

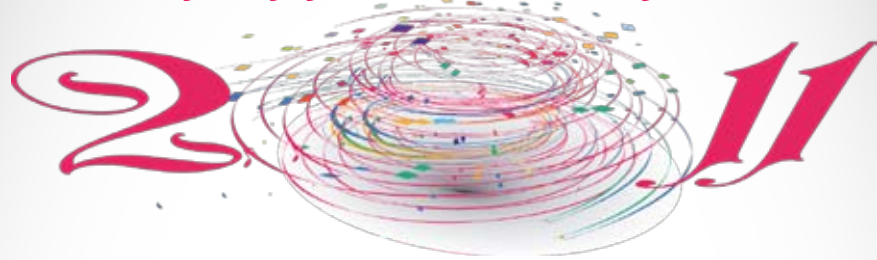


*Love &
Light*

JANUARY 2011

www.psychicreadings.org.uk

HAPPY NEW YEAR!



All of us from
The Circle of Professional Clairvoyants
would like to wish our clients
a happy, prosperous and peaceful New Year;
Love and Light to all!

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 138 3637

For payment by your Credit Card.

Freephone credit card readings
£38 for 20 mins.

Who to choose? Here are some of our readers...

Colin - Pin 7159

I have been reading the cards for over 15 years. I come from a spiritual family who have been doing readings for many generations, from my mother to my great grannie who read tea leaves, palms and people. My father, who also reads Tarot, gave me my first cards when I was just 13 years of age. My belief is that we are not primarily put on the earth to see through one, but to see others through difficult times.

Luke - Pin 7137

Luke is a seer and highly intuitive reader and practicing shaman with a large following of regular clients. Many of Luke's clients book appointments well in advance simply to be certain of having a reading with him because of his popularity. Extremely likeable, Luke is one of the Circle's top, and most requested, readers. Should you have a reading with Luke, we are certain that you will soon be calling him back for further readings.

We would also like to advise you that Paul is on sabbatical,
he will be back on the 26th of January 2011.

Under UK law readings are deemed entertainment only.

Accuracy is not guaranteed.

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Well Being

Using Psychic Healing for Health & Wellbeing in the New Year

Psychic Healing incorporates a number of different techniques, each one of these techniques has its own way of creating the designed result. They are in no way designed to replace professional medical care and should be used in conjunction with and not as a replacement for professional medical care. They are also not a way to diagnosis any illness. They can however; point out areas to looking into or questions you may wish to pose to your primary care provider. They can also help to alleviate some of the symptoms that arise from medical conditions.

Broken down simply, if you look at all the various techniques they have a single thing in common. They all deal with some sort of energy. Energy is life. It is what drives the universe; this is a proven fact through science. Psychic healing is the use of a method by which to manipulate the energy within the body in order to realign the body into a more natural and proper state. This means that people who practice psychic healing are trained to return the energy of the body to proper alignment and flow.

The principle is simple because energy governs all things in the human body. Illness appears when the energy within the body cannot properly flow. Blockages occur causing inadequate energy flow, even a flow of energy moving in a part of the body but going the wrong way through the system can cause physical symptoms to appear. Psychic healing is used to remove the blockage, increase energy flow or return a flow of energy to the proper flow direction. It is through this that the benefits are obtained.

Everyone with training can learn how to do some form of psychic healing. There are a number of different types and kinds dealing with all sorts of principles and philosophies. The important thing to making this type of energy healing work for you is to find one that works well with you. People who are healers in these areas are usually drawn to a particular set of practices because it works best with their own energy. The body is trained to allow the flow of energy from the space around it and channel it into the person who is receiving the healing.

The recipients' body then takes this fresh influx of energy and puts it to use.

Energy is all around us. By learning how to take that energy, channel it through the body and provide it in a usable form, primarily through touch, to someone else is the principle behind psychic healing techniques. It allows energy to be moved with intention from anywhere to anyone who is open and receptive. This is one of the keys to psychic healing that cannot be ignored, it only works if the party who is going to receive it actually wants to receive it and receive the benefits from it. It cannot cure any illnesses, diseases, or ailments on its own. This type of healing can only assist people in getting well by providing them the clean positive energy needed.

Description - Energy is the basis of psychic healing, through the art of manipulating the energy of the body and the universe one can obtain health benefits.



Know Your Consumer Rights

Have you ever spent what felt like an eternity queuing up to return an item in a shop only to get to the front of the line and be given some excuse as to why you cannot get a refund...

No sooner is Christmas Day over; the big stores are cordoning off sections of their shops to allow people to stand in line and return their unwanted gifts. But knowing your consumer rights is key to getting your money back.



Anything you buy

(even if purchased in a sale or with a discount voucher), must be as described and of satisfactory quality. It must also be fit for purpose and last a reasonable length of time.

Moving on to if something is faulty – return the item as soon as you can. With a four week period you should expect to get a refund. After that period you are more likely to be offered an exchange, repair or part refund. If it is after 6 months then the retailer must prove that the item was not faulty when you purchased it, after that you must prove that they were!

One big misconception about clothes shopping is that you have an automatic right to exchange an item if it is the wrong size – in fact whilst many shops allow this they do not have to, so check their returns policy before your buy. Better still try things on in the store and only buy if they are a good fit.

At Christmas time you are often offered a gift receipt, but during other times of this year it is not common. Legally only the person who purchases the item has the right to return it – but this right can be transferred. If you are purchasing a gift for someone write on the receipt (ideally the part that the shop keeps) e.g. Bought as a gift for Tracey.

If you buy online via telephone or using a catalogue you have even more rights due to distance selling regulations. This gives you the opportunity to return most goods within a week for a full refund (probably excluding return postal costs) even if there is no fault. A company should make you aware of any exclusions outside of this policy when you are purchasing.



One difference in online purchasing is eBay – if you buy from a 'trade seller' someone who makes some or all of their living by trading

goods on eBay then all of the rights described above will apply (quite often Buy It Now purchases). Often the seller will describe specific conditions with the listing. However if you buy from an occasional private seller the main rule is the goods must be as described but 'let the buyer beware' applies.

Lastly if you have a credit card and know you will be able to clear it in full (so as not to incur interest) then it is worth making purchases over a £100 using it. This is because your credit card company holds joint responsibility with the retailer if something goes wrong.



Loneliness; A Modern Phenomenon?

Being lonely used to be something that mainly affected the elderly, but in recent years it is an affliction hitting those much much younger. It doesn't necessarily mean that you are alone; people in bad relationships can be just as isolated and lonely as those without partners, families and friends.

As social animals most of us want to have intimate relationships and when we do not be it due to a break up or bereavement we feel adrift in our lives. Despite the talk of social networking our current work and home lives are actually making it more difficult to meet new people and find fulfilling relationships.

Many of us will not know our neighbours, and many voluntary organisations, sports clubs and groups have seen a significant decline in memberships over the last decade.

Also families are often spread out across the country or even the world meaning what would be a natural support network is fragmented, equally we often



travel long distances to work and so colleagues that could perhaps become friends stay as work friends due to locality. In addition society is more driven towards materialism and as a result we are often time poor and so the quality of our relationships is also reducing.

Studies are now beginning to crop up in regards to the potential negative impact on health that a lack of good quality relationships can have and the results are quite surprising, in fact possible risks are obesity, high blood pressure, habits like smoking, impaired immune systems, higher risk of cancer, lack of quality sleep and poor mental health including depression. Whilst this all sounds doom and gloom; there are practical steps them everyone can take to get more

connected. Many of them delightfully low tech and dare I say even old fashioned:

- Joins groups in things that interest you, this can be anything from knitting to creative writing, from wine tasting to amateur dramatics. It doesn't matter what it is as long as it captivates you, the chances are you will like minded people that you can bond with over time.



- Volunteer – This has a double impact, you're doing something virtuous and therefore feel good about yourself which helps to aid your confidence and boost your self esteem and you are likely to meet some nice people along the way from all walks of life that can broaden your horizons. Try to pick a charity or organisation that has real meaning for you.

- Spring Clean Your Friendships – This may seem ruthless advise, but take a long hard look at your existing friendships. Do you have things in common? Do you both give and get something back from being in the relationship – if not do not be afraid to start pairing back on one so that you have more time to dedicate to people in your life who really mean something to you.

- Internet – Carry out a checklist of how you are using the Internet. If you are spending too much time talking to people you don't actually know and will never meet or form a person to person relationship with then try and cut back and turn the media into a platform that works for you: To help your find clubs and activities in your area and so on.

- Last but by no means least stay open to the possibilities, each of us carries a certain amount of life baggage with us but try not to let that get in the way of new opportunities. Pass the time of day with your neighbours and people you meet as you go about your day, in the library, in the local coffee shop etc. Say yes to any invitations that come your way and make everyone aware of the fact that your open to introductions. Most of all be safe!

Unleash the Psychic in You: How to Trust Your Intuition for Successful Decision Making

Joanna Garzilli went from a failed relationship, that resulted in tremendous financial hardship and low self esteem to a happily married, highly sought after psychic medium, author and motivational speaker; helping people worldwide to tune in and trust their intuition.

At the age of thirty years old Joanna Garzilli had lost everything she owned. With rock bottom self esteem and a codependent toxic relationship she was resigned to never having a successful career and meeting her soul mate.

She couldn't understand why her gift to successfully help others had become a curse in her own life. She thought because she could see spirit and communicate with those on The Other Side that everything she wanted would land in her lap.

Joanna was caught up in psychic sensationalism, the breakthrough to her success was facing her fears and denials, conquering her low self worth and finding the power to act upon her intuition and apply it to her own life.

In her book - Unleash the Psychic in You: How to Trust Your Intuition for Successful Decision Making she shares her wisdom to teach you how to step into a world beyond your eyes and develop your psychic powers. She believes everyone has the gift. She builds certainty in your ability to trust your heart and stop handing your power away when faced with important decisions.

Learning how to trust your intuition is the key to:

- Successful decision making every time
- Meeting your soul mate and marriage partner
- Eliminating debt and creating financial security
- Awakening your clairvoyance and trusting your sixth sense
- Detecting blind spots to turn poor habits into good routines
- Releasing pain and replacing with confidence and inner peace
- Courage to set healthy firm boundaries
- Achieve success beyond what you think is possible
- Receiving guidance from your Higher Self to live your life purpose now

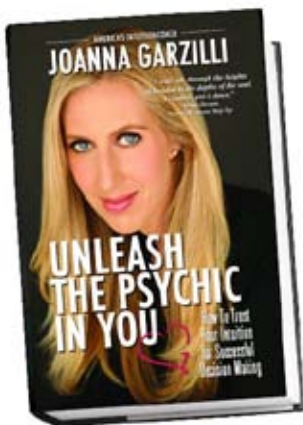
Here's what ordinary everyday people say about the book:

• *"Finally, The Truth About Psychic Insight. Unleash the Psychic In You demystifies the psychic-intuitive process so that real, rational people can make effective use of the intuitive abilities we all have. Author Joanna Garzilli makes the case for using our own intuitive abilities, along with our rational faculties, to live our best lives. Bob Marley sang, "Open your eyes and look within." Unleash the Psychic In You gives you the tools to do just that. Although Garzilli is a psychic medium, here (and, I suspect, in her psychic medium work) she plays the role of coach. Like the best athletic coach or business or career coach, she understands that her role is to help you develop your own natural abilities. Her central premise is that we have all the answers we need. Her great accomplishment is that she shows us how to plumb our depths to find them. By grounding her advice in the rich territory of her own experience, and by openly sharing her life story, she provides a living testament of how cultivating your inner psychic, and taking full responsibility for your own life, can lead to a life of your dreams."*

• Paula Puryear - Lawyer/Writer

• *Joanna's book, "Unleash the Psychic In you", provides amazing insight into tapping into, and listening to our own intuition. It includes exercises that will aid each of us on our own journey to discover, and to live our life purpose. Joanna does an amazing job of de-mystifying the process of clairvoyance, as well as the roles that guardian angels, and spirit guides have in our lives. She shows us how to awaken the tools that are hibernating within us, to reach a place of self-acceptance, and a higher quality of living. I use "Unleash the Psychic in You", as a workbook, as it offers practical exercises that anyone can do in the privacy of their own home. Thank you, Joanna, for gifting us with the tools we need to realize that all of the answers we seek, reside within us, and for sharing so personally and openly the benefits this discovery provides."*

• Danielle Valencia



Is It Possible to Communicate With the Deceased?

For centuries, people debated on what happens to the person's spirit when he dies. Even in ancient religions, there's a belief of crossing a river, crossing over, taking a journey or some method of going to the afterlife. While the belief of a spirit world exists, others say once you die, you're dead and you only exist in memories. If this is true, why do people see ghosts?

First, even those who believe in ghosts also believe that not everyone can see them and psychics can't see every ghost, just ones that want to communicate. Some people believe the energy given off from the body is the spirit and when you die, the energy simply leaves the body and the emotions and memories of the person leaves with it. However, all the bad memories and judgmental thoughts in life normally don't unless the person died a violent death.

One thing that does go with each spirit is love. If you've lost a loved one, they'll always have ties to you, whether you believe in communication with the deceased or not. For the disbelievers, the ties come from your heart. For those that believe, the ties are universal. They occur because the person's spirit was bound to you with love in life and now connect in death.

If you've called a psychic or visited a psychic medium, they might ask many questions. Give enough information to help them and yourself, identify the spirit talking to you. Ask them what they see and write it down before you answer anything. It can be a help later when you're not under pressure to identify the departed person.

Some psychics don't talk to the dead like the living have conversations but more in the form of pictures, visions and thoughts. While some do actually hear voices and have some conversations, these are not the norm in most instances. The more experience a medium has and the earlier they begin in life, the better they can communicate with the dead.

While it's a rough analogy, it's similar to a dog whistle. Dogs can hear the high range the whistle puts out but people can't. Psychics see and often hear the higher level of vibration given off by the spirit but most people can't. The fact that most people can't hear a dog whistle doesn't mean the sound doesn't exist and the same is true for seeing the dead.

If you talk to a psychic that tells you a dearly loved one speaks to them and tells you to withdraw all your money and bury it their backyard, run like the wind. This is obviously not a psychic but a scam artist. True psychics only want to help you and offer consoling conversations that connect you with those who departed.

Be aware that when a psychic contacts the dead, they often put a mental white light of protection around the area where they do the reading. Not everyone dead is good and not all spirits are those of dead people. Some are just plain bad energy forces. The light of protection acts like a guard to keep those forces away from both the psychic and you. Not all mediums do this because some don't summon the spirits, they either appear to them or don't.

Your beliefs and experiences will affect how you view the words of the psychic. Sometimes, even though a psychic might be spot on, the person is enough of a sceptic that they simply ignore everything. Occasionally, the experiences of a medium colours what they describe. Consider the last time someone was trying to describe a living person because the person forgot the name of the person described. They might say, "The friend of Mary" or "the girl with the pretty smile." It often takes many different clues before you actually know who the person is.

Contact Us

Love & Light Magazine

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