

Love & Light

A woman with long dark hair, wearing a purple headscarf and a patterned top, is shown in profile, looking towards the left. She is holding two large, round, white flowers. The background is a soft, out-of-focus green field under a bright sky.

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www.psychicreadings.org.uk

How to obtain a reading:

Call:

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All 0906 calls cost £1.53/min recorded.
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Well Being

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

Chrystalyte - Astrologer / Email Reader

Chrystalyte aims to bring a quality of crystal purity, truth and integrity to her readings, whilst treating clients with respect and compassion. Feed back she receives often highlights natural intuition, psychic perception and grounded, but gentle and understanding approach. Chrystalyte has a rare ability to get to the heart of a problem, whilst providing a sense of calm and trust when dealing with sensitive and critical issues. Her attitude is sufficiently young and vibrant to share excitement, enthusiasm and inspiration for new ventures whilst being mature enough to tap into the wisdom and reality in any situation.



Jou-EI - Pin 7176

Jou-EI has over 25 years experience as a professional clairvoyant and has been a much requested reader with the Circle of Professional Clairvoyants since 2001. Jou-EI's work is about empowerment, enabling clients to hold their heads up high – and go for it. Jou-EI has an interest in Astrology, teaches Meditation and is a skilled Psychic Artist. A subject close to Jou-EI's heart is the rising of feminine power to its' rightful balance. A highly skilled and intuitive psychic reader.

Emilia - Pin 7145

Emilia was born psychic and she believes that she inherited this ability genetically from both sides of her family. Ever since she was a small child she felt different from others, she was able to see, sense and predict different events and also able to read people. Emilia was able to predict precise events that were going to happen to them. She can help you with your spiritual path of enlightenment, to be your spiritual guide and spiritual counsellor.

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5 A Day / 8 A Day Good advice or just a well intentioned Myth?

I have read several articles recently where latest research suggests that eating 5 portions of fruit and vegetables a day may not be enough – and that perhaps 8 portions may be more beneficial.



But whilst many politicians, scientists, nutritionists have been singing from this hymn sheet and no doubt will adopt this new 8 a day policy there is a growing group of equally qualified people stating that the five a day mantra is nothing but a fairytale. One such person is Cambridge graduate Zoe Harcombe who is currently studying for a PhD in nutrition and for twenty years was a vegetarian. This is a small extract of what she has to say "You might assume our five-a-day fixation is based on firm evidence. But you'd be wrong. It started as a marketing campaign dreamt up by around 20 fruit and veg companies and the U.S. National Cancer Institute at a meeting in California in 1991. And it's been remarkably successful. The fact that our own government has spent £3.3 million over the past four years on the five-a-day message shows how pervasive this belief is.

The latest findings come from a European study into diet and health looking at 300,000 people in eight countries. It found that people who ate eight or more portions of fresh food a day had a 22 per cent lower chance of dying from heart disease. Yet just 1,636 participants died during the study from heart disease, which is about half of one per cent!



Out of that very small proportion, fewer people died from the group that ate more fruit and veg. However, the researchers cautioned that these people may have healthier lifestyles generally.

• They may be less likely to smoke; they may eat less processed food; they may be more active."

• In reality many of us will believe that fruit & veg are good for us if for nothing else than their vitamin & mineral content, but that's not the whole story – in order to absorb the nutrients some good fat must be present – such as olive oil. Something that many of us are unlikely to do as the low fat message has also come across loud and clear.

• If people were to move to an 8 a day situation their diets would contain even more fructose – something that dieticians call 'the fattening carbohydrate'; so named because if not burned off it goes to the liver and stores as fat.

• Personally I think I am going to go with the approach of a varied diet, everything in moderation and not dismiss everything your parents / grandparents taught you. After all I would never have been given mashed suede without a dollop of butter!

• If you are interested in nutrition my personal recommendation would be Super Eating by Ian Marber that gives fantastic information on what food to eat with what in order to maximise your potential for good health and absorption of everything food has to offer. Zoe Harcombe as mentioned above has also written a book called The Obesity Epidemic, which explores her thinking in more detail.



Can't take it with you...

Each week my husband and I buy a TV magazine, and each of us highlights things we want to be recorded. Whilst we agree on much of our TV viewing, it is fair to say that each of us also records things that the other has no interest in. Often I record programmes on money issues, the economy etc and my husband doesn't take much notice – but as he was setting the recorder he laughed out loud and said “only you would want to record a programme about wills!”

Anyway, a few days later I was watching TV and my husband wondered into the room and sat down to watch with me – of course it was the programme “Can't take it with you” with Gerry Robinson, the very programme on wills he had laughed at. Whilst he only caught the last half hour he had to admit that it was oddly compelling...



The thing is in general – we are not very good at talking about death, strange really when it is something that will come to us all! Research from Which? Legal service found that 56% of people don't make a will. Many have just not got around to it, others haven't thought about it and surprisingly many think they do not need one.

There are six programmes, each headed up by Gerry Robinson probably known to most of us from programmes like “I'll show them who's Boss” and “Can Gerry Robinson save the NHS” and Sue Medder who is a probate expert from law firm Withers. In each episode they take two families who have similar dilemmas, and they work through the issues so that at the end they can sign a legally binding will.

The basic facts are that not making a will could have serious consequences for those you leave behind. Your money, personal belongings and even your home could go to the person you least want to have them and your loved ones could get nothing.

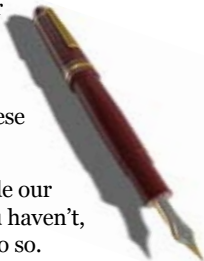


In a worse case scenario when your loved ones should be grieving over the loss they may instead have to be thinking about court action.

If however you leave a will you can write instructions regarding your funeral, choose who will be the executors to your will and legalise how your estate will be divided up. If however you die ‘intestate’ (without a will) there are rules which determine how the estate is divided up – in order of the surviving next of kin. Perhaps even more worrying whilst many parents choose God Parents for their children they often fail to appoint legal guardians within a will which could result in the courts having a say in their future – and they could be raised by someone the parents wouldn't have chosen.

The programme deals with everything from charitable donations, guardians of children, dividing of a family business and property, writing a will within the parameters of religious beliefs, custody issues that may arise on a parent's death and more. Whilst I have seen Gerry Robinson in programmes before, his level of sensitivity on handling difficult issues and getting families and friends around a table to broach incredibly difficult issues has made for very interesting and thought provoking viewing. Sue Medder adds the no nonsense sort of advise that you would expect from a legal professional and from one that has dealt with these same issues many times over.

Luckily, my husband and I made our wills some time ago – but if you haven't, now might be just the time to do so.



Understanding Astrology and the impact it has on our Relationships



Astrology has been practiced for thousands and thousands of years with many people strongly believing in the powers of the stars, planets, or other celestial bodies and their influence on those of us here on Earth. And it's certainly no secret that the 12 signs of the Zodiac can be eerily accurate when it comes to describing a person's habits, actions, traits, and beliefs.

Astrology can be defined as the study of the planets and their energy patterns that are created based on their position in space.

The earliest of cultures and societies marveled at the heavens and the seemingly endless amount of stars twinkling back at them while pondering what their actual purpose was. It was soon discovered that the change in seasons could be tied into the ever changing sky along with the planet's journey around the sun. This, coupled with the knowledge that we, along with everything else on earth, are comprised of energy, gave ancient man a longstanding fascination with astrology and how it influences our lives.

Each sign of the Zodiac is represented by a cosmic body and most horoscopes are based on the more familiar Sun sign, which is usually the basic starting point when it comes to learning about astrology and how it may help to predict the future, rather than the more complex Moon and Rising signs.

In terms of using astrology to gauge how well you would get along with a potential mate, look to the Sun signs first, which represent our basic nature. Then, study the Moon and Rising signs once you're familiar with the former while realising how Sun signs are really just the tip of the iceberg when it comes to the realm of astrology.

To learn great insights about your personality and to discover hidden talents you may have never known of, obtain a birth or natal chart, which represents the position of the stars and planets at your exact moment of birth. Your Rising sign, also called Ascendant, will be on your birth chart as well and it represents the sign of the Zodiac that was ascending over the Eastern horizon the precise moment you were born.

The astrological Rising sign has the potential to influence your life as much as the Sun or Moon signs. The Sun sign is viewed as the representation of your innermost personality and future potential and the Moon sign rules your heart or emotions, while the Rising sign represents your physical self and how you present yourself to the world around you.

Why not try an Astrological Email Reading with Chrystalyte, who has been professionally trained, under certificated conditions, to appreciate the language of astrology and, together with her natural intuition, can instantly recognise what a birth chart says. Moreover, she has many years of experience of working with astrological charts, which means that, in seeing your chart, she can sum up very quickly what the main issues are in a situation and feed back to you the spiritual insight and wisdom that is held within. www.psychicreadings.org.uk/emailreadings.htm



Can you and your career make a new start abroad?

Over time there have been many programmes about finding your dream house abroad, but a few programme makers have also realised the need for more advice in regards to finding work or starting a business abroad and not just a holiday home.

One such programme is Relocation: Phil Down Under. Phil Spencer is most famously known for his partnership with Kirsty Allsop on Location, Location, Location and the various spin off programmes.



Whilst the main focus of the programme is to find a house to buy, the programme dips into the different locations, cultural differences, employment, visa's, family life and more.

Phil's wife was born in Australia and they and their children visit yearly and hope at some point to buy a place they can call home... Australia is not for the faint hearted with an approx flying time of 22-24 hours from the UK! But if you can stomach being that far away from your family it seems that the Australians have a better work life balance, and generally get paid higher wages than for the equivalent job in the UK.



Although it is worth mentioning that the cost of living is higher in general than in the UK, but most people who

make the move seem to think this is balanced by less commuting, more family time and plenty of low costs activities in many cases derived from the good weather.

Like many countries Australia has a variety of visa's available, and there are those to suit retirees, those wanting to start a business and those who want to be employed, perhaps surprisingly though is the variety of jobs on the Occupations in Demand List, probably like me you would think of the normal jobs – Doctor, Nurse, Teacher and so on, but in fact the list is made up of many many jobs that ordinary folk do – child care co-ordinator, chef, baker, bricklayer, carpenter, plumber, hairdresser, locksmith, panel beater, cook and more.

If Australia feels a bit too extreme, or maybe you are self employed then possibly Jonnie Irwin can help with his new programme - Dream Lives for sale. Each week Jonnie helps a family choose a new business abroad, analysing their reasons for making the move as well as their skill set and then suggesting businesses in their chosen location. Even giving the family the opportunity to test run the company. They are going to all sorts of locations – Florida, Costa Blanca, Tenerife and the businesses are just as varied – Pizzerias, après ski bars, olive groves to B&B's and estate agents.



Potential living expenses are worked out and the families are revisited to discuss how they have got on with their new life abroad.

So if you have been putting off investigating a life abroad because you thought you wouldn't get a visa, or you dreamt of being self employed but didn't know what business to start – maybe now is the time to tune in and see if you can make your dream a reality.

Remember that The Circle of Professional Clairvoyants have many psychics with much life experience and business acumen that are here to provide you with guidance in your life choices. If you have questions regarding your career or are thinking of making a big life change then give us a call!

Reincarnation

Reincarnation means once you pass away in this life, you will be reborn as a different person. In this way, your soul will continue to live new lives and have new experiences. In this sense, death really isn't an end but another new beginning - an opportunity for you to use what you have learned from consecutive lives in order to find further happiness and greater fulfilment in your new existence.

However, not everyone accepts reincarnation as a reality. Some believe death is the end of both our body and our soul. We simply cease to exist after only a tiny fragment of time. Others believe our bodies die while our souls transcend earth to live eternally in some type of paradise.

Regardless of your current beliefs, there are some very good reasons to believe in reincarnation.

The Long History of Reincarnation

Reincarnation is not a "new age" concept. The belief has been with us almost since the first civilizations and possibly even before. The Egyptians believed the soul (or ka, to use their terminology) left the body at death and would move to other bodies.

The respected Greek mathematician Pythagoras taught that reincarnation (or soul transmigration) was a reality. He believed the soul moved through different lives until it had become purified enough to leave the reincarnation cycle.

Some would argue that the Bible and Christianity also support a belief in reincarnation and that many of Jesus' teachings, such as "Unless man is reborn, he cannot enter the Kingdom of Heaven." This idea may suggest an agreement with Pythagoras and other Greek thinkers on the purpose of reincarnation.

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Today, reincarnation is an accepted part of several major world religions, including Hinduism and Buddhism.

Other Reasons to Believe in Reincarnation

Besides the numerous examples in other religions and throughout human history, there are still other reasons to believe in reincarnation. Below is a list of some of these reasons:

• Hypnotic Regression

Through hypnosis, many people have been able to uncover and remember actual experiences from their past lives. They have been able to describe places or events they had never read about or seen anything about before. These memories provide evidence that at least some of us have lived multiple lives.

• Past Life Recall

Although we may not trust adults who tell us stories about their past lives, most of us are more likely to believe children who have no motivation to lie about their memories. There are numerous documented cases of spontaneous past life recall in children and this further supports the idea of reincarnation.

• Intuition

Most of us have had the experience when we are reliving a moment of our lives or that we know a piece of information we should have no way of knowing. When we have these experiences, they stand out to us and stun us momentarily before we go back to our other occupations. However, these could very well be examples of our past lives seeping into our present memories.

Reincarnation is a serious belief with a long history among respected thinkers and world religions. Consider this when you decide whether or not to believe.

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