

FREE SPIRIT

The Magazine of Psychic Light

December 2018

Special
Christmas
Offer
Inside

FEATURES

Packed Christmas Edition
Surviving the Festive Period

PLUS

December Horoscopes
Reader Profiles

Emily Blunt

All together now,
Supercalifragilisticexpialidocious...

discover your future, release your past

Editor's letter

Well of course the big news this edition, is our Christmas Offer. Running for the whole of December, you can take advantage of the £5 off a credit card reading as many times as you like during the holiday season. See the opposite page (3) for full info and the special code!

Then we move on to lots of seasonal articles, we look at Christmas Cards – to send or not to send, that's the question! We talk seasonal healthy food, nature inspired gift wrapping, Christmas traditions, hangovers and more.

For a family friendly film this month, that embodies the Christmas season our cover star Emily Blunt features as the starring role in *Mary Poppins Returns*.

Reader Monique is back with a meditation that will help us get through the festivities and advice for really connecting with our loved ones.

We also profile reader Leah, and take a look at bringing spirituality indoors with candles. Then of course we tell you what the zodiac has in store for you in December with your monthly horoscope.

Happy Christmas everyone; may the season be calm and bright for you all...

Charlotte

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INSIDE FREE SPIRIT Magazine December 2018



Emily Blunt image - Denis Makarenko / Shutterstock.com

We would like to wish all of our customers a Happy Christmas
And a Healthy and Prosperous New Year



From the 1st - 31st December,
a 20 minute credit card reading will cost just £27.95

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The offer is available 9am - Midnight, between 1st and 31st December 2018 inclusive, £27.95 for the first 20 minutes, £1.50 per minute thereafter. At all other times the cost will revert to normal: £32.95 for the first 20 minutes, £1.50 per minute thereafter.



I have to confess that I love sending cards, whether it is birthday cards, thank you cards, new home cards or Christmas cards. I like everything about the process, the occasion it is celebrating, picking a card that suits that person, and sending it off with good wishes.

But the advent of modern technology, has meant that more and more people rely on electronic communications to send their good tidings. There are some good reasons for this, environmentally there is paper and card, some of which can't be recycled, postage costs, as well as the time and effort it takes, when we are ever increasingly feeling crunched for time.

But interestingly whilst many of us may now send e-cards, Royal Mail's statistics suggest that over 80% of us would in fact prefer to receive a proper printed card. And there are sound reasons for this, many of us see them as part of Christmas tradition, often they will form part of the decorations in the home, and their arrival marks the beginning of the festive season of goodwill and cheer.

Surprisingly it is not actually young people that are turning their back on physical cards as you might imagine, giving they are the more likely category to embrace technology. Those in the 18-24 bracket really like receiving actual cards, and this age group are also quite likely to make their own cards to send to family and friends.

I know some people don't like to receive the obligatory letter that goes along with some Christmas cards, but I think they are fun! If you can't brag a little about your latest grand-child, or son/daughters' achievements at Christmas, then, when can you? I think these letters should be embraced as a great way to stay in touch with what is going on in the lives of people you perhaps see infrequently.

If you still need convincing that it's worth sending cards this year – then here are some interesting facts from The Greetings Card Association:



Over 100,000 jobs are involved either directly or indirectly in the greeting card industry.



Card publishers tend to be small business (over a 1000 in the UK), with less than 5 employees.



Culturally we are unique in the sending and displaying of cards in the home.



85% of cards are bought by women!



The sale of charity Christmas cards, is thought to raise in the region of £50m for charities each year.

Nature Inspired Gift Wrapping

I'm one of those people that loves gift wrapping, or at least the embellishment part if not the actually wrapping up of oddly shaped presents! But by December there tends to be glitter everywhere... Often I buy lovely present toppers only to find that they don't go with the paper or tags.

If you feel the same, and want to simplify the process for all gifts this year, then why not try bringing in elements of nature to create bespoke and personalised wrapping for each person you are gifting too.

It's a lot easier than you might imagine, and you may be surprised by what you can collect up and use from your garden and home.



THE TOPPINGS:

- Cinnamon Sticks
- Pine Cones
- Crab Apples/Berries
- Evergreens
- Twigs
- Herb Sprigs like Rosemary
- Seed Heads
- Holly
- Nuts



- Spices like – Star Anise
- Mistletoe

Of course, you can also utilise anything you already have in stock like plain parcel gift tags, buttons, bells, even fancy paperclips can help you secure things to the present and so on...

THE PROCESS:

- Start by wrapping the present in the brown paper, secure with tape.
- Choose an adornment, like a sprig of holly.
- Secure the present topper with plain string or ribbon from your stock.
- Select a gift card – write the tag and secure just under the decoration.

Taking the time and effort to personalise present wrapping in this way, can really add to the gift and let the recipient know just how much you care about them.



*Check with your local council - many allow you to recycle brown paper – sometimes it goes out with card, as opposed to paper. Wrapping paper, especially those with glitter, that are plastic coated (i.e. will not scrunch) or tape attached cannot be recycled.

Winter Foods

There is no doubt that there is a bounty of food available at this time of year. Quite often we will be faced with situations like buffets, where making healthy choices is not easy and we might not want to! Plus, who can resist the odd Quality Street or Roses?

When you are supermarket shopping, are deciding what to cook and bake at home, or perhaps are out for a meal with a menu of choices, you can consider some of the foods that are readily in season in December, and some that are very popular for Christmas, that will give you extra health benefits along the way...

- Cranberries can be used fresh or dry, traditionally we think of cranberries as a sauce to accompany turkey, but they can also be used for a compote in porridge, or added to pancake and muffin batters. They have an anti-inflammatory benefit and are a type of antioxidant, they also help protect heart health.

- Allspice may end up in a chilli, or perhaps a gingerbread cake, the spice is both fragrant and warm, that smells like cloves. It has antiseptic properties and is great for encouraging digestion.

- Cinnamon might be sprinkled on coffee, added to mulled wine, topped on cereal, or baked into buns and cookies. It is sweet and fragrant, and you may have it dried as a powder or in stick form. It is great for colds, indigestion, circulation and at lowering blood sugar levels.

- Winter Vegetables like Broccoli, Brussels Sprouts, Cabbage, Kale and Cauliflower thrive in the cold weather. They are rich in antioxidants and vitamins, which help to keep pesky winter bugs at bay. For the best taste cook



them quickly, this will retain their bright taste and nutrients, the longer they are cooked the more likely they will develop the bitter taste and sulphur smell.

- Pears – Commice, Concorde and Conference are all in season, they can be eaten plain just as a snack, poached in wine for a decadent dessert or added to tarts or cheeseboards. This is another food that aids digestion, has good fibre and vitamin C levels.

- Dates are often bought and not eaten, but they make a great snack, you can add them to baked goods in place of sugar, you can stuff them with cheese and wrap in bacon – there are lots of possibilities. They are high

in fibre, they support blood sugar control, they are packed with disease fighting antioxidants and may help brain health.

This is just a small selection of tasty, Christmassy foods and spices available, but you also won't go wrong with nuts, parsnips, clementine's, cloves, goose, star anise, chestnuts, apples, pomegranate, ginger, plaice and nutmeg to name a few...

Survive the festive period with this 10 minute meditation!

Clairvoyant Monique, PIN: 2321 takes time out to share her secret to relaxing your mind in an increasingly crazy and busy world.



IN OUR OWN LITTLE WORLDS

"I often look around and see people bent over, engrossed in their smartphones, tablets and laptops, or talking on their devices, headphones on, totally oblivious to their surroundings! With social media being such an important part of all our lives now, 'me time' has become an opportunity to browse through the internet and catch up on what other people are doing, robotically scrolling through, not really communicating, but passively participating."

GETTING BACK TO BASICS

"Hands up! I can be as guilty of mindlessly looking at my phone as the next person, before realising just how much of my precious time has been taken up looking at... well, not very much really. It was during one of these 'AHA!' moments, that I realised we need to spend more quality 'me time' to truly cleanse and refresh our minds. We spend time looking after our bodies – exercising and eating well, but how much effort do we put into looking after our minds and souls?"

IT'S EASIER THAN YOU THINK

"For me, after three or four readings, I just need some time to sit back and clear my mind and re-energise myself and my favourite thing to do, is give myself a guided-meditation. Here's how..."



MY 10 MINUTE MEDITATION TO SOOTHE YOUR MIND

"Sit for a moment and write down a few things:"

- A place you would like to be.
- What you would like to be sitting on.
- Imagine a scent or smell that you love.
- And finally, what the weather would be.

"Now sit back and take yourself to that place. My favourite place is usually a cosy living room, sitting in a big armchair that almost cuddles me, the smell of a warm log fire crackling away and the sound of the rain falling outside. I will lose myself in the atmosphere, and totally relax."



SIMPLE AS THAT

"It really is, but it's also extremely effective. You can choose different questions to suit your personality or mood – just see how you feel at the time. This type of self-guided meditation has also enabled Spirit to connect with me, but ultimately, I use it to recycle any kind of stress or negative thoughts that I may be harbouring, or taking it away from other people whom I have read for."

GIVE IT A GO NOW!

"So, if you have a spare ten minutes, do yourself a favour – close that laptop, put your phone on silent and give your mind a proper break that is actually about you. Maybe once in a while we should stand back from all of our electronic devices. You never know, what we are searching for may actually be standing right in front of us!"

Disney MARY POPPINS RETURNS



Can you believe it's been fifty-three years since the original Mary Poppins opened on our screens? I'm sure that Disney are hoping for Mary Poppins Returns to be *'practically perfect in every way!'*

The film isn't in fact a re-make of the original, but a new movie, with a fresh story-line. To not ruin the surprise Disney haven't actually revealed a lot about the plot.

Here's what we do know about the film's storyline

Jane and Michael – the grown-up Banks children are living in their parents' original home at Cherry Tree Lane, the action is set twenty-five years later in 1935, and now Michael has children of his own.

At first you assume that Mary Poppins has returned to look after the children, but in fact she is there to help her original children – now adults, Jane and Michael. They are particularly in need of an injection of joy, after Michael suffers a personal loss leaving the whole family sad.

The Cast

Jack the Lamplighter is played by Lin-Manuel Miranda, in an iconic scene he is helping Michael's son to fly a kite – and in the distance Mary Poppins can be seen floating through the sky with her umbrella open.

Dick Van Dyke features in the film, but this time as the Bank Chairman and not the chimney-sweep. Despite his age, it would appear as if there is a dance sequence...

As you can see from our cover star, Mary Poppins is played by Emily Blunt. Of course, she had massive shoes to fill, taking over the role from the brilliant Julie Andrews. Speaking to Digital Spy, Emily explained that the film is perfectly timed: *"The world is fragile right now, and people need a film like this."*

As if that cast isn't enough, Jane and Michael Banks are played by Emily Mortimer and Ben Whishaw, Colin Firth as William Weatherall Wilkins – the President of the Bank! Meryl Streep as Topsy (Mary's cousin), and Julie Walters as Ellen (the housekeeper). Plus throw in Angel Lansbury as the Balloon Lady and you've got yourself a star cast!

Iconic Film Happenings

The penguins are back, dancing and animated just like in the original. Mary still floats up the banister. All the while, Jane & Michael are claiming that the things that occurred with Mary Poppins in their childhood – didn't really happen!

There will be knees up action, aka – *Step in Time*.

Allegedly Dick Van Dyke's British accent is as terrible as ever...

Release

The film will be playing in the UK from 21st December 2018.

It will be - *Supercalifragilisticexpialidocious!*



Images courtesy of Walt Disney Studios



'Tis the Season to be Jolly'... But what about that dreaded Hangover?

In the UK pubs are still closing at a rate of knots, and yet the British love a tipples, and never more so than at Christmas. With Supermarkets competing with each, and driving down the price of alcohol, it is readily available giving people plenty of incentive to stock up.

But, if you have reached a certain age, where you can't drink quite like you used to, or at least not whilst waking up feeling bright eyed and bushy tailed – then read on for some smart ways to minimise the almighty hangover.



- Of course, as the first point, I should say that if you don't want a hangover – the first and easiest option is to not drink!



- Prevention is better than cure, so follow some rules to make for a better tomorrow:



- If my first suggestion seems worse than a party popper that doesn't 'pop', then choose your drink of choice carefully:

If drinking often gives you a headache, makes you feel a bit flu like/allergy like, then you may be sensitive to 'sulphur', which is often found in wines, particular the sweeter varieties.

Don't drink on an empty stomach, food will help slow down the alcohol absorption.

Alternate alcohol with water and soft drinks, this will reduce how many units you consume overall, but will also minimise dehydration, one of the biggest factors in a hangover.

Check the alcohol percentage, you may find a weighty red is as much as 15%, against a light white that might only be 11%, over the course of an evening, that difference can soon add up.

Fresh juice, can be a good vitamin booster. You might also consider a snack like bananas or kiwis, that help replenish potassium, a mineral you lose as a result of the diuretic effect of alcohol.

Tannins and Phenols, which are found in the grape skins can also cause us to react, so choosing a wine that has been fermented for less time (white over red), may minimise some of the effects.

One last piece of advice – avoid the 'hair of the dog', inevitably it will just prolong your agony...

If you find come the end of the festivities, you really have over-indulged, you can always consider having a 'Dry January'!

Shake Up Your Christmas Traditions

If you think about the Christmas period, it is just jam-packed with traditions. Most likely you have incorporated many of the traditions that your parents had in their homes when you were growing up.

But sometimes doing Christmas, or just the season in general the exact same way that you have always done, can be a bit anti-climactic, and for the women it can often be a stressful and exhausting time.



So, why not try shaking up your old traditions:

- Why not try setting out something different for Santa and the reindeers. If you don't like mince-pies, carrots and sherry – then make it brandy and cookies, or chocolate and gin/tonic!
- If you always open your presents before breakfast, then why not extend the suspense and open them after the Queens speech...
- Talking of the Queens speech – if you never watch it, give it a try, if you plan your day around it – don't!
- Do you always have turkey, but secretly wish you could have something that was way less work – nothing bad will happen if you eat lasagne...
- Do you always have a faux tree, but secretly long for the lovely scent and look of a real tree – then do it. You can worry about the pine-needles dropping later.

- Do you always dress for Christmas lunch/dinner – in your very best clothes, and then immediately regret it after you cooked, cleaned and flopped on the sofa? Then why not tell everyone it's okay this year to be comfortable...

If you are not sure about shaking up your old traditions, why not just add in some new ones:

- Have a TV ban on Christmas day, embrace old school entertainment in for the form of chatting, board games, pulling crackers, having a Xmas tittle and more.
- Break up a hectic morning of present opening and food preparation in the form of a luxurious bubble bath – grab a bit of 'me time'.
- Do something together to mark the seriousness of the occasion,

such as light a candle for those that cannot be with you on that day, or sing a Christmas hymn or carol.

- Try to spend sometime outdoors, wrap up warm and embrace seeing the joy on the faces of those that are exploring their new Christmas gifts.

- For this one day, why not think about not using the best china, use some disposable kitchenware– to make the clean-up go faster and easier.

Traditions are most definitely a way of connecting with the past, and remembering those that are no longer with us, and passing down fun rituals to the next generation, just make sure that you are still enjoying yours and not just carrying on out of habit.

Spiritual Glow

Decorating your home with candles, can be the perfect way to add a welcoming warmth to anyone visiting and of course for yourselves. There are now so many candles readily available to buy, from fragranced, to shapes, to a whole range of colours, that it can be difficult to know how to display them to best effect.

Where to put them

Candles offer a versatile decorating tool, you can use them to style a dining table, a fire mantelpiece, on kitchen countertops, on bookcases, a sideboard, hallway console tables – the places are endless.



Candlesticks

Of course, some candles now come in glass or tin jars, maybe even with a lid. But there is nothing more elegant than a display of candles in candlesticks. The holders can be glass, ceramic, wood, metal – whatever you have/can find. These don't have to be expensive, and you may find the odd one or pair in a charity shop that could be put to good use.

Arranging candles in a group, especially if using pillar style candles, with different styles and colours, and adding in the odd tealight can create a dramatic or homely display – depending on what look you are trying to achieve.

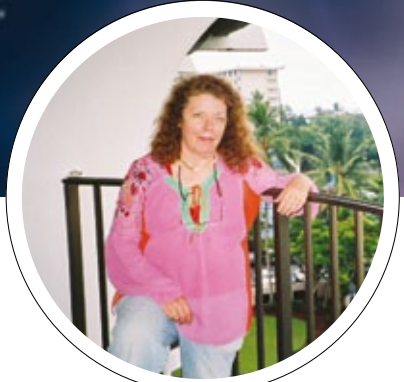
Layer & Height

Just like with flower arranging, candles benefit from being different heights when grouped together. If all of your candles are the same height, you can either cut off some wax from the bottom, or vary the size of the candle holder.

Your display doesn't have to be made up of just candles, add in other decorations from around your home – a mirror, a nice book, a tray, a jug or something Christmassy for this time of year. This helps anchor the candles and elevation creates some drama.

Equally especially during winter time, you could embellish your display with natural items like leaves, berries, cinnamon sticks and more, really anything that will add some extra interest and texture.





PIN: 8070

Leah's Profile

Psychic Specialities:
Couples, Discover Your Destiny,
Divorce, Family, Relationships,
Sexuality, Wellbeing

Leah's psychic gifts and knowledge of the Tarot are combined with a strong sense of logic, common sense and humour. She will provide you with a clear, concise vision of your future.

As a lifelong psychic she spent much of her early life feeling like an outsider, not understood. Then, in her 30s, she delved into the study of past lives and discovered her gifts for understanding the past and present. They have followed her from life to life.

Leah works alongside a very strong American Indian Guide, someone who has been with her forever and whom she loves and believes implicitly, together they will assist you in whatever is troubling you.

It is her deep belief and experience that the path you choose to walk is for the growth of your soul and there is no blame to be placed anywhere. It's all just learning. Lessons can be hard but necessary and it may take an outside opinion, or psychic reading, to assist you in seeing the best way forward. Her philosophy is that we are not here just to take up space. You are meant to find your path and walk it with strength, grace and dignity. That is your responsibility.

She very recently endured the death of her beloved husband who was also a psychic working for Psychic Light. Since his passing, she has chosen to once again give live readings and knows without any doubt that he is now her special angel and advisor. You will appreciate her knowledge, humour and clear sight.

In terms of reading style Leah is very focused on you, when you talk to her – you will see that she will really listen to you, that she will really hear what you are asking and saying to her. You will no doubt appreciate her straightforward talk and perspectives during her readings. Her sense of humour will assist you in getting through the tough times that you are facing.

In the few minutes you will have together be assured she will give you her very best. If you need a friend, assurance or strength ask Leah about your very own spiritual guide or guardian angel which you most assuredly have. She will be so happy to support you in seeing and speaking to your guide.

You can view the profiles of all our readers by clicking 'OUR PSYCHICS' conveniently located at the top and bottom of each of our website pages.

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Hilary
PIN: 3897

Tarot is a prominent presence in Hilary's life. It has changed her outlook and is a major factor in how she approaches situations. She believes the cards do not control your future but are a wonderful healing tool that brings insight to puzzling situations.



Jasmine
PIN: 5115

Jasmine is a clairsentient, clairvoyant medium; she has been working with her guides for 35+ years. She is a natural healer and has a special affinity with animals. Jasmine is able to transfigure spirit and loves the crystal ball, healing runes and numerology.



John
PIN: 5152

John has been a medium for over eleven years, he offers a kind and calm approach. John sometimes use Tarot or Angel cards in a reading; his aim is to provide answers that enable folk to move on with their lives, having gained a sense of closure.



Marcus
PIN: 9399

Marcus comes from a family of clairvoyants; he provides dependable, informative readings and as such many return for further guidance. He is an honest reader who spiritually comes alongside a person and gives them caring, loving advice and support.



Mary
PIN: 5055

Mary is a naturally sensitive and an intuitive psychic, medium and clairvoyant. Energy readings are one of her specialities; she can pick up on emotional, physical and psychological blocks without hesitation. All of her readings are straight to the point.



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.

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.

Astrology

with our expert

Carol Day

Welcome to Free Spirit's in-depth horoscopes for December 2018.



The festive season beautifies your aura like a sprinkling of Xmas perfumes, rich in fragrances of nostalgia, and you remember the days of wine and roses. Mars is in your spiritual sky and when linked to Neptune on the 5th, expect magical dreams and sacred breakthroughs. Money planet Venus moves forward on the 2nd, the Sun crosses your Mid-heaven on the 21st and you enter a career peak. An amazing Xmas of hope, and love.



Taurus folk will be delighted this Xmas as destiny guides you through the cosmic light of Venus and Pluto in your love sky, which together bring social popularity, just what you need for Xmas. Money planet Mercury, also in your love sky uses your social skills in finance as well, after the 13th he will attract investors to your projects. Spiritual Mars spins with Neptune from 5th-7th, lighting up the Xmas spirit, giving you an inner radiance.



Celebrations for Gemini this Xmas as you're still in a yearly love and social high. Ruler Mercury enters your love sky on the 13th, which makes for good fortune in romance, perhaps you give someone a second chance, and there is a surplus of parties to enjoy. Career-wise Mars conjuncts Neptune from 5th-7th bringing success, and a larger boost when Venus hugs Neptune on 20th-21st, it's your time to shine. An Xmas prayer is answered.



For many Libran's the festive season is a party period, but this year it seems that family celebrations are favoured. It's not that you can't go out, you just want to be home. Finances are still excellent with the Moon, Venus and Mercury in your strong money sky. You feel the pleasure of giving, love is shown in material ways through gifts, and that famed Libran hospitality. Delight in the Xmas Aura and enjoy the Carol singing.



As the month begins emotions run close to the surface as you're caught up in the nostalgia of the past. Venus comes to the rescue and on the 2nd crosses you're Ascendant into your pleasure sky. She brings out your natural magnetism, glamour and charm and love pursues you, plus it's raining money all month. The amazing aspects of Venus in your own sign shows that everything's coming up roses for a magical Scorpio Xmas.



The Archer can look forward to a happy and prosperous month in the run up to Xmas. You're living the good life, enjoying good food, wine, and good company. And once the Sun enters your money sky on the 21st you reach a financial peak, and when Saturn links with the Sun on the 25th/31st there will be increased earnings, an aspect that favours foreign climes. Kisses under the mistletoe and tasty figgy pudding make your heart sing.



For Moonfolk there's lots of activity in your work and fun skies, so it's a work hard play hard kind of month. Money planet the Sun moves into your love/social sky on the 21st showing it's not what you know it's who you know, which spells success and shows the importance of contacts in finance. It's also a fabulous time for a Festive Moondance, when you enter a powerful yearly love and romance highpoint on the 21st. Enjoy!



For fun-loving Leo's Xmas is a special time and you're still enjoying a personal pleasure peak. So, delight in the parties, meeting new people, and the 20th/21st are red-letter days when you may find your heart's desire. Mercury enters into your fun/speculation sky on the 13th which shows money earned in joyful ways. There seems a cosmic plan is afoot to make you prosperous. Don't overspend, count your blessings, and enjoy a wonderful Xmas.



Being there for the family this Xmas is more important than making the right deal or getting that promotion. However, it's time to work internally on your own goals, imagine yourself at the top of your career, love or financial life and see your body the way you want it to look. Repeat this every night and by spiritual law it must happen. The cosmos showers you with family stardust and you enjoy the best Xmas for years.



Capricorns take their duties and obligations seriously, but taking care of your own well-being is more important. This month you are blessed with celestial power to create that happy Xmas feeling for home, friends and family. Social charisma is highest from the 7th-22nd as your lovers Moon waxes, and more romance on the 24th, as the Moon is close to Earth. An Advent Church Choir will bathe you in light from darkness to stardust.



Caring water-bearers will busy themselves this Xmas buying lots of presents for friends and family and hosting a few wonderful dinner parties, as your social/friendship sky is still very strong. Spiritual harmony is important and you become closer to a dear friend, in a spiritual setting like a Church Carol service. A Venus glow frames family gratitude as they raise a glass to you and take a cup of kindness for the sake of Auld Lang Syne.



Christmas is a special time of year for many Pisces as it highlights one of the Churches most dramatic services, the Advent theme of hope in despair, light in darkness, and often opens up new ways to be closer to the Divine. Career-wise it's the highpoint of the year, and money planet Mars ensures prosperity and imbues you with confidence. At least one ambition is realised. Our Xmas Piscean Cinderella will definitely go to the ball!



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