

FREE SPIRIT



June 2019

FEATURES

Chakras

Solitude & Silence

PLUS

June Horoscopes

Reader Profiles

Julianne Moore

If things get you down,
keep dancing!

discover your future, release your past

Editor's letter

Well, believe it or not we are nearly at the years mid-point, embrace the period of renewal the Summer Solstice brings (page 12).

Talking of summer, if you are planning a holiday then turn to page 9 and make sure you are really organised, and Brexit-proof!

If, June seems to have come out of nowhere and you are not quite where you'd like to be in life, then why not catch up with one of our profiled readers – Alice (page 5) and Hope (page 10).

On the health front, we delve into chakras, find out if yours are well-balanced, and if not what you can do to help. From eating the right foods, to yoga poses, to helpful crystals... You may also find carving out a little bit of solitude and silence is all you need – see page 13.

For further spiritual uplifting, we discover Archangel Uriel – great for getting outdoors and back in touch with Earth and Mother Nature. We also take a look at the crystal Selenite, a most powerful gem providing clarity and insight.

For some fun this June, why not go and see a grown-up rom-com? Gloria is in cinemas from 7th of the month, with our cover star Julianne Moore giving a stellar performance.

Lastly, of course we have this month's horoscopes – what will the mid-summer month bring for you?

Charlotte

Marketing

Psychic Light Ltd. PO Box 435, Sittingbourne, Kent ME9 0WB.

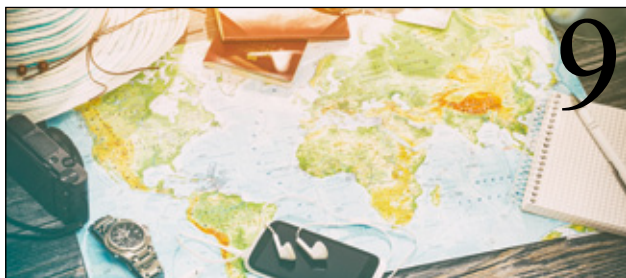
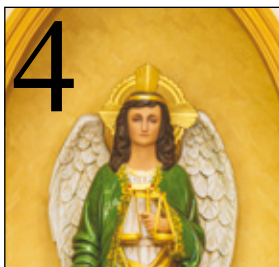
We want to reassure you that we take the processing and handling of your data very seriously. We do not and never will sell your data to a third-party or allow any third-party access to your data for marketing purposes.

If you have opted-in to receive marketing materials from us, we will continue to send to you until such time as you change your preferences or unsubscribe, or we deem a suitable amount of time has passed since you last used our service and consider that you are no longer interested.

We want to ensure that it is as straightforward for you as possible to change your marketing preferences and unsubscribe should you wish to, the quickest way to do that is to email us providing the relevant information to: unsubscribe@bureautelecoms.com

www.psychiclight.com/privacy-notice/
www.psychiclight.com/terms-and-conditions/

INSIDE FREE SPIRIT Magazine June 2019



Julianne Moore image - Featureflash Photo Agency / Shutterstock.com

PAY BY PHONE BILL

0906 110 4850

£1.50 per minute plus your phone company's access charge.

PAY BY CARD

0800 915 2347

£32.95 for the first 20 minutes, £1.50 per minute thereafter.

Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



Adele
PIN: 3622

Adele is an awakened empathy and spiritual healer. She is able to guide clients by passing on messages and information to suggest powerful solutions for their future. Adele is open to all sorts of possibilities and is highly receptive to angelic guidance.



Fran
PIN: 1133

Fran is a psychic medium with 17 years' experience, she hears and feels Spirit and has done so from a young age. She meditates before readings, allowing her guides to draw close, to inspire her with messages and words of wisdom for those that seek answers.



Joshua
PIN: 3899

Joshua is down to earth and a sincere and gifted psychic and card reader with an inherited gift, who can provide you with guidance and insight into your current situation. His specialities are love and relationships readings and soul-mate connections.



Mariah
PIN: 1881

Mariah is a medium, clairvoyant and healer, her style is honest and compassionate. Through Spirit she will support, empower and illuminate, just as her guides have done for her. Mariah specialises in bringing clarity to situations which are causing you pain and stress.



Mavis
PIN: 1010

Mavis is a medium clairvoyant and has worked with her gift for 25 years. Through her in-depth readings she gives guidance and direction, enabling clients to make the right decisions and choices in relationships, business, career, family and more...



Sandra
PIN: 2662

Sandra has over 29 years of experience in spiritual work; her gift has taken her all over the world. She gets messages from Spirit through thoughts, feelings and visions; she works on your voice vibration which assists with the connection and answers.

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.

CALL UPON ARCHANGEL URIEL

It's all in a name...

Uriel's name translates as 'Fire of God', or 'The Light of the Divine'. He is often depicted in purple carrying some sort of torch or flame, symbolising his ability to guide us to peace and a higher spiritual understanding. As with many angels, they are known with slightly different interpretations of their name, in this case - Urian, Urjan and Uryan.

You will see from the picture accompanying this article, that sometimes Uriel is shown with scale. This is thought to reflect his role as 'God's Divine Justice', holding heavenly scales, that literally weigh our lives on Earth.

One last name for Uriel, is that of Archangel of Salvation, so given for he is the angel to call upon during natural disasters. He is the Archangel that most closely works with Earth, and is involved in healing the planet. It was Uriel that warned Noah of the Great Flood.

Uriel's Gifts

Uriel teaches us about the path of salvation – how to lessen feelings of guilt and anger in our lives, to let our hearts be purer. Our judgement can become clearer when we are not so emotional.

He is associated with forgiveness, emotional healing, resolutions, resolver of arguments and fresh starts.



Uriel specialises in achieving tranquility and a sense of peace, he teaches us to let go of irritations and a sense of restlessness. To try and see the part that we play in the wider world, rather than getting wrapped up on a day-to-day basis on things that are not that important.

Seeking Uriel's Guidance

It is often said that it is better to give than to receive, and this is a perfect metaphor for Uriel's belief systems. You must be open, and willing to give both to those close to you as well as the wider community in order to receive Uriel's best advice.

Seek answers from him when you need solutions for a difficult question, or support in resolving a conflict. Uriel will help you to hone in what you are really feeling.

Think of Uriel's flame as being able to burn away all of your stuck emotions, whilst the light can guide you to the wisdom you seek!

Reader Profile

Alice

PIN: 6543



Alice is a highly experienced psychic consultant. Her soul purpose is to give guidance to others on their journey. To this end, she works with Spirit to give heart-felt, profound readings. Alice knows that often we will feel stuck or lost, and need to have a better spiritual understanding but do not know where to start. She offers direction on how to find your own path to enlightenment, support in finding your own inner wisdom as well as assistance in connecting to the forces guiding your life.

Alice steers many people through life's challenges, adversities and difficult decisions. Her clients ask for guidance with every conceivable aspect of life. In particular, she brings great insight and clarity to the multitude of different relationship questions. She believes that emotional well-being is a blessing and a necessity. With her assistance, in all matters, clients are given a better understanding of the options open to them.

Alice generously offers her connection to Spirit to guide you but can also use various methods to connect you to that source. She has special expertise with Tarot cards. She can also offer Angel cards, Enlightenment cards, crystal ball and more.

Alice is a hypnotherapist and specialises in past life regression. Her services have been used by the film industry, publishing, police and business people worldwide. Alice is a friendly, approachable and honest reader.

Testimonials:

Thank you, Alice, for another fantastic reading. I always feel uplifted and reassured after speaking to you as I find your advice inspiring, insightful and delivered with wisdom and love, best wishes.

Kate

Alice is absolutely brilliant. I have had several readings with Alice; she has been a delight to talk to and gives incredibly spot on readings.

Kathy

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'.

CHECK-IN WITH YOUR CHAKRAS!

When all of our chakras are equally balanced, life is good and we feel physically healthy and emotionally well. But when one or more of our chakras is out of kilter, then we can struggle with psychological problems, emotional difficulties and illness.

Why not check in with each of your chakras, and get them fully balanced?

Root Chakra or Muladhara

Base of the Spine

Colour:
Red.

Organs:

Large Intestine, Immune System and Reproductive Organs.

Attributes:

Emotionally stable, feeling safe, good survival instincts. Grounds us in reality.

Balancing Crystals:

Hematite or Red Jasper are perfect, they are grounding stones that reconnect us with Earth, whilst promoting endurance and resolve.

Balancing Oils:

Essential oils that are connected to the Earth through their smell and essence work well, think Cedarwood or Patchouli.

Balancing Foods:

Vegetables that have been grown in the ground, protein rich foods and a little spice from paprika or horseradish.

Aligning Yoga Pose:

Mountain pose, Bridge pose and Warrior One.

Sacral Chakra or Svadisthana

Just below the Navel

Colour:
Orange.

Organs:

Immune System, Adrenal Glands, Spleen, Abdomen, Metabolism.

Attributes:

Sexuality, Relationships, Creativity, Frustrations, Pain/Pleasure and Vitality.

Balancing Crystals:

Amber, Red Jasper, Carnelian and other red/orange crystals that provide joyful balance in life.

Balancing Oils:

Sensual oils like Rose, Jasmine and Ylang-Ylang.

Balancing Foods:

Sweet fruits, honey alongside vanilla and cinnamon.

Aligning Yoga Pose:

Cow pose, Triangle pose and Child's pose.

Solar Plexus Chakra or Manipura

Between the Navel and Sternum

Colour:
Yellow.

Organs:

The Digestive System - Stomach, Liver, Large Intestine and Pancreas.

Attributes:

Willpower, Fear/Anxiety, Identity, Sense of Humour and Self-Control.

Balancing Crystals:

Citrine, Yellow Calcite and Tigers Eye would all work well to harmonise and fuel inner-power.

Balancing Oils:

Oils that fire up the system like Juniper and Sage.

Balancing Foods:

Detoxifying foods are perfect. Easily digestible foods like grains and seeds. Warm spices like ginger and cumin.

Aligning Yoga Pose:

Camel, Cobra and Cow poses.

Heart Chakra or Anahata

Centre of the Chest

Colour:
Green.

Organs:

Thymus Gland, Heart and Lungs.

Attributes:

Compassion, Unconditional Love and Self-Worth.

Organs:

Throat, Mouth and Thyroid Gland.

Attributes:

Communication articulate and express feelings, Listening and Purification.

Throat Chakra or Vishuddha

Between the Collar Bone and Larynx

Colour:
Blue.

Organs:

Pituitary Gland (hormones), Pineal Glands (regulates sleeping & walking), Lower Brain Function, Central Nervous System.

Attributes:

Psychic Vision, Intuition, an Open-Mind, Self-Knowledge, strong Self-Image and Gratitude.

Third Eye Chakra or Ajna

Centre of the Brow

Colour:
Indigo.

Organs:

Head, Brain, Ears, Eyes, Skin and Muscular & Skeletal Systems.

Attributes:

Spiritual Connection, Divine Guidance, Inner-Balance, Purpose and Identity.

Crown Chakra or Sahasrara

Top of the Head

Colour:
Violet and sometimes White.

Balancing Crystals:

Green crystals like Jade, Jasper and Peridot, but also Rose Quartz, providing protection and a nurturing love of ourselves and others.

Balancing Oils:

Essential oils that are associated with cherishing and love – Melissa, Rose and Neroli.

Balancing Foods:

Along with the colour – all green foods, vegetables and leafy greens, and earthy spices and green/herbal tea.

Aligning Yoga Pose:

The Eagle and Cow poses.

Balancing Crystals:

Lapis Lazuli, Aquamarine, Turquoise, Blue Tourmaline, all of which will assist in your truth telling!

Balancing Oils:

Soothing oils like Camomile and Lavender.

Balancing Foods:

Fruits grown on a tree, fresh fruit juices, lemongrass and herbal teas – calming and comforting foods.

Aligning Yoga Pose:

Cat-Cow with Lions Breath, Plow pose and Fish pose.

Balancing Crystals:

Those that enhance psychic intuition: Amethyst, Sodalite, Lazulite, Azurite and Tanzanite.

Balancing Oils:

Frankincense, Cypress, Basil and Angelic Root.

Balancing Foods:

Think deeply coloured food and drink: red wine, blueberries, grapes, blackberries, as well as brain foods like oily fish, nuts and seeds.

Aligning Yoga Pose:

Downward-Facing Dog, Supported Shoulder Stand, Big Toe and Hero.

Balancing Crystals:

On the purple side of things – Amethyst, for activating the crown – Amber and Diamonds. But for balancing across all chakras – Clear Quartz.

Balancing Oils:

Lotus, Angelica, Linden and Rosewood used as essential oils on pulse points during meditation.

Balancing Foods:

Purple foods like blackcurrants and aubergine, and also light meals like broths and soups along with plenty of water.

Aligning Yoga Pose:

Half Lotus pose, Tree pose, Corpse pose and Rabbit pose.



Root Chakra

Basic Trust



Sacral Chakra

Sexuality, Creativity



Solar Plexus

Wisdom, Power



Heart Chakra

Love, Healing



Throat Chakra

Communication



Third Eye

Awareness



Crown Chakra

Spirituality

GLORIA

Time to ring your Bell

The film Gloria Bell is actually a re-imagining of an earlier film from 2013 with the name Gloria, created by Chilean Director and Writer Sebastian Lelio. Essentially the recreation is to take it into the English language, and move the film's location from Santiago to Los Angeles. But unusual for a re-working, everything else about the film has stayed largely the same.

Gloria as a character was portrayed originally by Paulina Garcia, and she gave a stunning performance, so the new film could have fallen flat if the right actress was not selected this time around. The Director got Julianne Moore (our cover star) to sign on, and the rest as they say is history... The film has been delivered to critical acclaim, largely due to Julianne's performance – it's as if the role was made for her!

In the film Gloria has been divorced for over a decade, she has a steady but dull job working in an insurance agency. She has two grown up children, that she dotes on, perhaps just a little too much – and they of course have busy and full lives of their own.

Having said all of the above Gloria is not your typical lonely-hearts woman, she has a survivor attitude, is optimistic and sees plenty of humour in things. But at times there are glimpses of loneliness, and wondering what the future of pre-retirement and then retirement holds.

One of her favourite things to do is to blast and sing-along to her favourite songs when she is in the car. At night time she likes to go to nightclubs in Los Angeles that cater to the 50+ crowd and dance the night away.

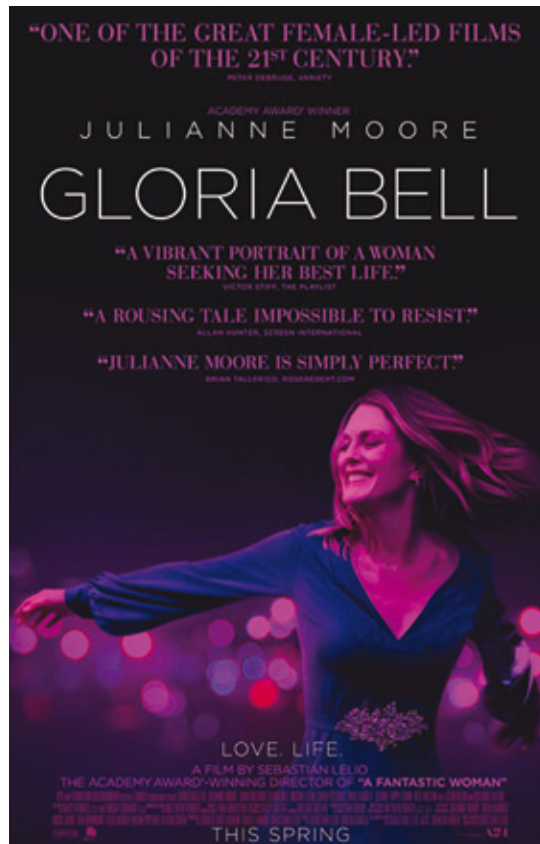
On one of these said nights out, she meets a man called Arnold, played by John Turturro, and a budding romance ensues. Another reason for the film's success, is due to the content being so familiar to many of us – navigating the dating world, blending families, what love and commitment means to different people, our own identity and more.

Essentially Gloria Bell is a grown up, sophisticated romantic comedy. With a running theme, that relationships are never simple, but if you are open to it love can come at any point in time. But at the end of the day, don't let things get you down – keep on dancing!

Julianne's performance really shows off Gloria's complexities, she is impulsive and spontaneous – and very much living in the moment. Characteristics that many of us find appealing, but so often cannot replicate in real life.

The soundtrack will surely get you singing along, from Gloria by Laura Branigan, Love Is in the Air by John Paul Young to Never Can Say Goodbye by Gloria Gaynor.

The film is out in cinemas and on demand in the UK from 7th June.



Julianne Moore image - Featureflash Photo Agency / Shutterstock.com

Holiday Planning

Many people will have already booked their summer holiday, but having poured over reviews to select the best accommodation, we often leave the finer details to the last minute. Brexit – whether we leave the EU or end up with a no-deal situation, may add further complications to your holiday planning.

Avoid any last-minute hiccups and start researching/sorting now:

PASSPORT

- Locate your passport, and check that you have long enough left on it to travel to your destination. It can take 3 weeks to get a new passport, but may be longer at peak times. A lot of destinations require at least 6 months left on a passport – but be warned if extra months were added to your passport as a result of you renewing early, they may not count towards the 6 months! Brexit, or a no-deal Brexit may cause added complications, the below link provides extra information:

www.gov.uk/guidance/passport-rules-for-travel-to-europe-after-brexit

DRIVING

- In the event of a no-deal Brexit, you may need to obtain an International Driving Licence Permit from a main Post Office, in addition to your UK licence.
- If you intend on driving your own car in Europe, then in the event of a no-deal Brexit you may need to obtain a Green Card from your Car Insurance Company.
- You should check that your Driving Licence is in date, it is thought approx. 2million people are carrying out of date cards!

www.gov.uk/guidance/prepare-to-drive-in-the-eu-after-brexit

INSURANCE

- Travel Insurance should be purchased as soon as you have booked your holiday, otherwise you will not be covered for things like pre-trip illness or cancellation.
- If you have pre-existing medical conditions, are over 65, or are going on a specific type of holiday – like sports, backpacking etc – then you will likely need specialist cover, where everything can be declared.
- EHIC cards are not a substitute for having travel insurance, and again could be impacted by Brexit.

www.ehic.org.uk/Internet/startApplication.do

www.moneysavingexpert.com/insurance/cheap-travel-insurance/

VACCINATIONS

- If you are going to a far-flung destination it is worth checking if you need any vaccinations. Some need to be done well in advance of your holiday, and in some cases, tablets need to be taken in the run up and during. Not all GP surgeries offer vaccinations, but they should be able to provide advice on what type you need. You will likely have to self-fund the jabs and you may need to turn to a local pharmacy to obtain them.

www.nhs.uk/conditions/travel-vaccinations/

OTHER THINGS TO CONSIDER IN ADVANCE:

- Things like airport parking tend to be cheaper the further out you buy them.
- Check if you need a VISA to enter the country you are holidaying in, for example in the USA you need an ESTA.
- Currency. Think about whether you will need a lot of cash, or whether pre-paid cards will be safer and cheaper in the long run.

Reader Profile

Hope

PIN: 3203



Hope has a natural inherited gift from her father who was a medium and spiritualist. Hope is also an exponent of psychometry, palmistry and the I Ching as well as being a gifted healer, medium and clairvoyant.

The sheer volume of readings that Hope has done has allowed her to gather the assistance of many guides. One such guide is St.Germain who is particularly useful with palmistry and who has access to the Akashic records. Harry Edwards is another guide and is more likely to assist Hope when she wishes to connect to the other side.

Much of Hope's spare time is also spent on 'divination', she finds Confucius and the I Ching fascinating and a great tool for self-development, she feels the wisdom is limitless. Hope also finds time for meditation, dream interpretation, crystal ball and Tarot. She has had a love of Tarot from the age of sixteen when she was given a deck of Golden Dawn cards.

Hope has appeared on IBC radio, MTV and The Osbournes and Caroline Flack has written about her in her new book 'Storm in a Tea Cup'.

Love and relationship readings are Hope's speciality, although she will happily answer questions on any topic. She feels that Spirit is very practical and will give assistance on many levels that allow us to heal, move forward and receive messages that will carry us through this lifetime and into the next.

Testimonials:

I spoke to Hope a few days ago. I speak to Hope when I need someone to talk too, because she tells me how it is! She is always spot on. Her sense of humour always brings a smile to my face. Thank you.

S

I have had readings with Hope for a few years. Hope is a really good reader; she doesn't judge you and tells you how it is and does not sugar-coat. Her readings are open and honest and she has given me strength through difficult times. Try Hope, you will not be disappointed! Thanks, Hope xx.

Sofia

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'.

Solitude & Silence

The other day an advert popped up on TV, there is a lake scene, and a circular countdown timer and the advert encourages you to just be calm for 30 seconds. The advert is actually promoting an app called 'Calm', the purpose of the app is to aid meditation and sleep. The advert is so successful, as in today's busy modern world, we find it difficult and a bit uncomfortable to just sit still and quiet for 30 seconds. Hence the need for the app in the first place.

But it is a reminder that we have forgotten how to be still and quiet, and that carving out periods of solitude are seen as selfish and indulgent. But in fact, it is essential for our wellbeing, and highly needed when it comes to our spiritual development and enlightenment.

Pablo Picasso said

"Without great solitude no serious work is possible."

Solitude

Solitude and Silence are interlinked. Solitude in recent times has been seen rather negatively, something that is forced upon us, a state of being lonely or isolated. When in fact, it is merely a practise of temporarily withdrawing from people and distractions and noise.

Perhaps you used to have moments of in-built solitude to your day, a quiet moment with a cup of tea on getting in from work. A sit on the sofa with a glass of wine once the children were bathed and had gone to bed. When you had a rare moment to take an indulgent bubble bath. That period of time in-between getting into bed and drifting off to sleep.

The problem is that many of us are guilty of multi-tasking. So, quiet moments are now taken up on our phones checking social media updates. A bath is now time to catch up on a book or magazine. Electronic devices have followed us to bed, with many checking emails and watching TV until the small hours of the night.

Practise Makes Perfect

Tapping into your unconscious thoughts and learning to listen to your inner-psyche abilities are much easier when the mind is quiet. Time spent alone, with peaceful contemplation, can allow our intuition to develop and we are much more likely to hear answers to the things that are troubling us. Away from the influence of others, we gain clarity of our own thoughts and feelings.

Start Small

Try to carve out some time for yourself each day, away from other people that gives you some peace and quiet for just a few moments.

You may find that getting out for a walk in nature is helpful. Perhaps you will find it easier via meditation or yoga.

But as mentioned earlier a simple bath with no distractions will do just as well.

- Over time you will no doubt look forward to your few minutes of solitude and quiet. Where you can just be in the moment, without the pull of all of the demands on you as a person. Spiritually you should feel rested and rejuvenated.



THE LONGEST DAY of the year Summer SOLSTICE

Why not embrace the sacred potential of this year's Summer Solstice?

The whole period of Litha, can be seen as a time to review our goals, hopes and dreams. The mid-summer period is a way to mark our progress on our calendar of life!

Why not watch the sunrise (although you will have to get up early), and take a moment to give thanks for the wisdom you have gained and lessons that have been learnt? Then focus and visualise what you would like to come forth in the next few months. Then let the sun's rays wash over you and embrace its potency for possibilities.

Here are some example summer resolutions to aim for:

• Embrace Outdoors

It's fair to say in the UK that we spend a lot of months waiting for it to be warm, dry and sunny – so when it happens – get outside!

Gather up friends and family, have a BBQ, go to the beach if one is nearby, take a pet to the park, spend some time gardening – anything that gets you in the fresh air...

• Set Yourself a Challenge

If you have been stuck in a bit of a rut, set yourself a mental or physical challenge – something that can give you something to focus on, a goal to reach. Hopefully you will meet some like minded people along the way. Perhaps try a 5K walk or run, or start learning a language.

• Explore

Very often we spend a lot of time planning a holiday, and whilst there we explore everything it has to offer. But a lot of the time we do not do the same for the things right on our doorstep.

Try looking at the place you live as if you were a tourist and plan a summer of exploration.

• Fall back in love

If you are in a relationship and things have got a bit blasé, with you both taking each other for granted... Then why not use the warmer months to have a bit of a summer romance? Visit places you went to when you were courting if possible. Set time aside for romantic dates. Leave each other romantic messages. Set aside petty squabbles over washing up and putting out the rubbish. You might be surprised what a few months of really engaging with each other can do for your love life!

If you are single, why not embark on a summer romance – you don't need to be on holiday, or abroad to have a sunshine fling! Throw caution to the wind, and open yourself up to the possibilities of fun and flirting.

• Rekindle a Passion

This time I'm not talking about love, but a passion you perhaps had in your younger years, that has gone by the wayside. Maybe you used to play the piano, perhaps you used to paint, or maybe you used to cook or make jam. Whatever the pastime, maybe now is the right opportunity to carve out some 'me time', and reignite an old passion. Make it something that is fun, enjoyable and is just for you. Not something that needs to be judged by anyone else. Just do it for the pure joy of escapism.

Selenite



Selenite is regarded as one of the most powerful crystals, for its ability to open the crown chakras to spiritual guidance, and for anchoring very fine vibrations on Earth, providing enlightenment and clarity.

History

Selenite is associated with Greek Goddess Selene; it is said that she travelled across the sky to get to Endymion – the love of her life. In return for eternal sleep each night she asked that Endymion was blessed with beauty and everlasting youth.

The name is also taken from Ancient Greece and means Moon Rock. It has long been considered to be a magical stone with unique powers that heighten psychic ability.

In fact, it is sometimes referred to as 'Frozen Divine Light', as it can bring about divine light to anything it comes into contact with. Literally raising the energetic frequency.

Spiritual Work

The crystal is often used when folk are calling on Spirit Guides or Guardian Angels, for its ability to facilitate communicating at a higher level.

It is also said to be useful during hypnosis and astral travel, where it assists in more intense and vivid recollections. It can also be used as a healing power during past life regressions.

Healing Work

Selenite has a very calming influence, so it is great to carry on your person when you are under pressure. Whether that be an interview, an exam of some sort etc.

The crystal also provides a sense of hope and renewed energy, so is very useful when you are getting over a relationship break-up or coming to terms with some past trauma.

Sometimes the stone is called the 'sword of awareness', due to its ability to cut through our learned habits, and negative thoughts. So that we are much clearer in our choices and can move forward feeling certain about our direction.

Meditate

Meditating with Selenite should bring about multiple benefits, placing it above your head can provide a connection with the highest powers of divine light.

- Clears confusion
- Allows you to see the whole picture
- Brings forward thoughts from your subconscious
- Releases toxic feelings and blocked energy
- Stabilises mood
- Helps feelings of being misunderstood
- Associated with fertility and enhanced libido

Astrology

with our expert

Carol Day

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



The Sun makes lovely aspects to Jupiter from 2nd-5th which bring you enjoyable ways to make extra money and luck in speculation. Younger folk also prosper during this period. Venus moves into your love sky on the 6th and stays there for the rest of the month, so you could find wealth and material gifts play a melody of love on the Arian heart-strings. It sounds like – June is Bustin Out All Over – for you!



Venus your lovely ruler waves a magic wand on the 6th June, and sprinkles you with stardust. This leads to social grace, charm and beauty, and a sweeter disposition. You get on better with others and your love life improves – will you recognise yourself? By the 21st many financial goals will be sorted, and this gives you the freedom to focus on intellectual and spiritual pursuits. Money is not all in the pathway of life; embrace the power of the heart within.



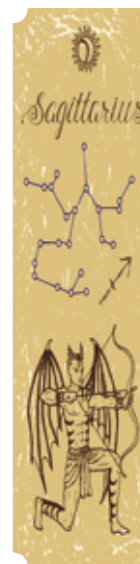
Your personal power and independence are still going strong and when you direct this power wisely, the sky's the limit! Gemini's personal appearance glows as you're still in a pleasure peak enjoying the Sun's energy until the 21st. On the 9th Venus enters your sign and sends you her grace/beauty, this and the Sun's magic, says you'll be ready to Moondance! You have a money peak on 21st; with Mercury/Mars in your money sky, it's a wealthy, healthy and happy June.



Libra's 9th house of education/communication and philosophy is very powerful until the 21st of June. This house is lucky for you and even our Hindu stargazers consider it to be the most fortunate of all houses. You're in an optimistic frame of mind and prospects for education look rosy. College students are more proficient. This inner mindful expansion leads to career success after 21st. Stand tall and be firm when fending off rivals, and use your usual charm offensive!



The good news is that your regeneration sky is still powerful until the 21st, so you can still indulge your favourite pastimes – occult studies, and reflecting on the latest mind, body and spirit doctrines. Scorpio's health and energy are excellent, especially after the 21st so you can indulge in a pampering spree. So, your inner and outer well-being is looked after. Pluto reverses on the 21st, so perhaps take a backseat in debates. Shine by all means, but go quietly.



Planetary power is at its maximum western position, the area of others. Centaurs self sky are strong, but the love sky is stronger, so it's time to take a backseat from yourself for a while and focus more on the needs of others. You're in the midst of an annual love/social peak until the 21st, the social life is bubbly and romance is lucky for singles. The New Moon on the 3rd is in your love sky, and answers are given. Own being starstruck – love makes the world go around.



Mars your career planet enters your personal appearance sky on the 4th so you'll be happily splashing out on a new wardrobe or getting the London look. This new image is important financially. It also suggests that career pursuits are slightly off the beaten track, in out-of-the-way places, maybe you will visit career people in exotic climes? A wonderful pathway to profits open up a financial transit, when the Sun crosses your Ascendant on the 21st.



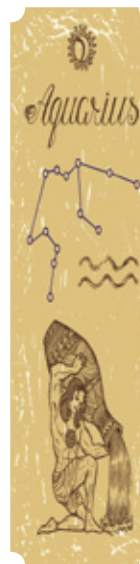
Love planet Uranus is still shining his light from the top of your chart. Leo's friendship sky is powerful until the 21st, it's more of a social life with no strings attached. Leo's social calendar is full. Mystical Mars spend the month in your spiritual sky; Mercury (money) enters on the 4th and the Sun on the 21st. So, you will be exploring the spirituality of good works. Mercury crosses your Ascendant on the 27th showing money windfalls; prosperity-a gift from the Gods.



Virgo's are feeling on top of the world with Venus on the crest of your chart – wave on the 9th sailing your dreamboat into financial success. With Venus (money) in her high-noon position of the career sky, work success leads to wealth. You can look forward to pay rises and have the help of bosses/family. The Sun send shafts of healing light after the 21st, when health/energy will really improve, as will your love life. The Sun shines on the righteous!



You've a five-star love period in June, your social magnetism is amazing. You attract religious and highly educated kinds of people. Mars is in the love sky all month and on the 21st the Sun joins him, and you begin a yearly love/social high. The Social life rocks and wealth is a romantic turn-on; you could find romance at spiritual places or school functions. You'll have that loving feeling, it's a – Memphis in June under a Sunday Blue sky – month.



Water-bearers are still in the midst of an annual pleasure period – you're second this year – until the 21st, it's a time to explore the many joys of life. It's all around us and not dependent on material conditions, it's not only a healing force in itself but it relaxes the mind, allowing solutions to problems to appear. Those on a spiritual path will understand this. Love is still in the air; the Sun sends you energy and fun-loving Mercury visits your love sky on the 27th.



The Sun, your health planet, is shining happily when he enters your fun and creativity sky on the 21st. You learn first-hand about the healing power of happiness, just being happy cures many ills. Good health these days means good emotional health. If you have any health issues the culprit may be found in family relationships, so try to restore harmony in the home asap. This month relax, enjoy life, stay happy and finances, love and health will take care of themselves.



Discover Your Future, Release Your Past

Insightful Readings with Sincere Psychics and Mediums

You want the **best quality readings possible** and our psychics and mediums offer just that!

Do you need answers to life's burning questions? Do you need to know where your relationship is going?
Do you seek to communicate with a loved one in Spirit?



CARD PAYMENT
0800 915 2347

**£32.95 for
20 minutes**



PRE-PAY MINUTES

**psychiclight.com/
pre-pay-minutes/**

Offers Best Value

20 minutes costs only £30
10% free minutes available
Top up & call 24/7



PAY BY PHONE BILL
0906 110 4850

**£1.50 per
minute**

One to one readings with sensitive, highly gifted mediums and psychics

For Love & Relationships call

0906 110 4851

£1.50 per minute

For Amazing Mediums call

0906 110 4866

£1.50 per minute

Psychic Email Readings

psychiclight.com/email-readings/

Ask 3 specific questions. £39.95
Detailed written answer within 72 hours.

Text PSYCHIC + your question to

84184

£1.50/reply + standard text rate.
Max 3 replies, 18+ only.

Relationships Business Couples Bereavement Family Sexuality Wellbeing Divorce

www.psychiclight.com