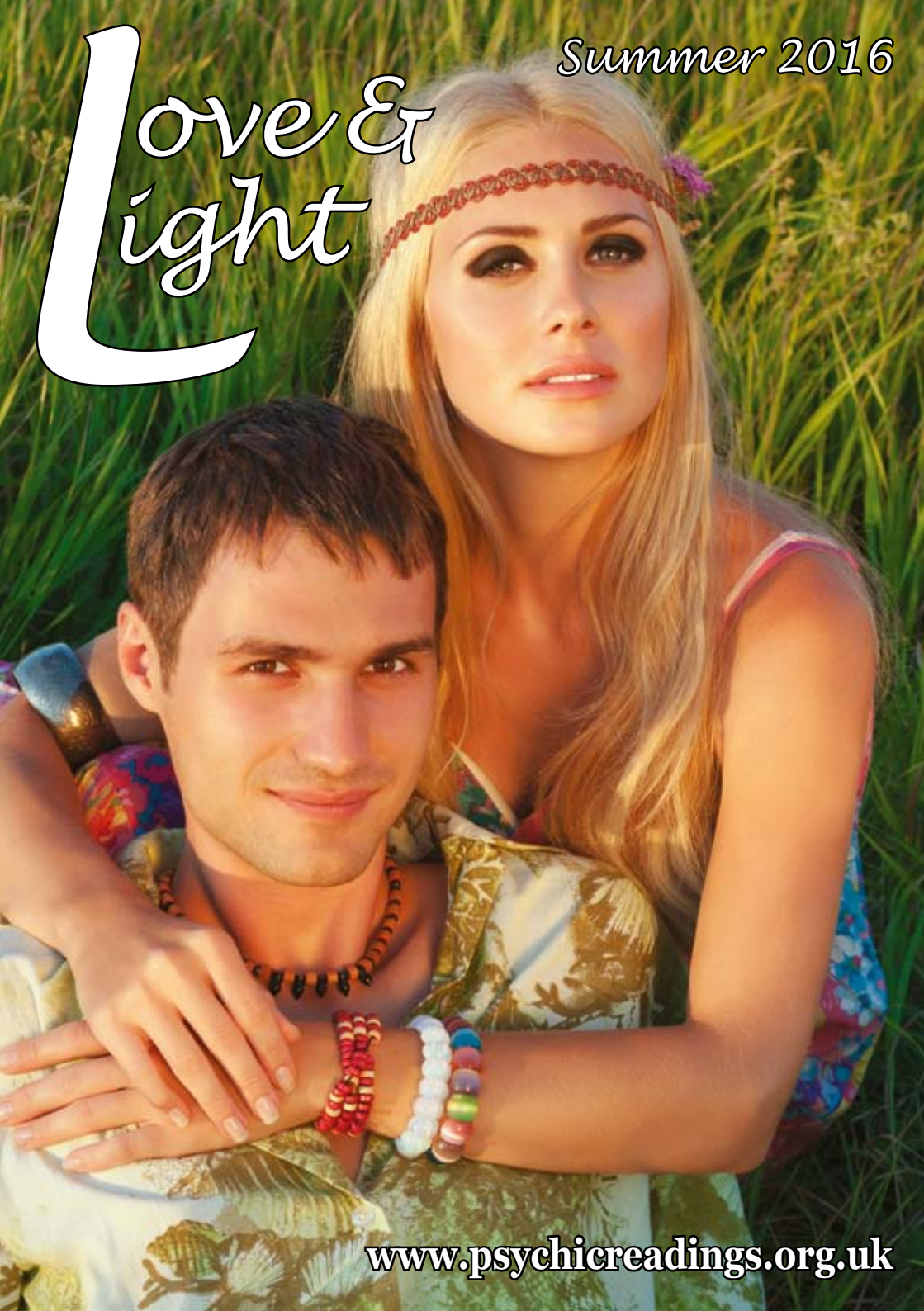


Summer 2016

Love & Light



www.psychicreadings.org.uk

L&L *How to obtain a reading*

Call:
0906 111 4445
Pay via your Telephone Bill

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

Call:
0800 156 0596
Pay by Credit/Debit Card

Only £32.95 for 20 minutes
£1.50 per minute thereafter

L&L *Special Summer Offer for our Loyal Customers*

£5 off every Credit Card Reading!

To use the offer, call Freephone **0800 156 0596**
& Quote 'I4CSummer'

From the 1st - 30th June 2016, a 20 minute credit card
reading will cost just **£27.95**



You can use the discount code as many times as you like during the offer period.

The offer is available 9am - Midnight, £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.

These fantastic readers are waiting to take your call:

Faith - PIN: 7142



"I just wanted to say that I find Faith to be a very gifted and talented reader and I have had many readings from different psychics in the past! She is able to pick up on the things I needed to know most about with uncanny details without me having to lead her."

Jacqui - PIN: 7108



"Thanks for the reading Jacqui, after a couple of day's things started to make sense and I made a lot of decisions which in turn caused major changes in my life. When I stopped long enough to work things out, I discovered what I actually wanted! I couldn't have done it without all your support and guidance."

Susanna - PIN: 7112



"Susanna connected with me and was able to give profound insights on human nature as well as pinpoint details on my past and immediate situation. Her advice and support are sincere and I didn't need to reveal anything... Many thanks."

Paula - PIN: 5454



"I have had a reading with Paula, I was in a really difficult tough situation and I didn't know which way to turn or where to go, she guided me in the right direction. Her lovely manner, calming voice and beautiful energies made me feel so at ease and relaxed. Thank you Paula, xx."

L&L *Contact Us*

Love & Light Magazine
Circle of Professional Clairvoyants
PO Box 9113, Bournemouth, BH1 9DH
Customer Care Number +44 (0) 1133 847 092

www.psychicreadings.org.uk
mag@psychicreadings.org.uk
Under UK law readings are deemed
entertainment only. Accuracy is not guaranteed.

Summer Solstice - St John's Wort L&L

Summer Solstice occurs on the 20th June 2016 in the UK; marking the high solar point of the year and the longest day. Throughout the ages this day has celebrated courage and the assertion of power; along with a pairing of the Earth Goddess and the Sun God.

The summer solstice has been connected to St John the Baptist and his feast day; in time gone by this day would have been commemorated with fire wheels rolling down hilltops and bonfires lit at the top to mark the position of the sun.

There are several herbs and incenses that symbolises midsummer, such as chamomile, fennel, lavender, elder and verbena with meanings of health, success and power.

But perhaps the herb most associated with the day is St John's Wort; previously it would have been picked on the eve of St John or solstice eve and its powerful properties would have been used to attract a lover, fertility and power.

In modern times we are still very much aware of St John's Wort due to its many health applications - it is a perennial plant and is commonly known as the 'sunshine herb'. Unusually for a herb it has been part of extensive medical studies and clinical trials. It has an active ingredient - hypericin, a compound - hyperforin as well as antioxidant properties and flavonoids, all together they make up the plants health benefits.

So - What is it used for?

Depression

The hypericin appears to have a prolonging effect on serotonin, making it an effective remedy for mild to moderate depression, SAD and if combined with valerian it is also effective at treating anxiety, although this has not been as well researched.

To fight infections

Hyperforin has antibacterial properties and so it is a good barrier to infection, it may even be active against the stronger strains such as MRSA. Its antiviral properties are also thought to help with cold sores and to soothe the skin from scrapes and scratches.

Migraine/IBS

Stress can be a factor in conditions such as IBS or those suffering migraines, where this is the case St John's Wort can be an effective treatment by reducing anxiety.

For sleep

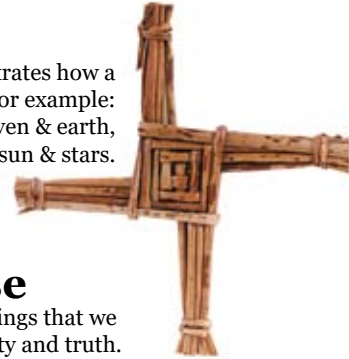
Melatonin is the body's natural sedative; St John's Wort helps increase production and so can help in inducing sleep and in getting better quality sleep.

St John's Wort is not a herb to take lightly; it does interact with medications, especially oral contraceptives and anti-depressants, but also sedatives and anaesthetics. It is important to get the potency right for the condition you are trying to treat, so it is essential to talk through with your GP before trying.



In this day and age where the use of smart phones is prolific we are used to seeing and using symbols such as emoticons to express our feelings without the use of words. But before these modern advancements there were many cultural symbols that held special significance and meaning in our lives. Just as people interpret emoticons in different ways with some icons in particular giving way to furious online debate about just what they represent, then older symbols can mean different things to different people/countries/religions and so on, here are some examples:

A **Cross** is a very personal symbol and best demonstrates how a symbol can have many different meanings to individuals, for example: religion, a compass, life, fertility, health, heaven & earth, body & soul, the four elements or the sun & stars.



A **Rose** has all of the meanings that we imagine: love, beauty and truth.



The **Dove** is an international symbol of peace first and foremost; two doves can mean a faithful marriage. To some people it will mean long life and love and in some religions it will stand for forgiveness.

The **Griffin** is a mythical creature, and as such part of its meaning is in relation to guarding treasure, but it is also an alert to danger as well as a symbol of vengeance and wisdom.



A **Lotus Flower** can represent resurrection, creation and purity.

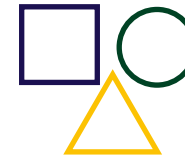
The **Heart** of course means unconditional love, but also emotions and the spiritual centre.



A **Snake** has many meanings depending on the situation: it can represent medical professionals and healing, but also sexuality, fertility and renewal and lastly temptation!

Fleur De Lys as you might expect has French origins, it is interchangeable with lilies, they symbolise honesty, wisdom and fidelity.

The **Elephant** is perhaps not a symbol that comes to mind, but it does have strong meanings: greatness, lifespan, wisdom, power, patience and memory.



Shapes also have significance - a Triangle denotes water, air, earth and fire; a Star denotes goals, hope and light; a Circle denotes the cycle of life and a Square denotes Earth (a square inside another square signifies our conscious mind).



The **Lion** is an icon many of us will be familiar with and it's meaning of bravery, strength and power. It is often used in coats of arms, and people used them as gateway ornaments to protect the house occupants.

A **Fish** indicates freedom from restraint, fertility, life and death.

The **Eagle** has been associated with many - the Aztecs, Ancient Romans, Native Americans to name a few; it represents Universal Spirit, strength and fearlessness.



L&L King of the Woods

Druids called oak trees 'King of the Woods'; in Celtic tradition it was the most important tree in the summer woods.

The oak's status as a majestic tree is owed to its longevity - with some trees living for 2000 years. It has a tendency to spread its roots and these are often visible above ground, its long-life is despite the fact it is the tree that is most likely to be struck by lightning!

At midsummer there is a symbolic battle between the oak tree and the holly tree; in the run up to summer solstice the oak tree is growing and is powerful, flush with green leaves and represents optimism and vitality. But at summer solstice the 'Oak King' is defeated by the 'Holly King' who takes over until winter solstice. Of course this symbolic battle is just representative of the balance of the seasons.

Midsummer fires that were lit were traditionally made of oak logs to figuratively fuel the sun. The extending branches and roots of the tree are said to embrace the three realms - heaven, earth and the underworld.

In terms of astrology if you were born under an oak tree sign (10th June - 7th July), then you are lucky as it is considered one of the most powerful signs in Celtic astrology. As a person you will always champion the underdog, you are protective and you like to give a voice to those that cannot speak for themselves.

In relationships you are nurturing, open-hearted and supportive. You take a positive view on life and others consider you to be a gentle-giant. You always respect and remember your roots, you are naturally confident and passing on your knowledge comes natural to you, making a career as a teacher or mentor an obvious choice.

Family, friends and a sense of community are key to your well-being. To live a long and happy life you need some structure and an ability to feel that you are in control.

In love the best matches are found in Ash or Reed signs, but you can also make a happy pairing with Ivy signs. The summer season may bring its challenges for you, especially when dealing with those in positions of authority - but don't worry - you can handle it, plough forward and show them what you are made of!

I'll leave you with this thought:

When two oaks are seen together, the space between them is supposed to act as a doorway to a realm of fairies and other dimensions!



Would You Cheat? L&L

Be honest, when you read the headline of this article did you immediately think about a man cheating on a woman?

It's fair to say that the stereotype is that of a man cheating on a woman, but if rising statistics are to be believed then it is just as likely to be a woman cheating, whether they are in a committed relationship or married.

So, why are we even thinking about it?



It's too simplistic to just blame the internet, but its certainly played its part - the privacy that smart phones and tablets gives us, access with ease to multiple email accounts, ways to browse past friends and lovers through social networks as well as sites that have specifically cropped up to facilitate cheating for married folk and that's before we've even considered apps that play their part in sexting and hook ups in the vicinity!

Even though the internet might assist in making it easier to cheat, it doesn't really get to the bottom of why both men and women in long-term relationships and marriages would risk everything for a quick fling!

The fact is that a modern generation has been brought up on the idea that you 'need to meet the one' and that they should be your 'soul-mate'. This in turn puts enormous pressure on each individual to be everything to that person - confidante, lover, best friend, sounding board, co-parent to name a few... In reality it is very difficult for one person to fulfil all of our emotional needs.

Equally many of us are no longer willing to settle, believing that they need everything in life, a partner that shares the same likes/dislikes, the same goals, and equal sex drive, passion and so on. But again in reality, life will ebb and flow, people grow and change and what they wanted in their 20's, is not what they want in the 30's and 40's, so for one passion has turned to companionship and affection, but for another they may still crave lust and raw emotion. But if a lot has been invested in the relationship,

finances are co-mingled or children are involved then a person may consider cheating to get a part of their life fulfilled elsewhere.

The fact that a partner has considered cheating makes them look at their lives differently, and are more likely to be suspicious and take precautions such as checking texts and messages.

Illicit Encounters (with 635,000+ members) conducted a study on infidelity and here are some of the things they found:

In terms of married people who had cheated on their partners at least once - 25.4% of men and 18.3% women.

A work colleague was the most likely person someone would have an affair with.

If they thought they wouldn't get caught - 19% of woman and 30.7% of men would cheat.

30% of those married would have an affair as an act of revenge if their partner cheated on them. 12% would not feel guilty if they cheated whilst drunk!

But perhaps the most sobering statistic and the one to think about is that only one in four men would forgive & forget a partner cheating and in women the figure was lower at one in five...



CIRCLE OF PROFESSIONAL CLAIRVOYANTS

PROFESSIONALISM EXPERIENCE INTEGRITY ABILITY

Est 1999

CREDIT OR DEBIT CARD

0800 156 0596

CALLS COST £32.95 FOR 20 MINUTES

£1.50 / MIN THEREAFTER

PAY VIA YOUR PHONE BILL

0906 111 4445

CALLS COST £1.50/MIN PLUS YOUR

PHONE COMPANYS ACCESS CHARGE



www.psychicreadings.org.uk



EASY PAY GET FREE MINUTES!

Easy Pay
& Save Every Time

A 20 minute reading is only £30,
saving £2.95.

Plus 10% Bonus minutes
with every purchase of 40+ mins.



TEXT A PSYCHIC 84184

Text **Ask** then your question
to **84184**

Texts cost £1.50 per reply
+ standard text rate.

Max 3 replies, 18+ only.



EMAIL READINGS BY CHRYSTALYTE

Choose a Psychic or an
Astrological Reading

Send Chrystalyte your 3 most
important questions.

Only **£39.95** per reading.

Under UK law readings are deemed to be for entertainment only and are recorded.
Accuracy is not guaranteed. 18+ only. Customer Care Line: +44 (0)1133 847092.