**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.

**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.

**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."

**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.

**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.

**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.

**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.

**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".

**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.

**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.

\*\*\*  
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7 days, 24 hours a day

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

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

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

\*\*\*



**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.



**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.



**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".



**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".



**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".



**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.



**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".



**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*

**Tue** 7.30pm-10pm

► Tom learned his psychic skills directly from his guides in the Other World, who he first saw at the age of seven. A multi-talented reader, he is clairvoyant, clairsentient, a spirit medium, past life therapist, dream analyst and healer, and he uses crystals, pendulum, cards or crystal ball when he feels they are appropriate. Tom gets straight to the heart of the matter. "I like to be as clear as possible, mentioning actual events, dates and times". Accurate and very understanding, he can throw light on all areas of your life, but specialises in relationship issues.



**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 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".



**Eric**

*Premium Rate (PIN 7742)*  
**Mon, Thu** 2pm-7pm **Wed, Fri** 9am-2pm  
*Credit Card Readings*  
**Tue** 2pm-7pm

Eric works in his own healing sanctuary, leading development groups. A gifted all round psychic, he is clairvoyant, clairaudient and clairsentient, reads Tarot, is a member of the Home Counties Association of Spiritual Healers and a popular platform medium. Spiritually aware from childhood and experienced with many of life's problems, Eric likes to give proof of his link with Spirit during his empathic readings. "The guides are often family members or friends of my clients. The evidence is profoundly astonishing – and their help is invaluable and uplifting".



**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.



**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.



**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".



**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.

*Cygnus Review*



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# Astrology

Pat Blackett



**A**ggressive Mars re-enters the sensitive and protective sign of Cancer on 4 March which makes for a rather incompatible combination. The New Moon on 7 March falls in Pisces and with Venus entering the same sign on 12 March this should bring a few days of kindness and compassion in its wake. Mercury joins them in the sign of the fishes on 14 March.

The Spring Equinox in Aries falls on 20 March heralding spring and fresh starts. The Full Moon falls in the balanced and co-operative sign of Libra on 21 March helping to smooth out any disagreements that may have arisen earlier in the month. Finally, a friendly tie up between benevolent Jupiter in Capricorn and inventive Uranus in Pisces on 29 March should provide some interesting and lively moments.

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



Your attention is drawn inward towards personal matters involving home and family on 4 March: creating a place that nourishes and inspires your hopes and dreams takes precedent over more worldly matters. Even though it isn't your normal way of doing things, there are benefits to be gained from looking into the past. Doing so can help you to recognise patterns that may have gone unnoticed before. A marked contrast between independence and commitment to relationships is highlighted on 21 March.

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



Life takes on a softer feeling at the start of the month. Unusually you will find yourself drawn to the notion of comfort and security possibly due to the level of discontent surrounding you. The impulse is to start new projects on 20 March. It's important to focus on your priorities, particularly when dealing with colleagues or groups. Passionate words and angry exchanges could damage relationships at work on 27 March. You hit a creative high by the end of the month but distractions could reduce your efficiency.

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



Your communication skills are excellent right now and you should have no difficulty convincing others to take your plans on board. On 7 March friends play a role in reawakening old, forgotten dreams. Determination will bring success if you can combine your enthusiasm with your ambition but exercise caution before jumping into something completely new. An opportunity to take or teach a class or workshop gets you excited. On 18 March a new romance is possible with someone you meet through friends.

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



Ambitions are well starred: career opportunities seek you out so there's no need to run after them. Despite your good fortune you still do need the good opinion of others so watch out if you feel the need to be overly assertive or rash, particularly on 7 March. In relationships you have reached a critical transition point. Your judgment may be clouded later in the month and you may react to something said without considering the consequences. A loved one's more eccentric side shows itself on 28 March.

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

You can enhance your career through social events. Instability and confusion in relationships can be expected on 9 March and there will be an urgency to clarify issues with a partner. Strong emotions mean you will find it hard to avoid a difficult and hard hitting conversation. In order to complete a project or meet a deadline you may have to spend more time alone to avoid distractions. You should start to feel revitalised around 20 March and your enthusiasm rubs off on those around you.

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

You are blessed with the power of persuasion this month and your diplomatic skills will be much in demand. A realistic view of love and money is needed on 6 March. Extra responsibility at work and home means you won't have much time for other pursuits. No job is worth wearing yourself out for so do put your own health and wellbeing first on 30 March. A relationship formed now could prove to be good for your career as well as providing a boost to your confidence.

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

Increased spending on the home and family puts a temporary dent in your budget and you may have to re-evaluate your financial strategy. Interesting job opportunities arise through family connections on 6 March. At work, instead of trying to control everything take a step back and observe what's really happening. By doing this you could gain more clarity and also learn something about your own motivations. Romantic links with neighbours or someone close by are strong on 7 March.

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

A partner will show their love through material support on 6 March. Exciting possibilities mean you are chafing at the bit to move ahead but is your work in line with what you truly value? Before you can progress there are some boring details that need to be taken care of. Don't make too many changes at once or you may not be able to deliver on promises made. Moneymaking opportunities abound on 13 March. A nagging doubt starts to surface concerning the motives of a close colleague or friend.

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

Work on unresolved tensions at home. There's an element of unpredictability to all relationships on 8 March. An ambitious streak starts to emerge which surprises friends and colleagues. If you're looking for a creative or business partner this is a good time to find the right person for the job. Events pick up from 12 March onwards and your love life gains a magical feel. Health needs to be watched early on although you should notice an improvement to your energy levels by the end of the month.

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

Try to be less extreme: moderation will serve you best. It's important to get things into perspective as your passions may get the better of you. Taking a creative risk on 8 March can set your long term plans into motion. New romantic opportunities come your way: all that is required is a little more commitment on your part. Harmony on the domestic front can be enhanced by planning a group outing and sharing some special time together as a unit. Facing the truth can set you free on 29 March.

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

It's a busy month when you'll feel pressured for time which in turn could cause you to move too quickly and miss important details. Repairs and renovation of the home is possible on 20 March but avoid unnecessary arguments with loved ones. The possibility of taking a course in something that really interests you and stretches your thinking is tempting. Shake ups on 28 March mean you have to be more creative and imaginative when it comes to reshaping your daily routine. Personal power struggles arise at work.

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

There's a forward momentum to the month and this is the time to take charge of your life and happiness: progress will be swift on 8 March. Staying calm could be tough as the dynamic mood could mean you are more edgy and highly strung. You are in demand at work but the lure of easy money could prove distracting. A friendship could turn sour over a financial disagreement on 30 March. Getting caught up in a battle of wills slows you down: try to let go rather than digging your heels in.