

Caring & Inspiring

PSYCHIC SIGHT

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Magazine



Pendulums

A pendulum is simply a weight attached to a piece of thread; many people use their favourite healing crystal as the weight. Used correctly it can be one of the simplest and yet most effective forms of divination.

Often a pendulum that is made by you will give you a more enhanced psychic reading. The weight and the way the weight hangs is the most important factor. It should be symmetrical so that the swing is not distorted and it needs to be heavy enough to oscillate with good momentum. Often a long pointed shaped weight will give the best results - try making one with a crystal, a pendant, a ring or even keys.

Pendulum readings have been done for over 5000 years; it is based on a simple premise of the pendulum giving you a yes or no

answer. When you first start you will need to establish which direction means yes and which means no. Try a few practise questions to confirm all is working as it should.

There are two other forms of questions - search and silly. A 'search' response is a wide swing and this means that the pendulum is busy trying to find an answer to your question. A 'silly' response is generally a dithery undetermined swing, which means that you have either asked it a question that cannot be given a yes or no answer or it feels it has answered the question albeit in a way that you do not yet realise. Sometimes a silly response can mean that the pendulum and you are not working well together, it is important for this reason to go through the four responses at the beginning of each session and occasionally you have to accept that it is just not a good time for a reading.

You need to come to the reading with a clear mind, so that you do not influence the outcome of the reading. The pendulum will connect with your thoughts and your spirit guides. When people are more experienced they may work with the pendulum when dowsing, to find ghosts and spirits and even as a form of hypnotherapy to create a deeper state of awareness.

When you are ready, either think of a question or say it out loud - then ask the pendulum to show you a no or to show you a yes answer in response. The possibilities are endless...



Amethyst

Wearing an amethyst stone will sharpen your mind; it acts as a cleansing crystal to promote harmony and balance in the individual's life. The stone is great when a person needs to steady their emotions so that their life goals can be met.

If you want to enhance your psychic abilities then amethyst would be a good stone to work with, it is a powerful charm that can enhance your intuitive abilities and can increase spiritual awakenings.

Perhaps one of its most common uses though is as a dream stone, if you are finding

good quality sleep is escaping you, then the amethyst crystal can be placed near your pillow or worn on your person to banish insomnia, help with stress and to increase relaxation.

It is not surprising then that amethyst also helps with other ailments - headaches, depression and anxiety to name a few. For these issues you could try working on your crown chakra and third eye during meditation.

The healing properties of the stone will work on energy centres to clear any blockages and to give you back a sense of peace and serenity.

Find ways to bring amethyst in to your life and watch your spirits soar...



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**5055
mary**

I have a natural ability of making people feel calm and relaxed. I work with Spirit, angel and animal guides and can connect with loved ones if requested.

I am direct and honest. I do not predict as it is both controlling and limiting on the client and I also work with Tarot cards.

My goal is to assist people to find solutions. I believe that people have their own free will and have to take responsibility for their own choices. I have the insight and can get right into the heart of the situation.



**2333
toby**

Hi my name is Tobias (Toby) and I come from a family who, for generations have embraced our sixth sense. For 30+ years I have studied many forms of divination ranging from Aeromancy to Zoomancy including the usual Tarot, Runes, and Crystal Ball etc.

I am a natural empath; I can actually feel what other people are feeling and this aids my telepathic and remote viewing abilities which I can use to see the person, situation or thought which is troubling you. When I read for anyone my aims are honesty and clarity. I will support you with whatever you face using all the skills at my disposal. I am friendly, approachable and non-judgemental; so if you need a friend who can guide you then give me a call.

**4567
joanna**

Joanna loves to work with the Tarot as it can give very specific guidance especially when people have confusion in their lives and do not know what questions to ask. She has a lifetime of experience of clairvoyant psychic work, much of it overseas.

Joanna can be relied upon to guide you on life's pathway. She says "My senses are finely tuned to give messages, to assist in getting you back on your spiritual path. I work with light and love and universal energy. I have seen a ghost and had poltergeist experience and so nothing will surprise me. You can feel free to tell me anything and I will not judge you, I will just give you honest information to guide you back on the right pathway."



**2321
monique**



My name is Monique; I have always known that I have a great intuition. I have always been able to feel or see certain events before they actually happen. I like to call this my 'inner sense'. My gift appears to have been passed down to me through at least two generations of family.

I am a clairvoyant and use my inner sense to connect to people's thoughts and feelings, in turn, having the ability to see the paths that people are travelling on, and guide and advise them on what may be in store for their future. When I read for people I use my own natural ability, to give a clear, honest reading, focusing on the subject in the forefront of my client's mind. By using the unique images that are placed into my mind's eye I am able to give an in-depth reading based on what I see, and not just what the client wants to hear.

email reading chrystalte

Chrystalte specialises in Tarot and astrology and is a well established consultant. She has been hired to write horoscope columns and create Tarot services, and has featured regularly on radio stations, within the national and regional press.

Chrystalte has now gone on to write articles on holistic health and mysticism, and radio slots have included regular predictions and chart profiles for MP's and celebrities. Not one to rest on her laurels Chrystalte is a founder member of a national Tarot body.

Feedback from clients emphasise her natural intuition, psychic perception and grounded, yet compassionate, approach. Chrystalte has a rare ability to get to the heart of a problem, whilst providing a sense of calm and belief when dealing with sensitive and critical issues.



**5115
jasmine**



Jasmine has a very special talent, as a clairsentient and clairvoyant medium. She tunes in quickly and gives amazing insight; she is able to give straight answers to straight questions and has become extremely popular.

Jasmine is a natural healer, and has a special affinity with all creatures from the animal kingdom. She is an experienced reader who can read anything from a book to a crystal ball; her guides have been working with her for over 30 years. Most of all Jasmine is a passionate reader who will link in quickly and be direct with her answers, guiding you with empathy.



Astrology

If I say astrology to you, you probably immediately think of horoscopes, but in reality the art of divining your future by astrological means goes much further than that. Astrology is made up of two Greek words - astron meaning star and logia meaning study of. Astrology studies the relationship between the planets, the stars and the events that happen to us.

Astrology is in fact one of the oldest forms of divination and is considered an ancient science, the origins can be traced back to many countries such as Egypt, India and China and all of the different cultural aspects of how they practised the art form make up what we think of astrology today.

In our other article we talk about pendulums and the ability to give yes or

no answers to specific questions; astrology works at the other end of the spectrum and concentrates on the bigger picture rather than specifics. Having a birth chart done for example can look at your personality traits and can answer things like why you are drawn to certain careers and what would make you happy in a relationship. The birth chart is a complex process of analysing the sign of each planet was in at your time of birth. The date you were born, the time and where you were born will all have an impact. The planets and signs are looked at in combination with houses and angles to give an informed view on the person's life - their personality, strengths, weaknesses and ongoing prospects will all be revealed.

If you are feeling lost in your life and without a sense of

purpose, then having an astrological reading can bring great information and reassurance. It can tie together why a seemingly random set of events have happened and what they mean for you and your future. Sometimes just knowing that things have happened for a reason can give great comfort.



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Meditation

Meditation sounds simple in principle - focus on one thing and block out all other thoughts! But in reality it can be harder to achieve and takes dedication and sustained practise. However the benefits far out way the commitment needed.

In some cases you may think of meditation of being a hippy thing to do, or a perhaps an extension of yoga practise. But in reality the world is a confusing and very busy place for all of us these days. Strides in technology are fantastic, but they have also created an environment where we are 'always on', smart phones and tablets have made it in to the bedroom that once would have been a tranquil place to rest. Just doing everyday tasks like getting lunch and coffee now provide many choices and with it many decisions.

All told many of us are stressed both in body and mind perhaps without even realising it. And this is where meditation comes in. It gives you a safe place to crowd out all of the pulls on your everyday life. In that moment you just get to concentrate on you - not your partner, your kids, or your job - just you...

A traditional pose for meditating is sitting cross legged on the floor - but find a space and position that is comfortable to you. Some people prefer a dimly lit room, others will like light, some will close their eyes, others prefer to focus on something like a lit candle - again, do whatever feels right for you. Try to carve out a period of time that will be quiet and where you will be undisturbed - and turn off any technology!

You may find it easier to relax if you do some gentle stretches and an important component

is your breathing - very gradually slow down your breathing, so that you breaths in and out are calmer and more controlled.

When you first start meditating you may find it difficult to clear your mind, you will no doubt have to sit in the position for a while. Random thoughts will try and enter your head - what you are going to cook for tea, a friend you must remember to call, a sick relative, an email you forgot to send. It is not unusual for you to feel guilty for taking the time out, and to begin with you may tell yourself that you could

be better spending your time on a million and one things from your ever growing to do list...

The whole point of meditation is learning to resist this inner chatter, there is no need to feel guilty for taking a small amount of time for yourself each day. With practise you will find that following your sessions any decisions that were troubling you now seem easier to take, and you will be able to prioritise what really needs to get done and frankly what can wait.

Some people find it easier to take themselves on a guided tour

of their imagination - you might think of a place that you felt really happy (perhaps a beach on holiday), then can you imagine the salty taste on your lips, the gentle breeze on your skin, the smell of the suntan lotion and the gentle chatter of people in the background, the warmth of the sun and the relaxed glow you felt...Gradually allow this visualisation to carry over your whole body until all of the tension in your muscles melt away and your mind goes quiet. Keep breathing deeply and slowly and keep working to keep your mind clear of any thoughts.

Regular practise should see you reap the benefits; you should feel more enlightened and happier on a deeper level.



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