

# FREE SPIRIT

August 2019



## FEATURES

Harvest Celebrations  
Summer Aromatherapy

## PLUS

August Horoscopes  
Reader Profiles

## Amanda Seyfried

Finding out who truly  
is man's best friend

discover your future, release your past

## Editor's letter

**W**e are fully embracing the month of August and everything it has to offer, from summer aromatherapy, that gives us a natural first-aid box. To books that we can read whether we are on a chair in the garden or abroad on the beach.

If you are going away on holiday, we talk foreign currency and how to make the most of your money. If you are thinking about getting into beachwear, then our article on Time Restricted Eating might be just the ticket.

If you are going into the summer feeling a little bit down, then our article on building resilience and problem solving could help. If you still need a little extra support then why not turn to Palm Crystals, a bit of spiritual healing that fits right in your hand.

August was the month that harvest was celebrated, and we talk all about Corn Dolls and Celtic rituals...

Out on the 9th of August is the film – The Art of Racing in the Rain – starring Milo Ventimiglia and Amanda Seyfried (cover). A heartfelt tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner).

Reader Robbie is back with the topic: You are more powerful than you think! We also check back in with Hilary whose been reading Tarot since her 20's.

*Charlotte*

## Marketing

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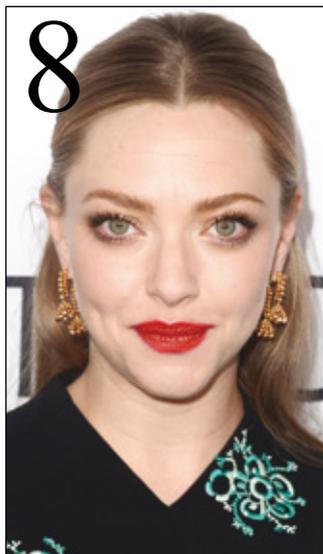
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# INSIDE FREE SPIRIT Magazine August 2019



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## Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



**Bryony**  
PIN: 2727

Bryony is an incredibly insightful reader specialising in emotional journeys involving relationships and major life decisions. Bryony is also well placed to offer spiritual counsel in the area of business having been a corporate trouble shooter for many years.



**Jim**  
PIN: 3151

Jim has a mission to guide others, so they can make the correct decisions for themselves; he seeks to bring light to difficult or protracted problems using his thirty+ years of experience to advise people via mediumship, numerology, Tarot and more.



**Julie**  
PIN: 3123

Love and relationships is Julie's speciality, but she is able to give guidance on most issues affecting people's lives or connect with their loved ones. Julie is an honest, caring premier platform medium and she's assisted by her three spirit guides.



**Karen**  
PIN: 5791

Karen is a medium and clairvoyant, she finds the work both unusual and rewarding; she brings comfort to many as she has a very calming approach. Karen works with a spirit guide to offer special and unique readings to clients guiding them through difficult decisions.



**Luchia**  
PIN: 3621

Spiritualists are in Luchia's bloodline, she had vivid dreams and psychic abilities transpire from a young age. She has many clairvoyant skills like palmistry, Tarot, numerology to offer, ask your questions and she will strengthen your spirit.



**Mel**  
PIN: 4455

Mel is a third-generation spiritual medium, empath and clairvoyant. As a reader Mel's hope is that she leaves her clients feeling inspired and filled with hope and comfort and more able to choose the road that is most beneficial for them.

All calls are recorded; the caller must be 18 or over and have the bill payer's permission.

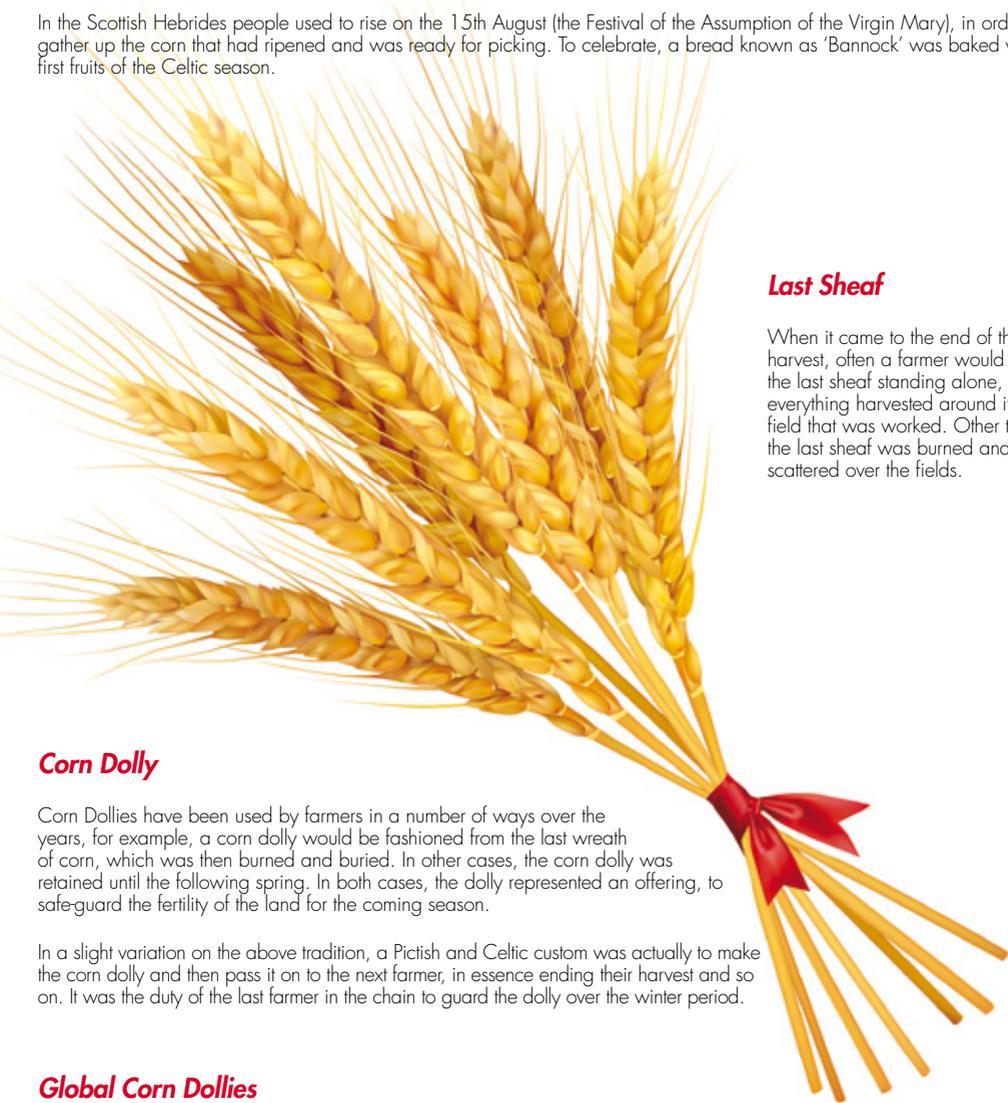
Readings under UK law are deemed to be for entertainment only. Helpline: 0121 737 5574.

# HARVEST CELEBRATIONS

Within farming communities, both the first and last sheaf of corn or wheat harvested had special importance. As such, over the years many rituals have arisen that celebrate the event.

## First Sheaf

In the Scottish Hebrides people used to rise on the 15th August (the Festival of the Assumption of the Virgin Mary), in order to gather up the corn that had ripened and was ready for picking. To celebrate, a bread known as 'Bannock' was baked with the first fruits of the Celtic season.



## Last Sheaf

When it came to the end of the harvest, often a farmer would leave the last sheaf standing alone, with everything harvested around it in each field that was worked. Other times the last sheaf was burned and then scattered over the fields.

## Corn Dolly

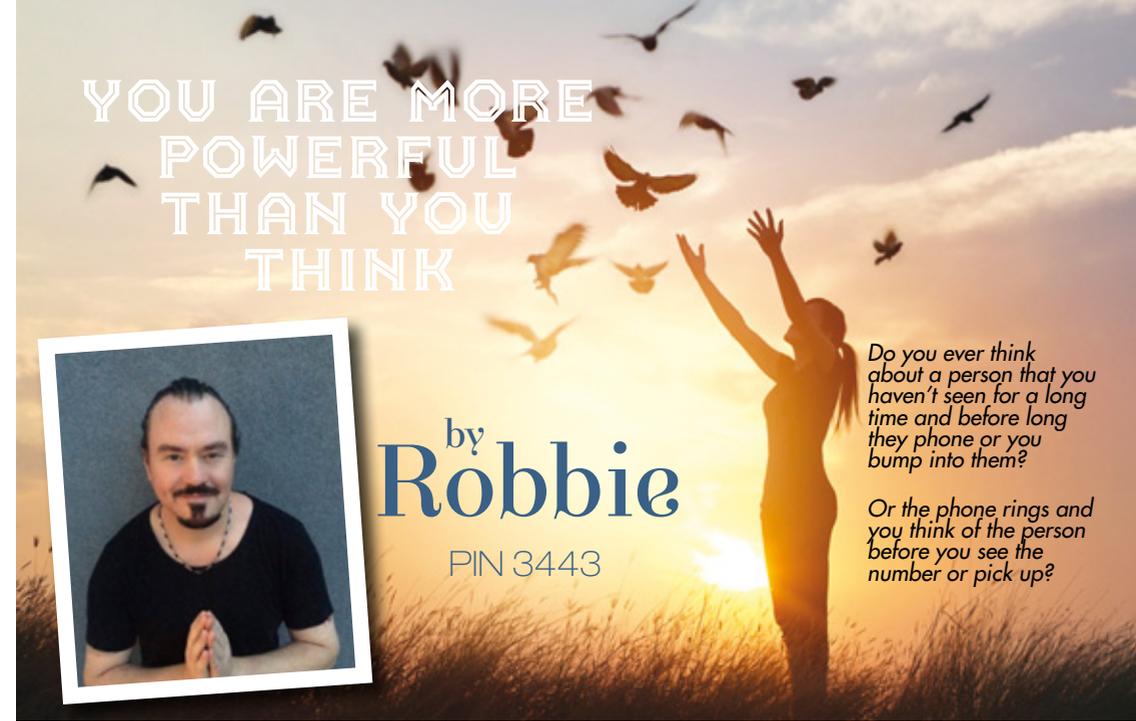
Corn Dollies have been used by farmers in a number of ways over the years, for example, a corn dolly would be fashioned from the last wreath of corn, which was then burned and buried. In other cases, the corn dolly was retained until the following spring. In both cases, the dolly represented an offering, to safeguard the fertility of the land for the coming season.

In a slight variation on the above tradition, a Pictish and Celtic custom was actually to make the corn dolly and then pass it on to the next farmer, in essence ending their harvest and so on. It was the duty of the last farmer in the chain to guard the dolly over the winter period.

## Global Corn Dollies

Corn Dolls are often depicted in female form, and many countries have a type of wheat/corn doll. In Brittany, France it is known as Mother Sheaf, in Poland – Baba (grandmother), and in Germany – Kornmutter (Corn Mother).

If you go on holiday in one of these locations during August, you may well find symbolic corn dolls being sold at country fairs, farmers markets and the like.



YOU ARE MORE  
POWERFUL  
THAN YOU  
THINK

by  
**Robbie**

PIN 3443

*Do you ever think about a person that you haven't seen for a long time and before long they phone or you bump into them?*

*Or the phone rings and you think of the person before you see the number or pick up?*

## FIELD OF CONSCIOUSNESS

This is you tapping into the same field of consciousness that mediums and healers practice diligently to connect with you more effectively. The truth is we are all capable of this and the more you understand the way this works, the more you will get from a reading.

## CONNECTION

When you connect with your chosen reader and you project a state of scepticism or doubt, this interferes with the connection. The person trying to guide you will have to get over the mental blocks you've put in the way first, before giving you the help that you need. But, when you phone up in a state of love, flow and positivity, it gives the reading a head start to get to your solutions quickly.

For example, if you are phoning to connect with a loved one, sending the reader the love that you have for the person that you are trying to communicate with, will speed the connection and turbocharge the chosen mediums abilities.

## FRUITFUL READINGS

According to my guides, we are moving into a time of accelerated growth, which they refer to as Ascension. This is a time when our capabilities are being heightened and as a collective, we are becoming much more sensitive and more easily able to connect to each other psychically.

We are also able to use our natural healing abilities much more powerfully and effectively. This is changing the way

that we communicate energetically and is making those who actively participate with psychic practices or have readings, much more powerful in their receptivity and potency.

Being aware of this can make your reading more successful. It can also help heighten your own abilities when you realise how powerful you are. When you connect with a reader who works on their own divine connection, you will feel the quickening happening in your own vibration.

## OPPORTUNITIES AROUND

This time is the greatest opportunity for growth the world has ever seen. You are here by choice! Your soul has chosen to mindfully observe and actively participate in the spiritual evolution of humanity.

If you so choose you can see your potential fulfilled and all of the spiritual gifts that are waiting patiently for you to use, can be discovered. Each time you consciously tap into this, whether through prayer, meditation, going for a walk in nature or simply breathing in gratitude for all of your blessings, you are adding to the field of positivity that is changing the world.

## AS UNIQUE AS YOU

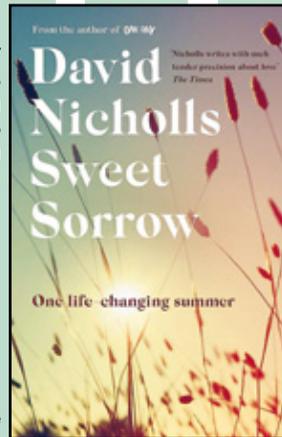
You are unique, divine, precious and capable of so much more than you have been led to believe. As the Ascension continues, I believe that each of us will expand our gifts naturally and the divine love that we are all made of will become more apparent. Helping us to create a world that we can all benefit from.

# DECK-CHAIR READS

Whether you are lounging on the beach abroad, or taking a break in your garden, we've got you covered with fantastic summer deck-chair books...

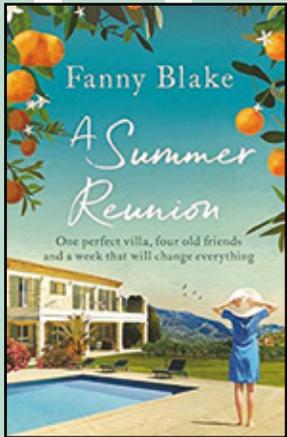
## SWEET SORROW BY DAVID NICHOLLS

Don't be put off by the title of this book, whilst there are devastating parts, it is a life-affirming book, charting the sometimes tricky path to adulthood, friendships, first-love and the confusion that is family. It's a highly relatable book that is funny and poignant in equal measure.



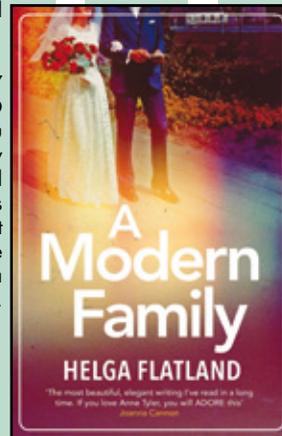
## A SUMMER REUNION BY FANNY BLAKE

Amy discovers something terrible that someone close to her has been doing, to put things into perspective and gain much needed grounding time she heads to Mallorca. But who to take with her? Well, Linda, Kate and Jane were best friends a long time ago at school and whilst they have grown apart, Amy thinks now is the perfect time to reach out. But will the reunion prove a success and give them each a second chance at happiness with old friendships reigniting or will secrets be unearthed and old scores get settled?



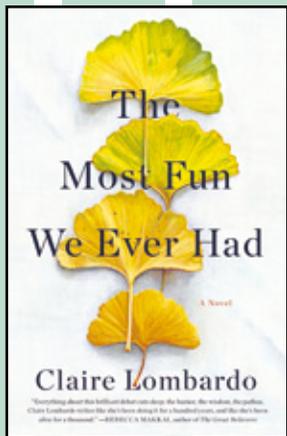
## A MODERN FAMILY BY HELGA FLATLAND

If you like books that resonate with real life, then you will love this novel about the ultimate dysfunctional family! Family gathers to what they believe is a birthday celebration, only to be told devastating news. This news shocks them to their core, and makes them reevaluate everything from their childhoods, to their current relationships. The book deals with regrets, relationships and the complexities of human beings, but ultimately tells a tale, that it is never too late to make a change.



## THE MOST FUN WE EVER HAD BY CLAIRE LOMBARDO

Marilyn and David have four children, all daughters raised in the 1970's, fast-forward to them being adults, and their parents can't understand why they are not well-adjusted happy people. Each one is struggling in their own way, their difficulties being as unique as they are. But for each of them the overriding struggle is finding a lasting love that lives up to the happy-ever-after their parents have. But things get worse before they get better, one of the daughters gave up a child for adoption, when that person tracks them down it impacts the whole family. The book explores the dynamic and sometimes fraught relationships between parent and child and sibling to sibling.



Many of you will no doubt be jetting off for some fun in the sun during August. But with Brexit raging on, our Great British Pounds are not buying as much in the holiday currency market as they used to. So, how can you make sure you get the best bang for your buck!

- Take expensive items with you. In this day and age with baggage allowances getting smaller, and airlines charging extras for every piece of luggage it can feel easier to travel light and leave many holiday essentials at home. However, once in a resort, you may find that many items are much more expensive abroad, for example sun tan lotion, insect repellent, first-aid medications, baby items etc.
- Make a budget and stick to it. Holidays should be a time of feeling carefree and doing what you want, but there is no point coming back to a money hangover. Don't let the local Sangria let you get carried away with spending beyond your means... Try to work out what money you will need whilst you are away – food, drink, transport, tickets, souvenirs etc. Work out a daily budget and then stick with it.
- If you need cash in the local currency, then it pays to sort ahead of time. You will get terrible exchange rates if you swap money at the airport! Often these days a better rate is offered if you pre-book foreign currency online and collect it a day or two later or have it delivered. As opposed to just going to a bureau de change on the high street.
- Review your wallet – if you are intending on taking credit or debit cards with you, it pays to view the terms

& conditions associated with any cards you have. Very often they will charge a fee each time you use it as well as converting the currency, with a not particularly good exchange rate. Debit cards are usually your worse option for using abroad. Pre-Paid cards are very often a much better bet, they limit your risk in the event of theft, they allow you to budget and give near perfect inter-bank rates. Many come with apps allowing you track as you go.

- As with above, it is also worth checking what charges your cards will make if you use them to take out cash from a cashpoint machine. You may be charged by the local bank, your own bank and suffer a low exchange rate. Cash withdrawals on credit cards are usually very high in charges.
- Sometimes establishments abroad may try to charge you in GBP, as opposed to the local currency like Euros. This may even be presented to you as an option on a card terminal. Always choose to pay in local currency, to avoid hidden charges.
- One other area where it is easy to rack up extra bills, that you have to face on return is mobile use charges. Make sure you contact your phone provider and ensure you know what will and will not be included as part of your usual bill. There are many handy guides online that show you how to turn off things like mobile data and data roaming on any given handset. It also pays to educate children travelling with you that they may not be able to use their devices in the same way as at home.

Happy and safe travels...

# FILM REVIEW: THE ART OF RACING IN THE RAIN

## THE STORY

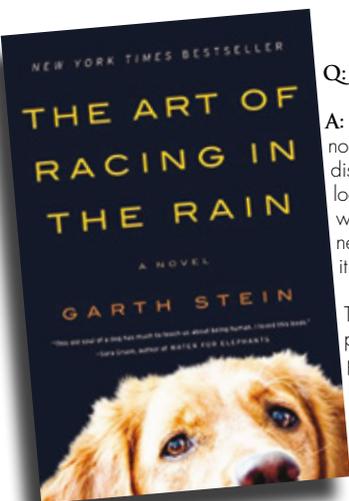
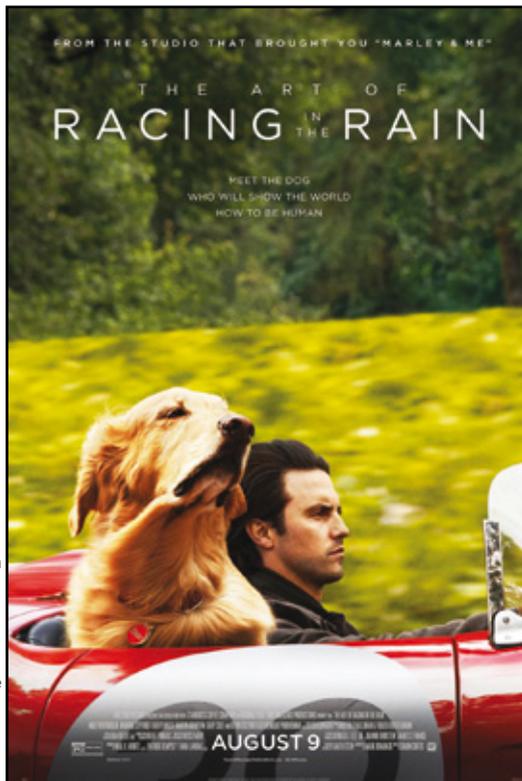
20th Century Fox explains that "THE ART OF RACING IN THE RAIN is a heartfelt tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia), an aspiring Formula One race car driver, Enzo has gained tremendous insight into the human condition and understands that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. The film follows Denny and the loves of his life - his wife, Eve (Amanda Seyfried), their young daughter Zoe (Ryan Kiera Armstrong), and ultimately, his true best friend, Enzo."

## THE CAST

Milo Ventimiglia, Amanda Seyfried, Gary Cole, Kathy Baker, Ryan Kiera Armstrong, Martin Donovan and the voice of Kevin Costner.

## BASED ON A NOVEL

Garth Stein the writer of the book – The Art of Racing in the Rain did an interview for HarperCollins, he explains where the ideas for the book came from:



**Q:** Where did the idea for the book come from?

**A:** "The first seed for this book was planted in my mind about ten years ago. I was no longer working in documentary films, but a friend asked me to consult on the U.S. distribution of a film he knew about from Mongolia, called "State of Dogs." I took a look at the film and the press material they had on it. I didn't end up getting involved with the film, but the idea really stuck with me. In Mongolia, there is a belief that the next incarnation for a dog is as a man. I thought this was a cool concept and I tucked it away thinking I might someday do something with it.

Then, in 2004, I saw Billy Collins speak at Seattle Arts and Lectures. He's a great poet and a terrific reader. He read a poem, The Revenant, which is told from the point of view of a recently euthanized dog as he addresses his former master from heaven. The poem begins, "I am the dog you put to sleep...come back to tell you one simple thing: I never liked you—not one bit." I loved this poem. When Billy Collins finished reading, I knew I had to write a story from the point of view of a dog. And my dog would know the truth: that in his next incarnation, he would return to earth as a man.

So, I had the character and the goal, but I still needed the framework of a story. A close friend of mine, who is a semi-professional race car driver but who supplements his racing by working behind the counter at an upscale automotive repair shop, was going through some personal difficulties. His plight wasn't Denny's, but it gave me some ideas about what happens to families when one member suddenly passes away. I developed a story that would really put my main character, Denny, through his paces, and then it was all there for me."

**REF:** HarperCollins more at [tinyurl.com/freespiritau19rain](http://tinyurl.com/freespiritau19rain)

**RELEASE DATE**

9th August 2019

Watch the trailer at [tinyurl.com/fsaug19trailer](http://tinyurl.com/fsaug19trailer)

# palm stones

**Y**ou might not have heard of 'Palm Stones' before, but simply they are crystals that are oval and flat in shape, that literally fit into the palm of your hand.

They are perfect for crystal healing, you can just pop one in your pocket or bag, and they are extremely tactile, giving you access to the healing energy whenever you need a boost.

You can simply carry it in the palm of your hand, or lay them on your skin as part of a meditation, helping you to both feel their warmth and harness their energy.

You can keep a selection on display at home, and just pick up what you are drawn to on any given day on your way out the door.

## MAKE YOUR OWN

You can actually make a set of palm stones of your own. You could use shells or pebbles you have found on the beach this summer. Those that you find appealing and are naturally drawn too. Different colours and shapes are all good, but ideally you should stay within the parameter that it will easily sit in your hand, with some sort of smooth surface, so that you can make contact.

You can paint or draw onto the palm stones you create if you so wish, to reinforce the message behind each one. Or you can just let the differences, colours, textures, shape etc. do this job for you.

You might choose to have a set that represents the elements: Earth, Fire, Water and Wind. Or you might give each one a one-word meaning: Hope, Peace, Love, Friendship, Karma and so on – the possibilities are endless!

## CRYSTAL OPTIONS

If you choose to purchase some palm stones, here is a sample of just a few of the crystals available and the benefits they can bring into your life:

**AMETHYST** – Peace, calm and creative thinking.

**AQUAMARINE** – To banish phobias and pacify nerves.

**BLACK TOURMALINE** – Protection from negative thoughts and to promote understanding.

**CALCITE** – Creativity, visualising, concentration and purification.

**CARNELIAN** – When you need courage, it's a great healing stone and grounds you.

**CITRINE** – As an energiser, bringing joy, prosperity, self-esteem and optimism.

**GARNET** – A healing stone in times of chaos and trauma.

**LAPIS LAZULI** – Increased psychic awareness, friendship, dignity and honesty.

**MOONSTONE** – The ultimate feminine stone, providing wisdom, flexibility and nurturing.

**RHODONITE** – Overall well-being, reducing anxiety and increased generosity.

**ROSE QUARTZ** – For emotions, compassion and love.

**SODALITE** – Clears the mind, and relieves a heavy heart.

**TOPAZ** – Intuition, insights and wisdom.



# Summer Aromatherapy

Although there are a few exceptions, generally essential oils are too potent to use direct on skin, and so should be diluted in a carrier oil before use. Essential oils have been used for centuries to cure a host of conditions, and have been used in baths, as massage oils and even in teas.

Nowadays there are easier ways to use them in the home with special burners fit for the purpose. Please make sure you follow the instructions carefully. Here are some great essential oils for summer:

## Citronella

Citronella is perhaps not the first choice for use in aromatherapy, as it has a sharp smell, however it does have some very useful properties that make it perfect in some situations. If you are in a hot climate it is a natural deodoriser, and also an insecticide, naturally repelling insects such as mosquitoes. It also has antiseptic properties, helping with minor cuts, scrapes and stings. It can also be added to home-made cleaning products, giving them the characteristic lemon-camphor scent.

## Lavender

Lavender is perhaps the essential oil that most people start with and for very good reason, as it is so versatile and offers so many benefits. It is an antiseptic, antibiotic, anti-viral and anti-fungal. Treating: abrasions, acne, boils, stress, colds and sunburn to name a few. It can be used neat in very small quantities, making it a great addition to a first-aid box.

## Marjoram

If you are struggling to sleep in the sticky humid British weather, or are suffering with jet-lag from a trip, then

Marjoram could help as a treatment for insomnia. It has sedative and calming actions and can induce drowsiness. Used in a bath or as a massage oil is probably best for the above benefits, it goes well with citrus or floral carrier oils and will ease aching tired muscles as a bonus.

## Tea Tree

Most people will have heard of Tea Tree Oil, and it is not surprising as it's somewhat of a miracle oil. It has an ability to be active against fungal, bacterial and viral organisms. It can be useful during summer, if the sun brings out cold sores, equally if you are bitten by insects it is a great on the spot treatment. It has been used on coughs, colds, warts, burns, acne and even in treating dandruff. Look for a high-quality product with an end date and use within 12 months of opening. It can be used neat in small quantities. For other uses try blending with rosemary or pine.

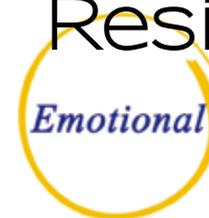
**Note:** If you are new to using essential oils, an aromatherapy specialist can guide you on what is the best carrier oil (if needed), as well as the best essential oil to use – depending on how you want to use it, and if you are trying to treat any particular ailment.



# Resilience



*Physical flexibility  
Endurance  
Strength*



*Emotional flexibility  
Positive Outlook  
Self-regulation*



*Spiritual flexibility  
Commitment to values  
Tolerance of others*



*Mental flexibility  
Attention span  
Ability to focus*

Is there someone that you have met in your lifetime that you admire for their resilience? Their ability to remain calm, when everyone around them is flapping. Who chooses to see the bright side of life even when faced with adversity?

The sort of person I am describing above is one that shows resilience, and it is a great life skill and ability to possess. Even if it is not your go-to position, it is possible to train yourselves to be more of a problem solver.

## Characteristics

Generally speaking, people who are resilient demonstrate certain characteristics. The first is that they keep their emotions under control. This is partly why they are able to deal with things in an emergency or crisis situation. The second is they are good communicators, they are able to articulate what they are feeling, without having to act out their emotions. Thirdly, they are very open to new experiences, whether it is meeting new people, travelling to new destinations, taking on different work tasks etc. Put another way, they are prepared to be out of their comfort zone.

## Life Challenges

It is inevitable that life will throw up challenges from time to time, and as adults we must also learn to accept there will be some disappointments along the way. But the way in which we deal with these events and frame the circumstances in our mind, can impact how we move forward in life. Becoming more resilient will help us to face life challenges head on, as well as improving the relationships with those we care about, health issues, work concerns and more.

## The first step to building resilience is to reframe your thoughts – looking at things through a more positive light:

- Instead of constantly worrying about bad things that might happen – visualise good things that you want for your life.
- Expect that good things will come into your life, and feel that you deserve them.
- When faced with set-backs, do not turn into 'victim' mode, instead act with grace and humour, be courageous and move forward in a positive and optimistic manner.

## The second step is communication and connecting with others:

- Offer support and help to others in need. Above everything else – take time to listen to them.
- Accept offers of help when you need it. There is no shame in accepting help, it shows courage, not weakness to know you need support.
- Check-in with loved ones, especially those that don't communicate easily – find out if they have needs they have struggled to articulate.
- When faced with difficulties, do not play the 'blame game', and don't needlessly complain. Accept responsibility and find solutions to move forward.
- Practice keeping your emotions in check. Even if someone else is feeling stressed, or is being angry or aggressive – do not match their behaviour. Remain calm and in-control.

## The third step is practice:

There are many day-to-day situations where you can practice resilience, your patience might be tried by public transport being late, by a sales person being rude or poor service etc.

- Remember – a tantrum is not a resolution!
- In the situation – ask yourself 'what is the solution here'.
- Keep things in perspective.
- Put a positive focus on things.

# Reader Profile

## Hilary

PIN: 3897



Hilary has been reading the Tarot since her early twenties. She was given her first pack as a birthday present by a close friend at a picnic in Russell square, London. It was a week before she was due to give up a secure job in London and start a new life in San Francisco with her American husband whom she had recently married. Although she was excited, she was also filled with trepidation and insecurity. He was a musician and it all felt like a real leap of faith, in retrospect similar to 'The Fool' in Tarot.

Strangely, Hilary's new mother-in-law was a professional Tarot reader and psychic and although they had never met before they had an instant recognition and rapport. Whilst her husband was doing rehearsals and shows she became closer to his mother, watching her work and talking for hours in her shop.

The whole experience had another worldly quality where she was able to transport herself to other times and other places as her new mother-in-law was half American Native Indian, her father being tribal Apache. She was into shape changing and totem animals and taught Hilary to believe in her psychic abilities. She liked the fact that Hilary had an Irish descent and encouraged her to have faith in her birth origins. This was really a spellbinding time for her evolution as without this connection Hilary would never have found her path.

Even with all the ups and downs this relationship lasted for a long time, but her husband passed away in 2010 after a short but terminal illness. His mother sadly joined him two years later. Hilary now lives in Cornwall and is enjoying the sea and the beauty of the landscape. She is able to read both intuitively and clairvoyantly from the quietness of her magical home.

Hilary believes everybody has a purpose here and our quest is to find guidance in many different forms, even if that takes us out of our comfort zone. The Tarot deck for Hilary is transformational, as it is a tool where she is able to link into the client's path, and look at the choices they have. It gives valuable insight regarding how other people view them or perceive their motives, consequently allowing them to review a situation and look at it differently.

### Testimonial:

I had a very insightful reading with Hilary; she was on point with my situation and was extremely useful. She was able to give me the 'whole picture' and it was easy for me to make my own decisions there on – it let me move past the doubts and confusion that kept me stuck. I am not one to leave feedback, but the readings were the best I've had to date!! I would definitely recommend her! Thank you, Hilary, talk to you soon. A, London

You can view the profiles of all our readers by clicking 'OUR PSYCHICS'. We would love to receive your feedback following a reading, you can do this via our website, scroll to the footer and click 'REVIEW A PSYCHIC' under 'CONTACT'.

It's not **WHAT** you eat, it's **WHEN** you eat

There is no doubt that diet trends come and go; the fat versus sugar debate rages on, and interest in veganism is showing no signs of slowing down, and research is well and truly under way on the gut biome. But now there is another body of science that is coming into the main stream, and rather than being about what you eat, it's all about when you eat...

People eat in lots of different ways; mealtimes often have to fit around work and family schedules. Many of us will eat because we have been conditioned to think of breakfast, lunch and dinner as when we eat regardless of hunger. Many will stick to a strictly three meals a day, while others will eat five smaller meals, some people like to snack, others never eat in-between meals. Our eating habits are as unique as we are...

The problem is, that our body has a rhythm, the same clock that dictates when we should sleep/wake, also dictates how and when we should eat. It is one of the reasons that we are cautioned over eating late at night, our bodies are not built to be digesting food during the sleep phase, this is a time when the body should be doing repairing and healing tasks.

### So, what is the solution?

Well, the answer lies in Time Restricted Eating – TRE is a process of consuming all of your food within a set window of time, for example twelve hours. Meaning if you had breakfast at 7am, then you should stop eating after 7pm.

Depending on your current schedule, you may need to alter your pattern of eating to fit in the window, for example taking breakfast to work so you can have it a bit later, or having an earlier dinner than you are used to.

Essentially you will be creating a fasting window of 12 hours in each 24-hour period. Some people start this straight away, others may benefit from reducing the eating window gradually until the 12 hours is met.

### Why would you try it?

- A positive impact on metabolism
- Lowering risks of illness like type 2 diabetes and cardiovascular disease
- Better cholesterol and blood sugar control

### Why do you get these health benefits?

It is thought that the 12-hour fast creates a proper amount of time for your body to do restorative healing, that it might not otherwise have with constant grazing or late-night eating/digesting.

### Weight Loss

Time Restricted Eating isn't actually a weight loss diet, but many people that try it do lose weight.

Some people report feeling less hungry and more energised and sleep better, reducing their need to turn to sugary snacks to feed energy slumps.

In other cases, evening snacking is reduced, the sort of mindless eating that you do whilst watching TV, as people are aware of the eating window closing.

### Health Notes

- Benefits have been found in people that use the TRE window most of the time, i.e. 5 out of 7 days.
- People do use different fasting/eating windows, but more research is needed as to whether there are any additional health benefits to extending the fast and reducing the eating window against the 12/12 method.
- TRE may not be suitable for everyone, like those that have existing medical conditions, if you are pregnant or breast feeding etc. As with any change in exercise/diet you should seek advice from your GP before starting.



# Astrology

with our expert

# Carol Day

Welcome to Free Spirit's in-depth horoscopes for August 2019.



Arians are still enjoying the feel-good factor from the powerful cosmic rays in their fun/pleasure sky, which continues until the 23rd. This helps you cope with some retrograde planets, but you'll need patience with papers and pay attention to the small print. Cope by putting on your fun hat! This will increase earnings, lead to love and have a positive impact on health/well-being. And Venus (money) in your fun sky, means prosperity.



August is about getting energy back on track. There's a temporary spell of low energy until the 23rd caused by short-term transits. After which all the planets will be in harmonious alignment with you. Meditation is the best natural way to restore energy. Career-wise there are major advances from the 23rd, but your main focus will be family. Cosmic power is moving towards others, your good comes from others – put others first.



Gemini's celebrate the month with a rare occurrence – two New Moons this month: a Super New Moon on the 1st and another on the 30th. Money and prosperity come knocking at your door, plus excellent earning days from 1st-15th. However, the main focus this month happens in your 3rd house: interaction, and 4th house: home/family. Until the 23rd the 3rd house is easily the most powerful, great for students, writers and teachers and brings cosmic harmony for lovers.



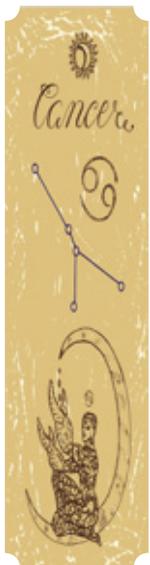
Well Done! You managed to get through last month with all its ramifications. Health is much improved now and you could be up-grading your health regime from the 18th onwards. A rare occasion is happening with two New Moons. A Super New Moon on the 1st which kick-starts the career, another on the 30th which brings business luck, and a Full Moon on the 15th brings success. Mercury profits your charitable causes, which helps the career and increases finances.



Scorpio's yearly career peak continues until the 23rd and is enhanced with extra Martian energy until the 18th, so your work has been hectic, needing much energy and attention. The Sun (career) is very strong in his own sign, another signal of your career success. Health-wise conserve energy, more rest and relaxation and spa pampering are advised. Jupiter (money) moves forward on the 11th taking on splendid aspects until the 23rd. Prosperity is within reach.



Our mythical Centaurs religion/philosophy sky has been powerful since the 23rd July and continues to be so until the 23rd of this month. A good month for theological discussion is more alluring than a night out on the town just now, and you just might have a spiritual epiphany. On the 23rd you enter an annual career high, and after the 29th you meet successful power people, doors are being opened, and someone makes you an offer you can't refuse.



Moon-folk are still basking in the financial sunshine, prosperity is happening and you're on a financial high until the 23rd. With Mars, Venus and Mercury happily dancing through your money house, the sky's the limit! The Sun also makes delightful aspects to Uranus on the 29th/30th, which shows unexpected money coming to you, and financial help from the beloved. After the 23rd attend lectures/seminars, the mind is alert and information is absorbed better.



Lion-hearted Leo's are still enjoying a yearly pleasure peak, with good food & wine, massages and body pampering. Your physical look shines with Solar light, and Venus brings happy career breaks until the 21st. Then adds beauty, grace and style to your image. Mars adds courage bringing a can-do spirit into the mix. The Sun moves into a money sky peak on the 23rd then Mercury (spiritual sky) crosses the ascendant on the 11th making you super rich. Enjoy!



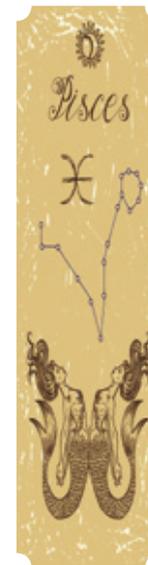
Virgo's personal power will be at its maximum for the year, it's time to develop more personal initiatives. On the 21st Venus (money) moves into your sign, on the 23rd the Sun (spiritual), then Mercury joins the party on the 29th. It's one of your annual pleasure peaks and you delight in a mind, body and spirit makeover. It's a happy and prosperous month, but the strength is in your spiritual sky. It's time to let your inner light shine and set yourself free.



Home/family issues can be placed on the back burner this month; you can serve them best by being successful in the outer world – your career. Venus (career) is still in your regeneration sky until 21st, which suggests you need to re-affirm your career direction. After the 21st Venus enters your scholarly/religious sky, ideal for career related study. Prosperity is strong from the 18th, a rare Grand Trine in Earth signs, shows amazing prospects to your financial planet.



Lovely water-bearers are still in the midst of a love and social peak until the 23rd. Social activity is hyper right now with 40% of the planets moving through your love/social sky, so you're mixing with different kinds of people these days. There's a rare occasion with two New Moons this month: A Super New Moon on the 1st and another on the 30th. Good days for romance as there's more harmony then, maybe meet a clever financier, just the person you're looking for.



Pisces is – romancing the stone – this month, as love planet Mercury makes the world go around, you won't know if you're on foot or horseback! Until the 11th romance happens at showbiz places or through family connections. After the 11th love happens as you pursue your health goals, perhaps at a health centre or gym. Pisces love/social sky becomes powerful after the 23rd. Good health also means good wealth. Likeability skills seem a big factor in earnings.

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