

FREE SPIRIT

February 2019

FEATURES

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Anxiety and Relaxing with Podcasts

PLUS

February Horoscopes

Reader Profiles

Nicole Kidman

Big Little Lies Season 2

What truths will unfold?

discover your future, release your past

Editor's letter

This February edition brings with its news of the Chinese New Year, commencing on the 5th of the month – were you born in The Year of the Pig? As well as Valentine's Day celebrated on the 14th – how long has it been since you have hand written a love letter – have you ever?

We check in with two members of the reading team – long-standing psychic Paula (on Page 10), you couldn't hope to meet a more empathetic reader. On page 5 we meet Luchia, new to us but not new to readings, she has travelled extensively and enjoyed a career in the NHS, but forecasting is in the family blood!

The early months of the year can be tough going, the days are grey, and the excitement of Christmas has past, if you feel in need of someone to turn to then remind yourself of the power of Archangel Raphael, a perfect angel for helping you stay on track with resolutions, or maybe a bit of match-making is the order of the day...

If it's not just the winter blues, but you are actually suffering with anxiety, then read on, as you are not alone. There are some self-help things that you can try, but don't be afraid to seek help. Women in particular are prone to soldiering on, but in this case, it would be better to speak up and get support.

For a bit of winter entertainment, why not turn to Podcasts, what was once a niche bit of entertainment, took an upturn in 2018 with 11% of us now tuning in weekly. There is literally something for everyone and every taste.

Charlotte

Marketing

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Angel
PIN: 1441

Angel has a strong psychic gift, she thinks of herself as a sister of the 'Soul Light', guiding people to connect to their correct spiritual path. Angel will provide inspiration and insights; she believes there are no wrong choices – just lessons to be learned.



Georgina
PIN: 5678

Georgina is a clairvoyant and spiritual healer/channeler, with a natural affinity for supporting both humans and animals. She is compassionate in her delivery, whilst providing clear and to the point advice, so you can decide the best steps forward.



Michaela
PIN: 3232

Michaela's life experience and abilities with Tarot and Angel cards makes her particularly good at readings involving all types of relationships. When her partner ended their relationship suddenly she turned to Spirit and successfully rebuilt her life.



Norma
PIN: 1414

Norma believes that her gift was meant to be, and was intended to be used for the benefit of those in need of support at difficult times in their lives. She specialises in in-depth analysis of relationships whether family or romantic and also career matters.



Robbie
PIN: 3443

Robbie is a very positive and powerful trance medium, healer and intuit. A natural psychic since childhood, he works with his Samurai guide Yashubi and Archangel Metatron to connect with your guides for whatever worry or concern you may have.



Vivienne
PIN: 3555

Vivienne comes from a family of psychics, clairvoyants and mediums and was made aware of her gifts from a very young child. She works with God, love, light and her Angel guides. Vivienne can look into any topic you wish to speak about.

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.



'Anxious' or 'Stressed'

Anxiety is one of those words, that has made it into the common psyche, we used to talk about being 'stressed', and now we often talk about being 'anxious'.

If you ask the average person if they are more or less anxious, than they were say five years ago, or ten years ago, the chances are they would answer with an emphatic 'yes – more anxious'. That's not totally surprising, the world has got quite a bit scarier in recent years, with us all more aware of terrorism, politics, economics and more... Alongside that the world is generally a more complicated place for most of us, there are now so many opportunities, but with that comes an element of stress caused through many choices and decisions that have to be made.

So, what is the difference between stress and anxiety? Well, all of us at some point will experience stress. We may have a difficult day, an accumulation of things piling on top of us from getting up late, to traffic, to a difficult client/boss, to poorly children – you name it. You may also experience stressful periods in your life – think the big events like moving house, getting married, having a baby, getting divorced, caring for relatives and more... But anxiety really comes into play, when your situation has become unbearable. We can all tolerate a level of stress in our lives, and at times it can even be useful, but when it has become unmanageable and constantly painful, when all of your thinking is 'disaster style', and you are constantly waiting for the next bad thing to happen – then that is anxiety.

Symptoms

Many people continue to function in life, while experiencing anxiety, you may experience physical symptoms of anxiety, such as a racing heart, dizziness, irritability, restlessness, insomnia and difficulties in concentrating is common, this is not an exhaustive list, but just some common indicators. But alongside this may be a feeling that life is passing you by, that you are in it – but not really living it.

Seeking Help

Women are more likely to suffer with anxiety than men, and many will not seek help – preferring to soldier on, or rationalising why they are feeling like this – being busy, caring for everyone else and so on.

Going to your GP is a good first point of call, they may discuss with you a range of options, including medication if appropriate:

Cognitive Behavioural Therapy – is a useful short-term approach, which is good for dealing with more recent examples of anxious behaviour.

Psychotherapy – is more suited to when the anxiety is deep rooted, or perhaps connected to a past trauma.

One of the reasons that therapy is so good for dealing with anxiety, is the practise of feelings that have been put into words – expressed for someone else to hear, lose their power, they somehow become much less toxic and the process can be very healing.

Self Help

Alongside seeking professional help, you may find it useful to try some self-help therapies to manage your levels of anxiety, for example:

Certain foods and drinks we consume like those containing caffeine or alcohol can increase our stress levels and make anxious feelings worse.

Whilst you may not feel like exercising, there are health benefits to doing so, exercising assists the body to metabolise adrenaline and cortisol (the stress hormones), which can make your mind and body feel much calmer.

You may not feel like socialising, but being with other people and interacting can reduce feelings of depression and anxiety.

Interrupted and poor sleep only adds to increasing our stress levels, so if at all possible, try everything you can to improve your sleep quantity and quality.

Practises like meditation can also be useful in quietening the mind, and reducing cortisol levels in the body.

Reader Profile

Luchia

PIN: 3621



Luchia has been using her clairvoyant skills alongside Tarot and palmistry for over thirty years. As a reader she gives insight and guidance on matters of the heart, home, business and work as well as spiritual wellbeing.

It was in early childhood that Luchia's clairvoyant abilities first manifested with vivid dreams, as well as a clear memory of visits from an old lady with a plait down her back, who would sometimes appear in her bedroom but never spoke, but in time those visits ceased. Thinking back, Luchia has realised that there were many odd inexplicable incidents through her childhood which she accepted as normal which in hindsight were anything but!

As Luchia approached adulthood she was already a budding palmist and had begun to explore and use Tarot cards and she has remained fascinated by these spiritual tools ever since. As an avid reader throughout the years Luchia has explored strands of spiritual thought such as Kabbala and the I Ching and believes that as long as you use such philosophical spiritual systems with seriousness and caution, they can be wonderful personal guidance tools.

Also, in her toolbox are therapeutic skills such as Reiki, spiritual healing, hypnotherapy, numerology, pathway work and techniques in psychic protection. She is also a life coach. Luchia has taught Tarot and palmistry for a number of years as passing on knowledge and ensuring someone has a good grounding gives her satisfaction as well as keeping her own skills updated and refreshed.

Luchia has lived and worked in several countries such as Spain and the USA, this has given her a great deal of life experience, as such she has a magician's hat full of other skills including many years of working in the NHS with transgender people. However, she is always drawn back to the spiritual pathway and never tires of using what and who she is, and what she has learnt for the benefit of others.

As far as Luchia is concerned Spirit can still surprise you when you least expect it and there is always a lesson to learn. Luchia recalls being sat in a circle in trance when suddenly she met a red fox in spirit, an experience that was so profound, intense and full of love it has to rank as one of the highlights of her life as she realised the gift of a spirit companion.

Luchia believes we all are deeply challenged at some point in our lives and without exception stand in some trepidation at an unfamiliar crossroads, she believes the clairvoyant's role is to be at your side, guiding you as you explore your choices, understanding your needs, feeling your doubts, and strengthening your spirit.

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'.



The Spring Festival

2019 brings with it the Year of the Pig, commencing on 5th February 2019, and going up to 19th February 2020.

The original name for Chinese New Year was Yuán Dàn, which meant 'the beginning', this date marks the beginning of the solar (Gregorian) calendar, and is now often referred to as the Spring Festival or Chunjie. The whole period celebrates harvests and planting of crops, fresh starts and new beginnings.

In much the same way that we let off fireworks on New Year's Eve, Chinese New Year commences with fire crackers, and a day of greetings and blessings, to family, friends and neighbours. The fire crackers serve a dual purpose, of warding off bad luck and scaring monsters, as well as welcoming in the New Year and introducing good luck and fortune.

It is traditional for predictions to be made for the year ahead, using a mixture of weather patterns as well as analysing the moon and stars, in a practise called 'zhàn suì'.

The Chinese New Year celebrations close on the 19th February, with a finale called the 'Lantern Festival', this is a very sociable holiday and celebrates freedom, and reunions. Lanterns were originally dedicated to the 'heavenly place', nowadays they represent happiness, success and hope and they also signify 'wishes'.

New Year Superstitions

As you might expect the Chinese New Year has many rituals, many of which are connected to religion. But there are also many things that people will not do at this time, that are more easily categorised as superstitions:

- Harmful phrases and negative connotations are forbidden, for example: sick, empty, ghost, kill etc.
- Breaking things like glassware or ceramics is bad at this time, anything that is broken would be wrapped in red paper, whilst favourable words are spoken. Only once the New Year is over, can the broken items be discarded – rather unsafely in their wrapped state into a lake or river!
- Cleaning should take place prior to Spring Festival, which literally sweeps bad luck away. Sweeping and cleaning should not take place during the festival.
- Using scissors, knives or other sharp objects should be avoided during the festival period, as it can literally 'cut' your wealth or stream of success.
- Whilst giving gifts may be customary during this period, gifting a clock is a very bad idea, as it is associated with paying one's last respects.



Year of the Pig

If you were born in one of the following years, then you were born in years of the pig: 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019. The Pig is the twelfth animal in the zodiac. Pigs are the sign of wealth! Their features – chubby faces and big ears, are associated with fortune. They are Yin, as opposed to Yang and are connected to the hours of 9pm-11pm, and the Earthy branch.

Personality Traits of those born in Pig years

- They are realists.
- They can fly under the radar, but they are action takers – not all talk and no do!
- They enjoy life, and will spend money to do it.
- They work hard, and they like to see their labour in the form of possessions, they can be taken for being materialistic, but really holding and seeing things they have been able to work for and pay for gives them a sense of security.
- They recognise those in positions of authority as having the right to speak and make decisions, and so given the chance they will rise to being in positions of power and will enjoy the status that brings.
- They are energetic and enthusiastic.
- They will happily tackle even the most boring of tasks, still applying their energy.

Compatibility

There are distinct differences between men and women born in pig years.

Men – positive traits: Focused, gentle, optimistic, quiet and cool headed. They treat others warmly. They often have large social circles. They will help others who are facing difficulties.

Men – negative traits: Not great with money, can be gullible and are easily lied too/taken for a ride by others. They like to learn, but have trouble with conversation.

Women – positive traits: Genuine, trustworthy, organised and blessed with good fortune and wealth. They are excited by life, they are social and easy-going. They work hard, and this keeps bringing money in.

Women – negative traits: They need to ensure that their efforts are not wasted, and that they keep at tasks and see them to fruition. They can be overly friendly, and this can result in others feeling smothered and lacking in space.

The Best Signs

Pigs signs are most compatible with Tiger signs, as Tigers provide the security needed. The Rabbit could also work – this sign is attracted to Pig's warmth and intelligence. And there is much common ground with Goat signs, so a harmonious relationship could be achieved.

The Worst Signs

Other Pigs and Snake signs are the least compatible, whilst they say opposites attract, in the case of these animals there are just too many personality differences. Followed closely by the Monkey, where there is just too much tension and an unwillingness to compromise to make a lasting relationship work.



Big Little Lies season two



Image Kathy Hutchins / Shutterstock.com

Did you watch Big Little Lies?

Made initially as a stand-alone piece of television, based on the book of the same name, by Liane Moriarty, such was its success both in terms of awards at the Golden Globes, but also in terms of audience popularity a second season was made and rumours are that a third might be in the realm of possibilities.

So, what do we know so far:

If you've not read the book, or seen the first season, then a bit of recap – without giving too much away. The main characters Madeline played by Reese Witherspoon, Celeste (Nicole Kidman) and Jane (Shailene Woodley), appear on the outside to have perfect lives, but as the series progresses there is an unravelling of those perfections to the point of murder!

HBO describes the second season as an exploration of the 'malignancy of lies', it is a dark comedy, and the seven instalments will give audiences the opportunity to delve deeper into the characters' lives, how durable are the friendships, how fragile is a marriage, how difficult is parenting, what happens when loyalties implode!

Perry's character played by Skarsgård is the big question of the season one finale – is he dead or not? The actor has certainly been coy when questioned on the topic! The official photo release from HBO for the second season certainly suggests trouble, with five of the leading characters in an identity parade still wearing Audrey Hepburn costumes from the fateful night of the last episode...



Images courtesy of HBO

The cast:

It looks as if many of the first-season cast will return. Witherspoon, Kidman, and Woodley as mentioned above, alongside Zoe Kravitz and Laura Dern. As well as Kathryn Newton who plays Madeline's daughter Abigail and Adam Scott who plays Madeline's husband – Ed Mackenzie. But season 2 also welcomes another big star – Meryl Streep, who will move to Monterey as Mary Louise Wright playing Celeste's Mother-in-law!

When will it air:

Various dates have been discussed, filming is finished and the series is currently being edited. Some places have noted it could be as early as February, but Nicole Kidman suggested in a recent interview that it was likely to be June 19.

Trailers:

For a catch-up or taster of season one:
www.youtube.com/watch?v=DDw96Wsoikw



Ways to celebrate Valentine's Day

Whatever your relationship status, there are ways to enjoy and celebrate the ultimate 'love' holiday – Valentine's Day!

Handwritten letters

Receiving hand written correspondence has always been special, but nowadays it is even more so, as we spend so much time engaging via electronic means.

This Valentine's Day why not send 'love letters' to your partner, family and friends by way of expressing what they mean to you all year round, not just during the Valentine's period.

Hand written notes, are very personal, you have taken time to choose stationary and a pen to write with. The person gets to see the style of your hand writing. Messages are normally well thought out, but raw and honest – as there is no going back with a delete button.

Who to write to

If there are people you missed seeing or sending a card to at Christmas, why not treat them to a Valentine's instead – it is sure to stand out from the crowd, as it will be unexpected.

If you have friends that are single, or are going through a tough time personally then why not send them a card, as a way to let them know that they are loved and cared for.

Family are who we turn to in times of need, but they can also be the ones we take most for granted. Why not brighten their day with a card full of gratitude for all that they do for you?

For the special someone in your life

Why not create a handmade card, alongside your love letter. Think back to your childhood when you embellished cards, sprayed them with perfume, and asked someone to 'be your valentine', from your secret admirer...

Another romantic gesture could be to frame your wedding vows, a wedding invitation, marriage certificate or similar important memento from a big day you have shared. It can act as a lasting reminder of the promises you have made to each other – including keeping the romance alive!

If you are a creative person, then you could embark on a bigger project – such as designing a picture wall somewhere in your house. Taking frames of all shapes, sizes and colours to suit you, and framing things that mean something to you as a couple. Items from a first date, ticket stubs, first house purchase, words & sayings that have significance – the ideas are endless...

Reader Profile

Paula

PIN: 5454



Paula is a very experienced and dedicated medium, who has worked in this field for many years. She is able to offer you a reading with or without the use of spiritual tools including the use of Tarot cards, crystals, ribbons and rune stones. She also has shown experience of being able to interpret dreams and work with colours to focus on personality traits.

Paula has been called upon by one police force to assist in solving some of their most difficult cases. As well as this Paula has taken part in platform readings, many one to one readings and spiritual circles which she is internationally known for.

She is a qualified social scientist and has had some tough experiences with the loss of life, including having to deal with the loss of two children many years ago. Due to this traumatic experience she is able to understand even more so when a client would like to reconnect with a loved one.

Over the years Paula has grown her connection with Spirit and her spirit guides who will come in to offer a guiding hand when the going gets tough, because of this many of her customers return on a regular basis. She is able to deal with situations that are close to the bone and will tell you exactly what she sees.

Testimonials

I have spoken to Paula for several years now as she is an excellent all-round reader/medium with a strong connection to Spirit. She passes on valuable guidance to advise me on my spiritual path and has assisted me on focusing on major areas of my life. She is well worth talking too.
Karon, South Devon

Spectacular! Sensitive. Tuned in. Highly intuitive. Lifted a weight off my shoulders. Thank you, Paula.
M, UK

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Be Guided by Archangel Raphael



A

rchangels are believed to be the highest rank of angel often overseeing the work of guardian angels, each Archangel has specific qualities and roles that they perform. Archangel Raphael is known by several titles including; 'Chief of Guardian Angels,' 'Regent of the Sun' and 'Angel of Science and Knowledge.' He is the patron of medical workers, match-makers and travellers in the Judeo-

Christian tradition providing healing to those in need. The name Archangel Raphael literally means 'God Heals,' and his healing spirit is available to all of us that are willing to open up to his restorative energy.

Raphael appears in the Deuterocanonical Book of Tobit; which tells the story of a man named Tobias, who becomes blind after sleeping under a swallow's nest, he asks his son Tobit to retrieve a bag of silver he had entrusted to his cousin in Media.

Tobit finds a companion on his journey named Azariah but Azariah was really Archangel Raphael in disguise, sent to guide Tobit on his journey. One night they camped by a river and Tobit went down to soak his feet in the water when a large fish snapped at his toes, Raphael immediately tells Tobit to seize the fish. He then instructs him to gut the fish but save the gall, heart and liver as they make excellent medicine.

After arriving at their destination, they meet a girl called Sarah, Raphael points out that she would make the perfect wife for Tobit. Unbeknownst to Raphael, Sarah had been widowed seven times, every one of her husband's had died on their wedding night.

Tobit knew this about Sarah and understandably was reluctant to wed her, for fear he too would be buried on his wedding night. Raphael persisted, and advised Tobit that if he burned the fish's heart and liver the smell would repel the jealous demon Asmodeus who had killed Sarah's previous husbands.

Raphael was right and Tobit survived his first night with Sarah before heading back to his father with the bag of silver. It is from this story that Archangel Raphael is known as the patron of medical workers, match-makers and travellers.

Raphael is the perfect angel to discuss in February. If you made New Year's resolutions, and have found that they have already fallen by the wayside, then be reminded that we each have the ability to heal ourselves, and we have a great capacity for self-improvement, by looking at ourselves and believing we can make a change in our lives. Raphael

can help us go for that new job or lose a few extra pounds, whatever our hearts desire.

February is of course also the month of Valentine's Day, and Raphael's match-making abilities, may just come in useful! Archangel Raphael can also help us in other ways, there may be dark times in our lives where

we feel that we have drifted into the shadows and are not able to see the light. Our shadow side grows when we ignore it and often stems from the feeling of being unloved; if we ignore our feelings then we can never move out of the light. Raphael's spirit and energy is always there to show us that the shadow is nothing to fear and we can always find the light.

Raphael can also help heal us physically by opening up to his spirit and filling ourselves with hope, he provides us with a positive energy - a healing force. By searching for the courage and energy to muster love and compassion Raphael helps us to bring light in to our lives.



Image - Renata Sedmakova / Shutterstock.com



Podcasts, it's a way with words.



What are Podcasts?

A Podcast can be something that has been specifically recorded for people to download, or it may be a recording of something that has already aired like a radio programme.

How to Access



You can download an app – Apple Podcasts for iPhone and similar Apple products, or Google Podcasts for Android phones and devices.

You can also download the 'BBC Sounds' app (which replaces iPlayer Radio) www.bbc.co.uk/sounds/help/find-podcasts

Most Podcasts are available free, some may use the word – 'subscribe', if in doubt check whether this means the content is chargeable, or just a way of notifying you when something becomes available.

In many cases you can access the Podcasts from a computer, by going to a website.

What can you Download?

Pretty much every topic you can imagine is covered, whether you like 'thrillers', are looking for advice on raising children, managing your money, cooking tips and more. The world is your oyster – literally!



Here are some ideas to get you started....



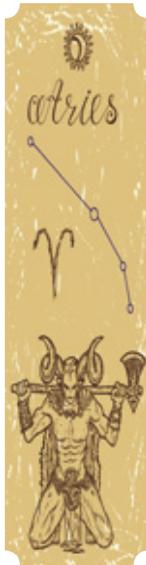
- 1 If you are interested in relationships – then why not try Esther Perel's Podcast "**Where Should We Begin**", as a psychotherapist she talks to couples and explores what works and what doesn't as well as all of the hot topics like infidelity... www.esterperel.com/podcast
- 2 For those who love Music, Amazon's audiobook service called Audible, advised that one of the top Podcasts for 2018 was **Pitch**. Each cast is 25 minutes, and there are nine in total exploring music from classical to punk. It's not just about the history but also how music connects us and how we feel when listening to it. www.pitchpodcast.org/
- 3 If you want to explore more about yourself in 2019, then why not turn to **Psychologies Magazines Podcast Channel**. www.psychologies.co.uk/ukcp-and-psychologies-podcast-series
- 4 Another thing that audiences don't seem to be able to get enough of, is crime – but real crime, as opposed to made up stories. If this interests you, then join over 250 million listeners and tune in to **SERIAL**. <https://serialpodcast.org/>
- 5 For book lovers, you could try Radio 4 – **Open Book**, hosted by Mariella Frostrup, this Podcast explores old classics, as well as new books – fiction & nonfiction, including discussions with both publishers and authors. www.bbc.co.uk/programmes/b006qp6p
- 6 If insomnia is a problem for you, then you might just want to try the cheekily named Podcast – **Sleep With Me**! If your mind races with thoughts just as you are trying to drift off to sleep, or worries come to the fore just as you close your eyes, then a bedtime story could be what you need. With Sleep With Me, you get in to bed, press play, and gradually drift off, as the stories get more progressively boring... The reviews suggest that it really does work, and that it keeps on working. www.sleepwithmepodcast.com/
- 7 Fearne Cotton, has been honest about her mental health struggles in several books, and in her series of Podcasts **HAPPY PLACE**, she talks to people like Zoe Sugg, Melanie C, Gok Wan, Emma Willis, Gary Barlow and more about their lives, covering life, love, loss and all topics in between – ultimately what does 'happiness' mean to them... www.officialfearnecotton.com

Astrology

with our expert

Carol Day

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



On the 3rd, Venus, your love/money planet crosses your Mid-heaven, the highest and most powerful point in the chart. This spells increased earnings, pay rises, and you have the financial favour of bosses. Mars moves into your money sky on the 14th showing great personal focus and success. Venus sends her Valentine love-light as you chase career aims; and the Sun moves into your spiritual sky on the 19th and bathes you in heavenly starlight.



Taurus is still enjoying a run of prosperity as money planet Mercury stays in the career sky until the 10th, and in this position Mercury is exalted. So, earning power and financial magnetism is unusually strong, money flows easily and financial goals can be achieved. Mars your spiritual planet moves into your sky on the 14th, so you're being pushed into a body make-over by spiritual means – visualisation, meditation and Angels to guide the way.



Gemini intuition is right on the money just now. Mercury your ruler moves into your career sky on the 10th showing success, and on the 18th/19th, he travels with Neptune, (career planet) bringing more elevation. On the 19th the Sun enters your work sky starting a yearly career peak. The Super Full Moon of the 19th is a good money-day and also the New Moon of the 4th will open doors for you. Love-wise the Valentine's Day Moon enhances chances of romance.



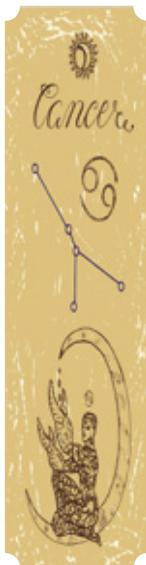
Many Librans have enjoyed a delightful festive season, now it's your turn to unwind, enjoy the trappings of domestic bliss, and relax. Take advantage of this downtime as you need to rest and recuperate. The Full Moon on the 19th brings career success, and Venus is keeping an eye on you from the 3rd making sure all is well on the home front. She also travels with Pluto (money) on 22nd/23rd which brings about a happy and prosperous end to the month.



With Mars making dynamic aspects to Uranus your family planet from 11th-14th, Scorpio's home/family sky and emotional wellness is the career mission right now. More awareness on the physical plane is needed, pace yourself and relax when needed. From the 3rd Venus enters your 3rd house, so love is closer to home, perhaps a Valentine shindig with neighbours or a school event. Money is good this month you're in a prosperous year.



Good news for Centaurs as Saturn moves out of your sign and Jupiter moves into your 1st house showing your bubbly cheerful self. Love/career planet Mercury in your home/family sky makes delightful aspects to Jupiter and the home becomes the social centre. Family members play Cupid as it's a Valentine month. Good dates are 18th/19th. Focus on your emotional well-being and the harmony of home/family in preparation for the fabulous career year ahead.



Moon folk feel compelled to make course corrections and streamline their financial life this month and you'll receive help from the Sun (money planet) who is still in your regeneration sky until the 19th. He then enters your spiritual sky and your intuition is excellent as you explore the more supernatural rather than the natural wealth supply. Moon folk are busy making others rich and by doing this, by karmic law your own prosperity will come to light.



February's a good time to take action, speak your mind, and showcase your ideas if job hunting, you have the support of Mars and Uranus in your career sky indicating much business activity. Love-wise they both cause bother from 11th-14th, however a New Moon on the 4th in the love sky sees harmony restored in preparation for Valentine's Day. On the 10th Mercury (money) enters your regeneration sky in Pisces, a sign of 'Miracle Money'.



There's a romantic Valentine spring in Virgo's step early in February as Mercury (ruler) moves into your love/social sky on the 10th. The Sun enters your love sky on the 19th Full Moon, then you enter a love/social peak, and it's a case of 'More Haste Less Speed'. With two spiritual planets in your love sky, romance is likely to be found at yoga classes, or charity events. Venus in Capricorn on the 3rd shows a prosperous month and your intuition is spot on.



February is the Capricorn Spring, you've just had your birthday and your personal solar cycle is growing and moving forward; from the 4th-19th would be the optimum time to launch a new project/business. You're still in a yearly financial peak until the 19th. The Sun and Mercury (health/work) are in your money sky, and when Venus and Pluto meet in the last week – the sky's the limit! Love makes the work go around on 17th/18th, but only if you let it.



It's a magical time for water-bearers. The Sun shines in your personal pleasure sky until the 19th, this is a great period to pamper the body and get into better shape. There is also a Super Full Moon on the 19th which enhances health, your personal appearance glows. Mercury enters the money sky on the 10th, the Sun on the 19th, and you begin a yearly fiscal peak. Mercury shows good money insight, the Sun a Valentine romance – your wish is their command.



Neptune's presence in your own sign is very spiritually powerful – get ready for a new way of being. Pisces personal happiness is important to the cosmos and it supports you, self-confidence is high. Love planet Mercury enters your own sign on the 10th; there's a Valentine surprise for singles and gifts for couples. Good romantic days are 18th/19th when Mercury dances with Neptune. On the 11th-14th Mars/Uranus spoil you with money windfalls.

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