



# Love & Light

DECEMBER '11 / JANUARY '12

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# Life Balance

## Improving Your Life with Email Psychic Readings

If you want some direction in your life or you are at a crossroads and desperately want help choosing your path, consider an email psychic reading. You can request the reading from the privacy of your own home and you don't have time constrictions on it as there is with a live appointment or telephone reading. If you want even more privacy, open a separate email account just for the psychic reading. You can open your email any time of day that you have a private moment.

At one time or another, everyone faces a crisis in his or her life. Often these are ones involving trusted (and sometimes not so trusted) loved ones. It makes it difficult to find someone in which to confide. If you select the wrong friend or advisor, it can result in dire consequences. For instance, a family member you trust might not be the person with whom you should discuss marital problems. While they may never divulge the information you tell them, any information tends to change the way that person views your loved one. Your confidant's view of your loved one changes forever, even when the crisis ends.

The way to solve this is to use the services of a psychic. A psychic can help more than simply offering the pat on the hand. They can often see things others don't. In fact, many times people use psychics when they aren't certain of how they feel about another person. The psychic can glean your true feelings often better than you can. That's because you frequently block them with your protective conscious mind.

Maybe your problem isn't love related but business related. Perhaps you aren't certain whether to take a generous offer from a competing client or are worried the boss might fire you because of performance issues. Neither of these are things you'd share with someone close. In addition, you need some information

- that simply isn't available to you. A psychic can help.
- Email psychics are particularly good for any situation since, besides being at a distance to the problem, you can review the reading as you get more information. With any psychic reading, frequently the psychic will say something that doesn't make sense to you at the time. Later you'll receive information or circumstances changes and these changes make their reading seem more logical. However, you seldom can remember exactly what the reader said unless you recorded it.
- With an email psychic reading, you can review the reading later as your situation unfolds.
- You'll find that psychic readings are extremely convenient, private and accurate. The reader doesn't have to see you, hear you or touch you to pick up information. In fact, one of the most prominent psychics in history, Edgar Cayce, had a secretary read letters to him and he not only gave accurate information to send back to the writer, he often solved their medical mysteries without even seeing the letter, hearing their voice or seeing them in person.
- We offer email readings for your convenience; to learn more about them and our email reader Chrystalte please visit our web page: [www.psychicreadings.org.uk/emailreadings.htm](http://www.psychicreadings.org.uk/emailreadings.htm)



## Energy Bills... What a turn off!

It's hard to imagine in western society that people could have to choose between keeping warm and putting food on the table. But for many this winter that will be a reality. One in five households in the UK are in fuel poverty – that's 5.5 million households. Fuel poverty is when a household has spent at least 10% of its income on keeping their home at a reasonable temperature. What's shocking is that 25,000 elderly people died from cold last winter and that figure is higher than most other European countries.

Over the course of 5 years energy bills have rocketed a massive 71%. In real terms this means that in 2006 the average domestic fuel (gas & electric) bill was £660 annually. This is now closer to £1131, with many people struggling to find the difference.

As I write this article wealthier pensioners are being encouraged to donate their Winter Fuel payments to those in greater need. Nine million households received the benefit last year – it is a none means tested benefit, meaning every pensioner born on or before Jan 5th 1951 receives it regardless of their financial status. The Community Foundation Network in partnership with Saga have unveiled the 'The Surviving Winter Appeal' in the House of Commons – for more info visit [www.communityfoundations.org.uk](http://www.communityfoundations.org.uk) which has already garnered much celebrity support.



So, what can you do on a practical level to reduce down your bills? Well, we live in a technological world and that means we all have many appliances in and around the house. Leaving such appliances on standby may mean very small amounts of electricity is used on an hourly basis, but when you tally this on a yearly basis – you may be surprised. For example a stereo used 22 watts when in use, but as much as 12 when on standby. A DVD recorder uses 12 and 7 when on standby, a broadband modem uses the same amount when in use and in standby mode – 14. If you think of all of the appliances in your house – stereo, TV's, DVD players, computers + peripherals, answering machine, mobile phone chargers and so on, it is not inconceivable to use 80+ watts a day in standby mode, over the course of a year that could total more than £75 extra on your bill.

As most of us will realise Incandescent light bulbs are being phased out in favour of energy saving bulbs. Basically they operate on lower wattages, but achieve the same brightness – even if they do take a while to warm up. A 15 watt Compact Florescent Lamp would give you the equivalent light of a 60 watt incandescent bulb. Lighting accounts for 15% on average of a household's electricity usage. So turning off the lights when not in use and switching bulbs could save around £55 per year.



British Gas reports that £5 billion worth of energy is wasted each year by the British public. Carrying out simple tasks in the home could reduce their bills by £200 a year:

If you have a hot water tank – get a lagging jacket and insulate pipes.



When it's cold, put your jacket on...

Turning your thermostat down by 1°C could cut your heating bills by up to 10%. And if you're going away for winter, leave the thermostat on a low setting to provide protection from freezing at minimum cost. This can save about £30 per year.

Reduce your hot water thermostat – most people have it set to high - 60°C/140°F is fine for bathing.



Don't forget to put a lid on it...

Don't leave the fridge door open longer than necessary and defrost freezers regularly.

When cooking leave saucepan lids on as this will allow you to turn down the heat.

Don't use more water than you need when boiling a kettle as it takes much more electricity

to boil a full kettle each time than just enough water to cover the element.

If you have not changed energy providers in a while it may be worth checking with a comparison site to see if you are on the best tariff for your area and usage. Check whether discounts are offered for dual fuel and paying by direct debit.



A green home is a happy home



That's another £30 a year saved!



## Flu season is upon us...

Christmas time is nearly here and it is a lovely time of the year, but of course it is not without its stresses – finishing work deadlines so you can have time off, food shopping in crowded supermarkets, trying to perfect the perfect recipe, present buying for someone who has everything... the list goes on.

But one of the biggest problems at this time of year is becoming ill in amongst everything else. Flu season starts in October and runs until April and it is highly contagious. Believe it or not around 1 million GP consultations every year are to do with flu and the illness creates 30,000 hospital admissions annually. So if you want to avoid your whole family going down with it one by one there are things you can do now to strengthen your immune system.

Firstly if you are eligible for a **flu jab** – consider having it. Anyone over 65, anyone with lung disease or asthma, heart trouble, diabetes, stroke victims, those with liver or kidney conditions, if you are pregnant, take medications that weaken your immune system, live in a care home or are a personal carer – would be entitled.

Get **eight hours of sleep** a night, less than seven hours a night makes you three times more likely to develop a cold.

**Wash your hands** regularly with hot water and soap – viruses get on your hands and then pass from person to person by using door handles, shaking hands and most commonly by touching your face and nose.

**Healthy diet** – get your five a day of fruit and veg and include garlic as it has antiviral and antibacterial properties and helps us to resist infections.

**Supplements** – if you are thinking about taking a supplement then Zinc may be a good option. Taking a zinc tablet within 24 hours of a cold starting may cut the effects by several days. Equally Echinacea Purpurea can help with prevention – take for 8-12 weeks.

If after all of the above you or a loved one does succumb to a cold then try the following things:

**Have a hot bath** – this can inhibit the virus from multiplying.

Some people get a benefit from **Vitamin C**; you could try a water soluble tablet that will help to keep your fluids up. The body will rid itself of any excess.

Try **essential oils** to soothe – Olbas Oil can be used on tissues and dropped into a bath. Menthol and eucalyptus help you to breathe more easily.

There is some debate as to whether **cough syrups** do much good, but essentially they are there to lubricate the throat. You can do this in a natural way by eating spicy foods, eating soup and taking in drinks with bitter flavours.

**Rest** – there is no hard and fast rule as to how long you will need to refrain from normal activities, let your body be the guide.

Last of all remember that **antibiotics** kill bacteria and not viruses and so will do nothing for a cold. However if you develop a secondary infection – such as a chest infection then they may be needed. If in doubt contact your Doctor. Equally you should seek advice from your Doctor before using any herbal remedies, especially if you are on other medications.

## Chiromancy

Chiromancy is telling a person's future by reading their palms. The lines of the palm are said to foretell things about our lives like our health, challenges and relationships. The lines of the palm do change during the course of our lifetimes and if you get a reading a few years down the road from your last one, you may notice it is different.

Palmistry, or chiromancy, bases its meanings on the shape of the palm, the length and shape of the fingers, the major lines that cross the palm, the mounds on the palm, and the fine lines of the palm. A thorough reading should refer to both palms. The dominant hand shows your actions and how they affect your life, while the weaker hand shows the potential you were born with.

The major lines of the palm include the heart line, the head line, the life line and the fate line. Some people also have a health line.

**The heart line** is usually the uppermost long line that begins between your index finger and middle finger, sweeping across the palm to the edge of your hand. The heart line can reveal your romantic potential, some points that may affect your health and how emotional you may be.

**The head line** is next, beginning halfway between your index finger and thumb and cutting across the middle of your palm. The head line tracks your intellectual abilities, your character and your mental health.

**The life line** begins just below the head line and wraps around the mount of Venus (the fleshy part of your hand beneath your thumb). The life line may give indications about your health and major events that may take place in your life.

**The fate line**, if you have it, will run vertically from just below your middle finger down through the palm. The fate line may indicate your career potential, how ambitious you are, major life events and milestones. Deep, clear lines are easy and straightforward to read. Many of us, however, have breaks, gaps, crosses, islands, chains and other lines that change the meanings found in the palm.

The mounds of the hand are also important. These are the various fleshy parts of the hand. **The mount of Venus** is located just beneath the thumb and is the largest mound of the hand. It can suggest things about family, relationships and emotions. **The mount of Jupiter** is the small area just below your index finger. It can indicate your achievements, status and authority. **The mount of Saturn** is just below the middle finger, and it outlines your sense of destiny and responsibilities. **The mount of the Sun** is just below your ring finger and controls your creativity, wealth, happiness and fulfilment you get from life. **The mount of Mercury** is just below the little finger, and it will give you insight into your rapport with other people as well as your abilities to communicate. **The mount of the Moon** is the heel of the hand. It covers your moods and mental state. Mounds should be moderately raised above the centre of the palm.

Breaks in the lines and other marks on the hands such as squares, stars and circles are taken into account when practising palmistry and also it should be remembered that the hand can change over time through the natural process of aging and so readings at different times in your life may uncover more information. All in all it is a complex process but one that can prove very accurate if carried out by a skilled practitioner.



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