



*Love &  
Light*

*FEBRUARY / MARCH 2012*

[www.psychicreadings.org.uk](http://www.psychicreadings.org.uk)

L&L *How to obtain a reading*

**Call:**  
**0906 111 4445**  
**For payment on your Telephone Bill.**

All 0906 calls cost £1.53/min recorded.  
18+ for entertainment only.

**Call:**  
**0800 156 0596**  
**For payment by your Credit Card.**

Freephone credit card readings  
£38 for 20 mins.

L&L *Reader Profiles*

**Emilia.**  
**Enter PIN 7145**  
**when prompted**



I am Bulgarian and I was born psychic; I believe that I inherited this ability genetically from both sides of my family. Ever since I was a child I felt different from others, I was able to see, sense and predict different events and also to read people - I was able to predict precise events that were going to happen to them.

I've got over 30 years of experience, preparing horoscopes, calculating weekly numerological reports and clairvoyant readings over the phone. I have a masters degree in psychology; I use my knowledge from this alongside my psychic skills - Tarot Cards, Clairvoyance, Graphology, Angel Therapy and Numerology to deliver my readings.

I am willing and able to help you using all my experience, knowledge and abilities. I can support you with your path of enlightenment, to be your spiritual guide and spiritual counsellor.

**Jou-El.**  
**Enter PIN 7176**  
**when prompted**



I have been an active reader for over 25 years. Astrology is also a great love and I weave this knowledge into my readings. My work is about empowerment. Shining a light on the strengths, getting a grip on the purpose, and with the bigger picture clearly in mind. Areas I feel I have a special affinity with include; Karma (both personal and relationships), dream interpretation and symbolism, personal power and development, creating life goals and achieving them, connecting with personal guides and understanding the potential of the Astrology chart.

I also write my own guided meditations to explore and celebrate personal potential; I have many examples of spiritual channelling. My creativity also expresses itself through my psychic art, where I am guided through spirit to produce a drawing. I have had many interesting and enlightening experiences on my journey to this point, and believe I have the understanding and spiritual grace and wisdom to share and help with most situations.

L&L *Contact Us*

*Love & Light Magazine*  
Circle of Professional Clairvoyants  
PO Box 7584, Poole, BH14 4ER  
Customer Care Number +44 (0) 1133 847 0792

[www.psychicreadings.org.uk](http://www.psychicreadings.org.uk)  
[mag@psychicreadings.org.uk](mailto:mag@psychicreadings.org.uk)  
Under UK law readings are deemed  
entertainment only. Accuracy is not guaranteed.

Love & Light Magazine is produced by  in a quandary design & print [info@inaquandary.com](mailto:info@inaquandary.com)

*Love Readings* L&L

## How Psychic Readings Can Help Your Love Life?

If you've ever heard of the term, "self-fulfilling prophecy," you'll understand why getting outside help is important when dealing with matters of the heart. A self-fulfilling prophecy is one you make happen because you believe it will.



It came from a study where the scientists told teachers the student's locker number was their IQ number. By the end of the grading period, each student performed up to his or her locker number. It was the teacher's belief that made this happen.

If you worry your partner is cheating, your behaviour may change. You might start to question his or her moves more; start looking more closely for hidden meanings in what the loved one says and change the way you react to your partner. Those changes can also affect their reactions to the point of straying if you let your behaviour get out of control. Discussing these sorts of problems with a psychic can help prevent this from occurring.

A psychic has information that you would not have access to normally. The psychic can see the loved one in various situations and get vibes about their loyalty and behaviour in general towards you. The psychic won't simply say, "Get rid of them, they are cheating." Instead, the psychic will tell you what to look for to find the answers for yourself.

If the person isn't cheating, the psychic will help clear your mind of the worry so you can get back into your loving relationship. The psychic may be able to give you alternative reasons as to why your partner is acting abnormally. For instance they might be worried about work or have a concern about their health. In these cases the psychic will guide you to talk to your partner offering your understanding and support. That can go a long way to cementing a relationship.

If your problem is at the other end of the spectrum and you actually have no love life but you want to be in a relationship then the psychic can see

into your future and spot the perfect mate. The psychic might tell you to keep your eyes and mind open in a certain situation so you don't miss the opportunity to make contact. They also might aid you by giving you information that helps you avoid kissing all the frogs before you meet Prince Charming!

Frequently, people try too hard to impress others when they're desperate for love. A psychic can help you change all that. If you know that the perfect match is coming, you can be yourself. You don't have to try to be someone you're not, simply to impress those around you. In fact, once you start relaxing, you'll often find there are too many eligible loves knocking at your door.

Psychics can also help you if you are dating someone, yet have an uncomfortable feeling when the two of you are together. You might be getting psychic vibes yourself but don't want to admit it. The psychic can see if this person is dangerous to your physical being or mental health and help you verify your own impressions.



With Valentine's Day on the way we thought we would celebrate making the whole of this magazine love and relationships orientated.

Whether you are interested in self-help books, crystal healing therapy, historical romance or just a good old fashioned love at first sight story – then we have something for you:

.....



**Rose Quartz** is the most obvious choice as a love stone – it can help you to attract and express love. It carries with it the energy of unconditional love; it will aid you to feel strong in your love for others and will let you open up your heart more.



If you are dipping your toes back in the water with a new relationship then protect your heart with **Green Aventurine**.

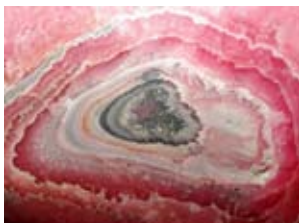
### The Promise, Lesley Pearce



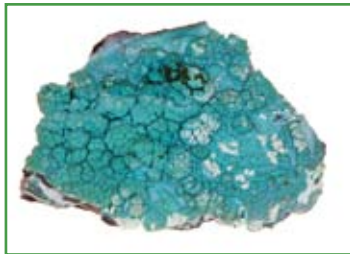
London, 1914. Belle Reilly finally has the life she's dreamed of thanks to a devoted husband in Jimmy and the hat shop she's wanted to own since she was a child. But as the storm clouds of World War One begin to gather, Belle's already turbulent life is to change in ways she never imagined possible.

When Jimmy enlists in the army and leaves for the battlefields of Ypres, her world is shattered and she realises she can no longer stand by and watch, she must volunteer to help the wounded. But her work as a Red Cross ambulance driver in France throws her into the path of Etienne, the enigmatic man who played a significant role in her childhood, and Belle finds herself torn agonisingly between forbidden passion and loyalty to a good man.

But the past returns to haunt her present in other - more unpleasant - ways and Belle's character is put to the test like never before. Can she survive this most brutal of wars with her spirit intact? And will destiny finally lead her to lasting happiness even while war rages all around?



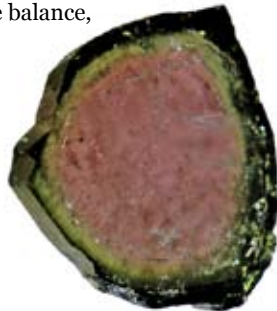
If you need help in creating new friendships then try **Rhodochrosite**; this creates compassionate energy and will help to attract your soul-mate. It can also be great for existing relationships that are being tested as a result of having to spend time apart.



If you are suffering with a broken heart then the **Chrysocolla** crystal can help you to heal and

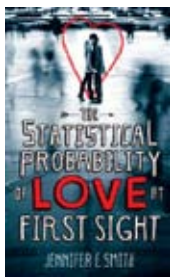
to feel more ability to love as time moves on.

For crystal healing you cannot beat **Watermelon Tourmaline**; it's pale pink and green colours opens the heart chakra and lets physical love meet spiritual love. It has positive energies that encourage balance, acceptance, trust and passion in love.



### The Statistical Probability of Love at First Sight, Jennifer E. Smith

Who would have guessed that four minutes could change everything? Imagine if she hadn't forgotten the book. Or if there hadn't been traffic on the expressway. Or if she hadn't fumbled the coins for the toll. What if she'd run just that little bit faster and caught the flight she was supposed to be on. Would it have been something else - the weather over the Atlantic or a fault with the plane? Hadley isn't sure if she believes in destiny or fate but, on what is potentially the worst day of each of their lives, it's the quirks of timing and chance events that mean Hadley meets Oliver...Set over a 24-hour-period, Hadley and Oliver's story will make you believe that true love finds you when you're least expecting it.

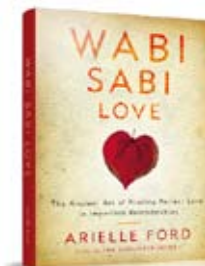


For a more new age stone you could try **Sugilite** – this will help you to become more aware of 'universal love' and it encourages healing of the heart.



### Wabi Sabi Love: The Ancient Art of Finding Perfect Love in Imperfect Relationships, Arielle Ford

Love. It's right up there with air, food and water as the most necessary of ingredients for existence. And yet, for many people, it's the hardest thing to find and perhaps even harder to hold on to. We all know the statistics, but finally, there is hope. "Wabi Sabi Love" by relationship expert Arielle Ford offers a new relationship model with a modern-day twist on an ancient concept. Based on the ancient Japanese aesthetic of finding beauty in imperfection known as Wabi-Sabi, "Wabi Sabi Love" introduces the art of learning to love your partner's imperfections rather than believing the fantasy that your relationship is only working when both people are acting perfectly and behaving in ways that are acceptable to the other. This concept provides the next evolution for sustaining love and romantic partnership: a new set of foundational principles that give rise to authentic, meaningful, fulfilling, and fun relationships by shifting the focus from what's wrong to what's right. Putting on the "rose coloured glasses" leads to more happiness and satisfaction in relationships. The happiest couples focus on what's right and not on what's wrong. "Wabi Sabi Love" shows couples a pathway to love, peace and harmony. Truly.



Talking of passion – if you have a fiery relationship or are in need of rekindling your passionate love life then **Carnelian** is what you need.



If you find you are attracting the wrong type of partner then **Amethyst** would be the crystal you need.

Placed with Rose Quartz it will attract more spiritual relationships into your life.



If you are suffering with difficult emotions; have lost trust or the openness with your partner then try using **Rhodocrosite**. If however anger and jealousy is more of a problem then you would be better off with **Peridot**.



Happy Valentines Day...

## Love Food, Love Life

A scientific study carried out by Harvard University demonstrated that junk food damaged men's fertility. They analysed hundreds of diets and those that ate sweets, energy drinks, red meat and white carbs has poorer sperm mobility. So if you are hoping to conceive get your man on to a diet of fruit & veg, wholegrain carbs and fish.

Most of us suffer with diminished libido at some point in our lives; whilst health issues, work problems, stress etc. should all be investigated for any underlying causes – you might be surprised to hear that your diet can go a long way to improving things. As you might expect being overweight and unfit effects our libido as well as damaging our self-esteem; major problems are with diets high in saturated fats and sugar. Although having said that there are some nice things on the list of foods that can improve things – such as red wine and chocolate:

**Red Wine** – A small glass a few nights per week may improve sexual function by increasing blood flow to the key areas.

**Chocolate** – Eating a few bites of good quality chocolate every now and again will produce phenethylamin (the same chemical our brain produces when we fall in love).



**Coffee** – Up to 4 cups of coffee (containing caffeine) increases libido by stimulating the brain that regulates arousal. If you are pregnant or suffer with insomnia this option is not for you.

**Porridge Oats** – Eating oats especially for breakfast help us to sustain energy. As tiredness is one of the biggest passion killers – this is an easy fix!



Other foods to try are Asparagus, Avocados, Oil-rich fish, Pumpkin seeds, Soya and Garlic.

Here's what to avoid:

**High fat meals** – these make us sleepy and feel heavy and blocked arteries restrict blood flow. Too much alcohol – one drink can perk you up, but three will most likely make you tired and less able to perform.

**Erratic Diet** – Body image has a huge part to play in how sexy we feel. Therefore a healthy balanced diet will get us in shape and will improve our self-esteem and desire.



Reference:  
Healthy Food Guide Feb 2012

## Looking for Love in the Electronic World

Finding someone compatible, someone who has the same interests as you do can be difficult. People no longer meet just through friends and relatives, at pubs or through work. They meet on the internet, through online dating and social networking sites. Obviously these methods have their pros and cons; on the one hand it can open you to a network of people that you might not get through normal circumstances – job, sports and hobbies. But on the other hand people can present what they want to present and this may not always be an accurate version of who they actually are in real life in terms of looks or personality.

As individuals no longer have the leisure time necessary for lengthy courtships and dating – starting relationships on-line can seem like a quick way to obtain their goals in terms of the perfect partner and many websites will have matching facilities so that in theory you do not waste your time on dating incompatible mates. But in reality life is rarely satisfied by ticking a few boxes and people find love in the strangest of places and often they end up with people that hardly tick any of their initial wants and desires. Some people will consider consulting a psychic either alongside their other dating activities or instead of; in order to find their perfect love match.

Psychics can provide you with the areas of compatibility you need in a long lasting mate – these may not be the same as your wish list! You can even get a psychic reading to help you locate when and where you need to be in order to find your perfect partner. It is worth considering exactly what you want help with – different psychics will use different tools. For example a Tarot reader may be able to give you specifics on time and places. An astrologist may be helpful in terms of mapping compatibility once you have

- got to know the person a little bit. Astrology uses the time and place of your birth to establish a profile of your personality and it can also be used to show the traits that you are most likely to be compatible with. In addition, you can also see your compatibility with an already chosen partner by supplying their information as well.

- As with any psychic reading or scientific method, it is important that you be as honest as possible – the same goes for online dating, don't pretend that you like sports to attract a tall, dark and handsome rugby player (if in reality you hate

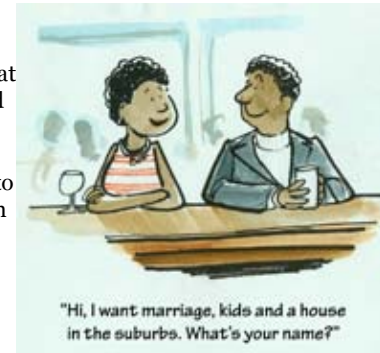


sports and don't want to lose your man every weekend to playing / watching his chosen game). The more honesty you put into your answers and the more positive energy you can inject, the greater your chance of finding someone that is going to be compatible with you. It might not be instant, but it should at least provide you with the

- confidence to go out there and look for love in all the right places.

- Relationships begin with chemistry and then comes compatibility – shared interests, the same ethics and morals regarding how you live your lives, shared dreams and aspirations for your future. Part of making the most of a psychic when it comes to relationships and finding the perfect match for you is being open to a wealth of possibilities

- and to have an open mind to what is presented to you; this is what allows you to benefit from the unique insight that only they are able to provide.



# Circle of Professional Clairvoyants



CONSULT A PROFESSIONAL READER

ACCEPT NO  
SUBSTITUTE

**Payment by your  
Credit Card:**  
**0800 156 0596**

Freephone credit card readings  
£38 for 20 mins.

**Payment on your  
Telephone Bill:**  
**0906 111 4445**

All 0906 calls cost £1.53/min  
18+ for entertainment only.

[www.psychicreadings.org.uk](http://www.psychicreadings.org.uk)



**Business  
& Careers**



**Wellbeing**



**Relationships**



**Financial  
Health**

**Text "CIRCLE" then send your question to 84184**

Texts £1.50/reply (may need more than 1 reply) Aged 18+

Ethical psychic readings from top professional psychics, mediums and clairvoyants.

Under UK law readings are deemed entertainment only and are recorded.  
Accuracy is not guaranteed. Customer Care Number +44 (0) 1133 847 092